



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

A SAFE SPACE FOR ALL

FALL 1 PROGRAM GUIDE | SEPTEMBER 14-NOVEMBER 1

WE ARE OPEN

Operating Hours

Monday-Thursday: 6:00 am-8:00 pm
 Friday: 6:00 am-6:00 pm
 Saturday: 6:00 am-2:00 pm
 Sunday: 9:00 am-2:00 pm

Continuing Safety Protocols

- Members and staff must wear face masks inside our facilities at all times; face masks may be removed while swimming, in showers and in cases of medical exception.
- Staff may wear additional personal protective equipment (PPE) like face shields and/or gloves for your protection and theirs.
- Members must practice social distancing, maintaining at least six feet between themselves and others.

General Facility Information:

- Branches operate at up to 50% capacity
- Staff will sanitize and disinfect common areas throughout the day.
- Bottle-filling stations remain open, and members should bring their own drink bottles to fill and stay hydrated during workouts.
- Visual reminders of all guidelines are posted throughout our facilities to help staff and members stay safe.

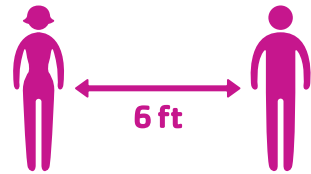
These amenities are temporarily unavailable:

- Guest passes
- Actively Aging Day Pass program on Wednesday mornings
- Complimentary coffee
- Vending machines

These protocols will be reevaluated and updated to be consistent with local, state and national public health guidelines. Additionally, virtual fitness resources remain available for those staying home.

STEP 1 SELF CHECK-IN

Scan your membership card in the lobby area.



STEP 2 HEALTH SCREEN

All members and staff will have their temperature checked upon entering the building. Individuals with a temperature over 100.4 will not be permitted to enter the facility.

STEP 3 WASH HANDS

All are encouraged to wash hands with soap and water for 20 seconds and/or use hand sanitizer when they enter our facilities.

STEP 4 WORKOUT

Please go to your designated area.

Welcome back; we missed seeing you.



School Age Child Care



YMCA Collaborative Learning Program

As students return to school this fall through virtual learning, kids and parents alike face unique challenges. Children may struggle to focus and miss the social connectivity that's key to healthy development. Parents may face an impossible choice between working and keeping their children safe and academically engaged at home. Beginning September 8, the YMCA's Collaborative Learning Program is here to bridge those gaps.

Instruction

- State-licensed program
- Experienced child care staff will support students through the virtual school day
- Two staff and no more than 15 students per class
- Students grouped by age level as much as possible; siblings can stay together regardless of grade level
- Physical fitness, healthy activities and time outdoors
- Lunch and snacks provided

Hours and Eligibility

- Program operates Monday-Friday, 7:30 am-5:30 pm
- Open to students ages 5-12



YMCA OF DANE COUNTY
www.ymcadane.org

Lussier Family East YMCA
 Aaron Krigbaum
akrigbaum@ymcadane.org
 608 906 8656

Sun Prairie YMCA
 Seth Brody
sbrody@ymcadane.org
 608 478 4310

Lussier Family West YMCA
 Lisa Rheineck
lrheineck@ymcadane.org
 608 906 8812

COVID-19 Safety Protocols

- Daily health screens including temperature checks for staff and students
- Enhanced cleaning and sanitization procedures
- Masks are required and are not provided

Locations

- East YMCA, 711 Cottage Grove Road, Madison
- Kennedy Elementary, 221 Meadowlark Drive, Madison
- West YMCA, 5515 Medical Circle, Madison
- Epic (satellite facility), 5301 Tokay Boulevard, Madison
- Creekside Elementary, 1251 O'Keeffe Ave, Sun Prairie
- Horizon Elementary, 625 N Heatherstone Drive, Sun Prairie
- Olson Elementary, 801 Redan Drive, Verona
- Sugar Creek Elementary, 740 N Main Street, Verona

Locations may be combined or added based upon demand

Register now at ymcadane.org/CLP

Program Price \$200/week
 Annual Monthly Y Member Price* \$150/week

Weekly payments required two weeks in advance and will be processed each Monday (i.e., payment for week one due Monday, 8/24). Financial assistance available.

Fitness Under the BIG TENT



Rain or Shine, Many Fitness Classes Outside!
Visit www.ymcadane.org for class schedules, locations, and advance reservations.

Basic Strength

A full body strength workout. Hitting all muscle groups using multiple modalities, tempos and rest breaks. Improve your technique and learn how to stress your body the right way!

BODYPUMP™

A barbell class that will sculpt, tone and strengthen your entire body!

Boot Camp

High-intensity, cross-training workout that may include strength, cardio, interval circuits, agility training and more.

CXWORX™

This 30-minute workout with resistance tubes and weight plates, as well as body weight exercises, to tone your abs, hips, glutes and lower back.

Gentle Yoga

This class helps improve flexibility, muscular strength, posture and alignment. Great for beginners and those looking for a slower pace.

Group Cycling

Use vibrant colors to keep you on track with your goals. You'll take on a variety of unique rides focusing on distance, watts, calories and RPMs, all in a fun group environment.

Hit the Beat

Dance to fun energetic music from a variety of genres. Easy to follow dance and aerobic steps to get your heart rate up, lift your mood and have a blast!

INSANITY®

A cardio class based on max interval training makes the most of your workout time. No equipment or weights are needed.

INSANITY®-CXWORX® Combo

A combination of two great workouts in one!

Kickboxing

Kick and punch yourself in shape! Exercise with simple combinations, dynamic abs and sports conditioning drills to get your heart pumping. Full body workout that improves hand eye coordination, agility, reaction time and core strength.

Pilates

Develop core strength and stabilization in this ultimate program for gaining control of movement and developing a lean, toned body.

Spin and Strength

This total-body workout focuses on building stamina and strength for all fitness levels. We'll use dumbbells, medicine balls, plyo boxes, and more. Stay for the full class or just attend one part!

Step & Strength

Cardiovascular workout utilizing an adjustable step. Includes strength training with various equipment.

Strength Fusion

A workout employing stability balls, hand weights, body bars and resistance bands to sculpt, define and tone the upper and lower body.

Turn Up Dance Fitness

Hip hop based dance fitness & HIIT (high intensity interval training) workout.

WERQ®

Fiercely fun dance/fitness workout class based on pop, rock and hip-hop music.

Yoga Flow

Join us for a mixture of meditation, breath-work and energizing movement.

ZUMBA®

A fusion of Latin, hip-hop and international music dance themes that create a dynamic, exciting and effective fitness system! It is a mixture of body sculpting movements with easy to follow dance steps.

Some classes available on



FREE Members Only

Prefer the water?

Aqua Blast

Churn up the white water in this challenging yet fun shallow-water workout. Cardio, strength, flexibility—this class has it all. Maximize your training efforts against the resistance properties of the water, and enjoy an exercise session that lessens the impact on your joints.

Gentle Water Exercise

Low-intensity workout for new exercisers, active older adults and anyone looking to strengthen and stretch in the pool. Non-swimmers welcome!

WATERinMOTION®

Newest aqua exercise workout that provides a low-impact, high-energy challenge for participants of all ages, skill and fitness levels.

FREE Members Only

Join us via zoom

FREE Open to All

Fit For Life Cardio

An aerobics class that's safe, heart-healthy and gentle on the joints. The workout includes easy-to-follow, low-impact movement and upper-body strength, abdominal conditioning, stretching and relaxation exercises.

Fit for Life Cardio Strength

A cardio and strength class that's safe, heart-healthy and gentle on the joints. The workout includes low-impact movement and total body strength, abdominal conditioning, range of motion and relaxation exercises designed to energize your active lifestyle. Hand-held weights and a mat are required. We will get down on the floor.

Fit for Life Strength and Balance

Encompasses a variety of exercises designed to increase muscular strength, balance and activity for daily living skills. Hand-held weights and a chair is used for seated and/or standing support.

Fit for Life Strength and Stretch

A variety of exercises designed to increase muscular strength, range of movement and activity for daily living skills. Hand-held weights are used for strength-training, and a chair is used for support.

Senior Stepping Out

A combination of walking, direction changes and simple to follow steps along with some balance and core work.

Balance & Flow

A gentle blend of Tai Chi, Yoga, Strength, Balance and mobility exercises. No equipment needed.

Senior Cardio Dance

Exercise to fun, motivating music utilizing the rhythm to increase your heart rate, improve agility and coordination. Dance like no one is watching because we can't see you!

Visit ymcadane.org for advanced reservations

Free for Members

Parent/Child Orientation

Ages 10-12

Our younger members receive basic instruction on how to use the cardiovascular equipment in a 30-minute appointment. A parent or guardian must attend with the child, and upon completion, the child will be allowed to use the cardio equipment only while their caregiver is present in the fitness center.

Teen Orientation

Ages 13-15

Become acquainted with a variety of the Fitness Center equipment. Two to three sessions, including a comprehension test, will ensure that young teens can use select cardio and resistance equipment safely and responsibly.

Fitness

Four Core Community Fitness at West YMCA

Four Core Community Fitness is a strength and conditioning program that is a combination of aerobic exercise, interval training, Olympic Weightlifting, calisthenics and other exercises facilitated by certified coaches.

| | |
|------------|----------------------------|
| Adult | Y Membership + \$75/month |
| Two Adults | Y Membership + \$115/month |

Getting Started with Four Core

All new Four Core clients must attend the FREE on-ramp introductory session with one of our Certified Coaches. The on-ramp is a way for us to get to know you, understand your goals, and go over the fundamental movements of our program.

Four Core One-on-One Coaching

Schedule your one-on-one appointment at the member services desk or with your Four Core Coach.

West | Members Only

| | |
|------------|-------|
| 30 minutes | \$35 |
| 1 hour | \$55 |
| 3 hours | \$159 |
| 5 hours | \$252 |
| 10 hours | \$484 |

Run/Walk Gait Analysis

Ages 13+

Your gait is the summation of dozens of movement patterns working in concert to perform one of the most fundamental skills we have: walking. Whether you're new to exercise or on the road to the Olympics, your gait, ankle stability, hip mobility, and more play a big role in keeping you on track. Make your 15 minute appointment with certified Personal Trainer Ryan for a brief review of how your gait is potentially impacting you both in the long and short term.

Please make an appointment by calling Sharon at 608 906 8673 or sbaldwin@ymcadane.org

East / Held outdoors / October 10

SA 8:00 am-1:00 pm

| | |
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| Members Only | \$10 |
|--------------|------|

Form & Function: Assessing Movement Patterns

Ages 13+

Join certified personal trainer Andrew as he investigates how your body is moving and functioning. He'll look for abnormalities and compensations that may have occurred, and he will aim to discover and recommend how to treat the underlying causes. Make your 15 minute appointment for a brief review of how your posture is potentially impacting you both in the long and short term.

Please make an appointment by calling Sharon at 608 906 8673 or sbaldwin@ymcadane.org

East / October 10

SA 8:00 am-1:00 pm

| | |
|--------------|------|
| Members Only | \$10 |
|--------------|------|

Youth Strength & Conditioning

Small group training for youth ages 8-12.

This 30-minute class offers a sampling of many fitness components including agility, balance, strength, flexibility and cardio activities in a fun and respectful environment.

West Outside / September 14-October 28
M/W 3:30-4:00 pm

West Outside / September 15-October 29

TU/TH 3:30-4:00 pm

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| Members Only | \$45 |
|--------------|------|

Teen Strength & Conditioning

Ages 13-16

Designed to help your child cross-train, improve movement, improve strength and increase confidence.

Will be held outside.

West / September 14-October 28

M/W 4:00-4:45 pm

West / September 15-October 29

TU/TH 4:00-4:45 pm

| | |
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| Program Price | \$190 |
| Discounted Member Price | \$95 |

Body Composition Analysis-InBody

A body composition test that shows Body Fat, BMI (Body Mass Index), Dry Lean Mass, Total Body Water and much more.

Test results further aid in forming an overall health and wellness plan. Make an appointment at our member services desk or in the fitness center with any personal trainer.

East/Sun Prairie/West

| | |
|--------------|------|
| Members Only | \$35 |
|--------------|------|

Barbell Basics

Ages 16+

Focusing on a full body workout which will include seven movement functions (Pull, Push, Squat, Lunge, Hinge, Rotation and Gait) as well as the mind body connection. The class will be held outside or virtually.

Sun Prairie / September 14-November 6
W/F 9:00-10:00 am

| | |
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| Program Price | \$400 |
| Discounted Member Price | \$210 |

Kick-Punch-Relax

Taught by a black belt, this class will focus on basic strikes and kicks commonly used in martial arts and will also include a balance and relaxation component. Class will be held outside or virtually.

Sun Prairie / September 14-November 6
W/F 12:00-1:00 pm

| | |
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| Program Price | \$250 |
| Discounted Member Price | \$125 |

Glutes on Fire!

The glutes are important for stabilizing and supporting the low back, hips and knees. This program will teach participants how to fire the glutes (connecting the brain and body) through many different positions and angles, lighting your "Glutes On Fire"! Program meets in person once per week and once virtually.

Sun Prairie / October 12-November 6
M 6:00-7:00 pm

Sun Prairie / October 22-November 13
TH 9:00-10:00 am

| | |
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| Program Price | \$60 |
| Discounted Member Price | \$40 |

Squat Therapy

The benefits of squats are undeniable; they increase strength in the legs and core, increase bone density, help prevent injuries, build strong joints, increase mobility, and boost confidence in the gym. If you are new to exercise or have been a regular in the gym, this 15 minutes will help you to increase your performance and confidence with your squat form. Please contact Mike at 608 906 8817 or email at mwartinbee@ymcadane.org to schedule an appointment.

West Outdoors
September 30 & October 17

| | |
|--------------|------|
| Members Only | \$10 |
|--------------|------|

Fitness

Safe Small Group Training IN PERSON OR ZOOM OPTIONS

Personal Training

Get help setting fitness goals and building a personalized exercise program whether you're a gym rookie or seasoned vet. Your trainer will assist with motivation, challenges, change, safety and accountability and find answers to your wellness-related questions. Body composition analysis included with personal training purchase. One session = one hour.

| | |
|------------|-------|
| 30 minutes | \$35 |
| 1 hour | \$55 |
| 3 hours | \$159 |
| 5 hours | \$252 |
| 10 hours | \$484 |

Buddy Training

Join the expertise of a personal trainer with motivation from a friend for a fraction of regular training costs. Price is for (5) one-hour sessions.

Members Only (Group of 2)

5 Sessions \$164/person

Small Group Training

Get the expertise of a personal trainer with group motivation for a fraction of regular training costs.

Members Only (Groups of 3-6)

5 Sessions \$137/person

Healthier U

Ages 16+

A lifestyle change program that promotes nutrition, wellness, and physical activity over the course of a 12-week session. The program is designed for those who are looking to build healthier habits, to feel better and to lose/maintain weight. We provide the tools you need to make the necessary changes to achieve your wellness goals.

Groups meet twice a week over ZOOM to:

- Set realistic goals and receive coaching on how to make progress each week
- Find support in group discussions, guided by trained Y staff
- Participate in exercise classes virtually to help with lifestyle changes led by a certified trainer
- Learn about fitness, nutrition and healthy habits—including topics like portion size, label reading, eating healthy in social situations, hydration, sleep, and more.

East / October 5-December 23

M/W 5:00-6:00 pm

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| Program Price | \$420 |
| Discounted Member Price | \$210 |

Iron Immunity

We know that exercise and good nutrition help improve our immunity. In this program we will dive into some simple tips and tricks to help boost the immune system naturally and keep you on your game. Some topics include: exercise, nutrition, sleep, stress, and environment. One private online Zoom meeting and weekly workout tips.

Sun Prairie / October 1 -November 20

TU 7:30-8:30 pm

| | |
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| Program Price | \$450 |
| Discounted Member Price | \$225 |

1 Dumbbell - 1 Goal

Technique videos will be provided and program will meet via Zoom so trainer can coach exercises. Learn how to get a full body workout with just one dumbbell using different exercises, angles and tempos.

Sun Prairie / September 14-October 23

TU/TH 6:00-7:00 pm

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| Program Price | \$250 |
| Discounted Member Price | \$125 |

8-Week Transformation

Join in with a certified Personal Trainer through this eight-week challenge to build strength and a healthy lifestyle. Each session will consist of exercise and conversations that will help with building lifelong healthy habits to make a better you.

West / September 28-November 18

M/W 12:00-1:00 pm

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| Program Price | \$320 |
| Discounted Member Price | \$160 |

Youth Sports

Rookies T-ball

Ages 4-6
We will teach the basics and fundamentals of baseball through structured drills and activities. Learn the basics of the sports in a positive fun environment. Parent participation is encouraged but not required. The Sun Prairie Y program will meet at an area park.

East / Sun Prairie
September 14-November 1
TU 5:00-5:45 pm

Program Price \$52
Discounted Member Price \$26

Rookies Coach Pitch Baseball

Ages 7-9
We will teach the basics and fundamentals of baseball through structured drills and activities. Learn the basics of the sports in a positive fun environment. Parent participation is encouraged but not required. The Sun Prairie Y program will meet at an area park.

East / Sun Prairie
September 14-November 1
TU 5:45-6:30 pm

Program Price \$52
Discounted Member Price \$26

Rookies Soccer

Ages 4-6
We will teach the basics and fundamentals of Soccer through structured drills and activities. Learn the basics of the sports in a positive fun environment. Parent participation is encouraged but not required. The Sun Prairie Y program will meet at an area park.

East / Sun Prairie
September 14-November 1
W 5:00-5:45 pm

Program Price \$52
Discounted Member Price \$26

Cross Country

Ages 6-14
We will teach the basics and fundamentals of the sport cross country. Learn proper stretching and breathing techniques while running on grass trails. Throughout the program, we will meet at area parks for a unique running experience. First few weeks of the program we will meet at Burke Park. Program schedule will be given the first day of program.

East / Sun Prairie
September 14-November 1
TH 5:00-6:00 pm

Program Price \$52
Discounted Member Price \$26

Home School Gym

Grades K-8
Keep your virtual / home school student active! The Y strives to provide a quality home school physical education program. Students will rotate through a variety of sports and training disciplines with fundamental skills and team building. Schedules will be provided during the first program week. For Fall session we will be outside on the East YMCA athletic field.

East / September 14-November 1
TU 1:00-1:45 pm
TU 2:00-2:45 pm
TH 1:00-1:45 pm
TH 2:00-2:45 pm

Program Price \$30
Discounted Member Price \$20

K-1 Basketball Skills

Grades K-1
This four-week class will teach the basic skills and fundamentals through structured drills and game play. Hoops will be lowered to 8 feet.

Sun Prairie / September 21-October 19
M 6:00-6:45 pm
Sun Prairie / October 19-November 9
M 6:00-6:45 pm

Program Price \$25
Discounted Member Price \$20

Football Skills Clinic

This one day skills non contact clinic will teach basic fundamentals of football while working at stations individually. Clinic will focus on catching, throwing, speed, agility, ball carrying. Please bring your own ball if possible. East Y clinic will be at East YMCA athletic field. The Sun Prairie Y clinic will be at an area park.

Sun Prairie / September 26
Grades K-2
SA 10:00-11:00 am
Grades 3-5
SA 11:30 am-12:30 pm

East / October 10
Grades K-2
SA 10:00-11:00 am
Grades 3-5
SA 11:30 am-12:30 pm
Program Price \$10
Discounted Member Price \$5

Disc Golf

Ages 8-14
Learn the fundamentals of one of the world's fastest growing sports! We'll focus on how to use the equipment, basic fundamentals, rules and etiquette, basic throwing and putting techniques and scoring. Equipment will be provided, and parent participation is encouraged but not required. Class locations will vary each week as we explore different parks on the Madison's West Side.

West / September 14-October 26
M 4:00-5:00 pm
Program Price \$52
Discounted Member Price \$26

Youth Sports

Karate-Rookie

Ages 4-12
Designed for first-time students. Additional equipment may be needed per instructor. B=Beginning/C=Continuing

East / September 15-October 29
TU/TH Ages 7-12 4:20-4:50 pm Junior
TU/TH Ages 4-6 5:00-5:40 pm Lil Dragon-B/C
Sun Prairie / September 14-October 28
M/W Ages 4-6 4:20-4:50 pm Lil Dragon
M/W Ages 7-12 5:00-5:30 pm Junior
Program Price \$180
Discounted Member Price \$90

Karate-Novice/Continuing

Ages 7-12
For orange/yellow belts.
East / September 15-October 31
TU/TH 5:50-6:20 pm
Sun Prairie / September 14-October 30
M/W 5:40-6:10 pm
Program Price \$180
Discounted Member Price \$90

Karate-Intermediate/Continuing

Ages 7-12
For purple/green belts.
East / September 15-October 31
TU/TH 6:30-7:00 pm
Sun Prairie / September 14-October 30
M/W 6:20-6:50 pm
Program Price \$180
Discounted Member Price \$90

Karate-Beginning Adult/Teen

Ages 13+
For beginning to advanced students.
East / September 15-October 31
TU/TH 7:00-7:50 pm
Sun Prairie / September 14-October 30
M/W 7:00-7:50 pm
Program Price \$180
Discounted Member Price \$90

Our Fall 1 Swim Guide
is now online at
ymcadane.org/lessons



JACKSPLASH is Open

Monday-Friday 11:00 am-3:00 pm
Monday-Thursday 3:30-7:00 pm
Friday 3:30-6:00 pm
Saturday & Sunday 10:00 am-2:00 pm

Max. of 20 patrons, first come first serve
Social distancing and safety guidelines in place
Patrons under the age of 16 must be accompanied by an adult
Basketball courts are not available

Child Care

Full Day Licensed Preschool

Ages 2-5

We strive to meet the developmental needs of each individual child by working in partnership with their families. We use the Creative Curriculum, a hands-on, play-based approach to learning. Children are immersed in high-quality learning in a safe, nurturing and welcoming environment. We will promote the Y's four core values of caring, honesty, respect and responsibility through our actions and words.

Licensed Preschool Rates

September 1, 2020-August 31, 2021

M-F Age 2 6:30 am-6:00 pm

Program Price \$1,023/month

Discounted Member Price \$923/month

M-F Age 3-5 6:30 am-6:00 pm

Program Price \$983/month

Discounted Member Price \$883/month

4K

Age 4+

Our 4K program is a community-based kindergarten program for four-year-old children eligible for the Madison or Sun Prairie school districts. Families should enroll children through the school district; classes are held at each YMCA branch.

4K Wrap Care

Ages 4-5

If your child is enrolled in one of the Y's 4K programs (placement and registration is managed by area school districts), and you need child care before and after 4K, we offer wrap care at select locations through our licensed preschool program. Current 4K sites include: Madison—East and West YMCAs; Sun Prairie—Sun Prairie YMCA; Oregon—Netherwood Knoll Elementary; and Verona—Stoner Prairie Elementary.

4K Wrap Discount

Program Price \$745/month

Discounted Member Price \$695/month

Our School Age Child Care programs offer a combination of free choice and structured activities. Expanded curriculum includes: arts and crafts, science, service learning, health and fitness, homework support, literacy, character development and conflict resolution. Our programs are state-licensed, and Madison sites are city-accredited. All sites accept Wisconsin Shares, and Madison sites accept city funding.

COVID-19 Child Care Procedures

Health Screening for Children/Staff

When a family drops a child off each day, we will do a quick health screen. This will include a temperature reading and a symptom check. It is important that families answer these questions accurately to help ensure the health and safety of all children and staff in our program. A child's temperature must be below 100.4 in order for them to come to school. Staff are subject to the same procedure, and health screens will continue throughout the day at 10:00 am, 12:00 pm, 2:00 pm and 4:00 pm.

Hand Washing

Children and staff will wash their hands upon entering the classroom, when moving to a new center in the classroom, prior to meal and snack times and after using the bathroom.

Sick Child/Child Showing Symptoms

If a child exhibits a fever above 100.4°, they will need to be out of program and fever-free for 72 hours. If your child exhibits other symptoms such as a cough, sore throat or runny nose, please keep them home until they are symptom-free.

Isolating a Sick Child While at School

If a child shows any symptoms or a fever while in program, they will be isolated immediately. An isolation room will be designated for each group, and a staff member who has already had exposure to the child will stay with them until a parent arrives to pick them up. The child will need to be out of program and symptom-free for 72 hours before they can return.

Masks

Children age five and above are required to wear masks while in our program. Children enrolled in 4K will be required to wear a mask while indoors. We recommend that all children have a mask to ensure the safety of everyone in the program. Masks will not be worn during mealtimes, rest times and when playing outdoors.

Social Distancing

At all times during the day, we will try to ensure social distancing between classrooms. Each classroom will stay in their own group and not interact with other classrooms in our program. Teachers will communicate to avoid groups crossing paths in common spaces.

Ratios and Group Sizes

Adhering to best practices, all classrooms will have two teachers and group sizes of 10 children or less for preschool and 15 children or less for school age.

Meals and Snacks

The YMCA will provide breakfast, lunch and an afternoon snack each day. We ask that no outside food be brought in, and meals will not be served family style. Children will be spaced apart while eating to maintain social distancing. Food service personnel will not be allowed in classrooms due to eliminate potential contamination.

Toys and Materials

Toys and materials will be immediately sanitized once a child is finished using them. This will help to prevent the spread or contamination of any materials. At the end of the day, all materials in the classroom will be thoroughly sanitized.

Bathrooms

Designated bathrooms will be assigned to each group of children so there will be no cross contamination. Teachers should also use the bathroom that belongs to their group as well. If this is not possible, bathrooms will be thoroughly sanitized after each use.

Outside/Gym

Each group will be assigned to a different outdoor play area. If this is not possible, the entire play structure must be sanitized before use by another group. Groups are not allowed to be in the same area at the same time. All toys will be sanitized after use. Sandboxes are temporarily closed to eliminate possible contamination.

Confirmed Covid-19 Cases

If a staff member or child in care test positive for COVID-19, our center will follow the direction of the local health department on sanitation procedures and the timeline for reopening.



For more information or to schedule a tour

Lussier Family East YMCA

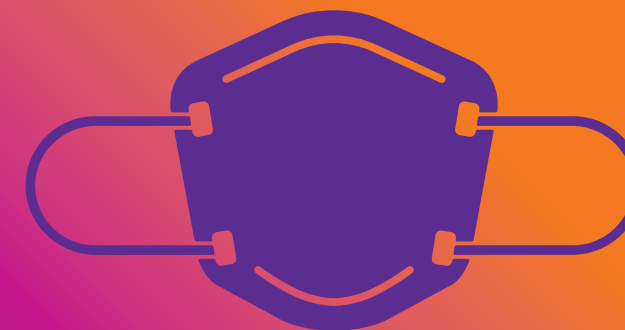
Briana Kurlinkus
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711 Cottage Grove Road
Madison, WI 53716

Sun Prairie YMCA

Sarah Holtz
sholtz@ymcadane.org
1470 Don Simon Drive
Sun Prairie, WI 53590

Lussier Family West YMCA

Lindsay Flanagan
lflanagan@ymcadane.org
5515 Medical Circle
Madison, WI 53719



**My mask protects you.
Your mask protects me.**

Masks required in all areas.