A SAFE SPACE FOR ALL

FALL 1 PROGRAM GUIDE | SEPTEMBER 14-NOVEMBER 1

YMCA OF DANE COUNTY | WWW.YMCADANE.ORG
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.

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

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 ymcdane.org/CLP

Program Price
- Annual Monthly YMCA Membership 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).

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

FINANCIAL ASSISTANCE AVAILABLE

YMCA OF DANE COUNTY
www.ymcadane.org

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

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

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

Ensuring safety starts with you. We are open and making your wellbeing a priority.

MY MASK PROTECTS YOU.
YOUR MASK PROTECTS ME.
Masks required in all areas.

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.

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.

COVID-19 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.
- Members must practice social distancing, maintaining at least six feet between themselves and others.

Register online at www.ymcadane.org

YMCA of Dane County | Fall 1 Program Guide

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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 BPMs, all in a fun group environment.

Hit the Beat
Dance to fun energetic music from a variety of genres. Easy to follow dance steps.

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!

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.

Strength vs. Speed
A barbell class that will sculpt, tone and strengthen your entire body!

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 Strength and Stretch
A variety of exercises designed to increase muscular strength, balance 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!

FREE Members Only
Some classes available on

Join us via zoom

FREE Open to All

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.
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 608 806 8673 or shaldwin@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  
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  
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  
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  
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 / December 12-November 13  
TH 9:00-10:00 am  
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 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

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  
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  
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  
Program Price $320  
Discounted Member Price $160
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 sport 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 sport 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

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. The Sun Prairie Y Clinic will be at Burke Park. The East Y Clinic will be at East YMCA athletic field. 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

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

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
TU
5:00-6:00 pm
Program Price $52

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.
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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

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 and words.

**Licensed Preschool Rates**
September 1, 2020-August 31, 2021
**M-F Age 2**
6:30 am-6:00 pm
Program Price $1,022/month
Discounted Member Price $923/month

**M-F Ages 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 YMCA, 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.

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**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 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.

**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**
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.

**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. Sandboxers are temporarily closed to eliminate possible contamination.

**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 avoided 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 of less for preschool and 15 children or less for school age.

For more information or to schedule a tour

<table>
<thead>
<tr>
<th>Lussier Family East YMCA</th>
<th>Sun Prairie YMCA</th>
<th>Lussier Family West YMCA</th>
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</thead>
<tbody>
<tr>
<td>Briana Kurlinkus</td>
<td>Sarah Holtz</td>
<td>Lindsay Flanagan</td>
</tr>
<tr>
<td><a href="mailto:bkurlinkus@ymcadane.org">bkurlinkus@ymcadane.org</a></td>
<td><a href="mailto:sholtz@ymcadane.org">sholtz@ymcadane.org</a></td>
<td><a href="mailto:llflanagan@ymcadane.org">llflanagan@ymcadane.org</a></td>
</tr>
<tr>
<td>711 Cottage Grove Road,</td>
<td>1470 Don Simon Drive</td>
<td>5515 Medical Circle</td>
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<tr>
<td>Madison, WI 53716</td>
<td>Sun Prairie, WI 53590</td>
<td>Madison, WI 53719</td>
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**My mask protects you. Your mask protects me.**

**Masks required in all areas.**

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