



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FOREVER CONNECTED

FALL 2 PROGRAM GUIDE | NOVEMBER 2-DECEMBER 20

YMCA OF DANE COUNTY | WWW.YMCADANE.ORG

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.



FREE PERSONAL TRAINING

Get up to 5 Hours of FREE Personal Training through the end of 2020!

Now through the end of the year, members 13 and older can work with the Y's certified personal trainers (includes Buddy and Small Group Training, too!) for up to five (5) hours at no cost.

- One session = one hour
- In-person and virtual training (via Zoom) available
- Use free sessions now and carry current paid training hours into 2021!
- Regular prices shown below
- Contact the fitness director at the branch of your choice below for all of the details!

We have expert, fun and personable trainers at each branch that are ready to work with you. If you've always wanted to try personal or small group training, this is the perfect opportunity!

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

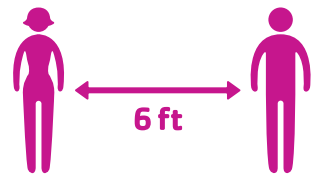
Small Group Training

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

Sun Prairie / West
 Members Only (Groups of 3–6)
 5 Sessions \$137/person

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.



My mask protects you.
 Your mask protects me.

Masks required in all areas.

Contact our staff below to set up your appointments

East YMCA
 Sharon Baldwin
 608 221 1571
 sbaldwin@ymcadane.org

Sun Prairie YMCA
 Tammy Gunderson
 608 837 8221
 tgunderson@ymcadane.org

West YMCA
 Mike Wartinbee
 608 276 6606
 mwartinbee@ymcadane.org

Drop-In Fitness – Free for Members

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.

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.

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.

Join us via zoom

FREE
Open to All

Balance & Flow

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

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.

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!

Yoga Flow

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

Visit ymcadane.org for advanced reservations

Fitness

Prefer the water?

FREE
Members
Only

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.

Aqua Dance

Perfect for anyone looking to make a splash by adding a low-impact, high-energy aquatic exercise to their fitness routine.

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.

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.

East/Sun Prairie/West

Member 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 when possible. Maximum of 6 participants.

Sun Prairie / October 28-December 18

W/F 9:00-9:45 am

Sun Prairie / October 27-December 17

TU/TH 6:00-6:45 pm

Member Only FREE

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 through many different positions and angles. Program meets in person with a maximum of 6 participants.

Sun Prairie / October 22-November 13

TH 9:00-9:30 am

Member Only FREE

Back to Basics

Designed to either get you started or restarted with exercise. This program can be either in person or virtually through Zoom. Program will cover cardio, strength and flexibility training. Meets for 30 minutes with a max of 6 participants for on site training

Sun Prairie

On site / October 26-November 18

M/W 1:00 pm

Virtual / October 27-November 19

TU/TH 7:00 pm

Member Only FREE

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.

Upcoming Events



DRIVE-THRU BOO

**Socially Distant Halloween Fun
SUN PRAIRIE YMCA**

October 30 | 5:00-7:30 pm

Get ready for socially distant Halloween fun at the Sun Prairie Y! On Friday, October 30, 5-7:30 pm, drive through our parking lot for contact-free treats and crafts (while they last) without leaving your car. Costumes, spooky window signs and even car decorations are encouraged.

Thanks to our partners: Sun Prairie Community Schools, Sun Prairie Neighborhood Navigators, TuTu School, Explore Children's Museum, Woodman's and The Good Guys.



Polling Site

East
November 3 7:00 am-8:00 pm

American Red Cross Blood Drive

East
November 6 9:30 am-1:30 pm
West
December 22 9:00 am-1:00 pm



School Age Child Care



Based on Our School Age Child Care Program

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

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

Have an Annual Monthly YMCA Membership? Save \$50/week!

Interested in an Annual Monthly membership? ymcadane.org/membership

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.

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

YMCA OF DANE COUNTY
www.ymcadane.org

Youth Sports

GYMNASTICS Beginner

This level is for students who have never done gymnastics before and/or are 4 years old or older. Students should anticipate learning the basics of gymnastics in this level. We will work on agility, flexibility and strength. Participants are required to wear face coverings during class.

Sun Prairie / November 3-December 15

TU	Ages 4+	4:30-5:00 pm
TU	Ages 4+	5:10-5:40 pm
Program Price		\$95
Discounted Member Price		\$48

GYMNASTICS Intermediate 2

In this level we will continue to master the skills from the {previous level}. Students should be able to hold themselves up in a headstand and be working toward a handstand against a wall. They should be able to hold themselves up on a bar without help, and comfortably walk on a balance beam. This level will continue to work on agility, flexibility and strength progression in order to move to a more competitive environment. Under 7 years, instructor consent. Participants are required to wear face coverings during class.

Sun Prairie / November 3-December 15

TU	Ages 7+	5:50-6:50 pm
Program Price		\$108
Discounted Member Price		\$54

Rookies Indoor 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. Participants are required to wear face coverings during class.

Sun Prairie / November 5-December 17

TH	5:00-5:45 pm
Program Price	\$60
Discounted Member Price	\$30



Youth Sports

Karate-Rookie

Ages 4-12

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

East / November 3-December 17

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 / November 2-December 16

M/W	Ages 4-6	4:20-4:50 pm	Lil Dragon
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M/W	Ages 7-12	5:00-5:30 pm	Junior
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Program Price	\$180
Discounted Member Price	\$90

Karate-Novice/Continuing

Ages 7-12

For orange/yellow belts.

East / November 3-December 17

TU/TH	5:50-6:20 pm
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Sun Prairie / November 2-December 16

M/W	5:40-6:10 pm
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Program Price	\$180
Discounted Member Price	\$90

Karate-Intermediate/Continuing

Ages 7-12

For purple/green belts.

East / November 3-December 17

TU/TH	6:30-7:00 pm
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Sun Prairie / November 2-December 16

M/W	6:20-6:50 pm
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Program Price	\$180
Discounted Member Price	\$90

Karate-Beginning Adult/Teen

Ages 13+

For beginning to advanced students.

East / November 3-December 17

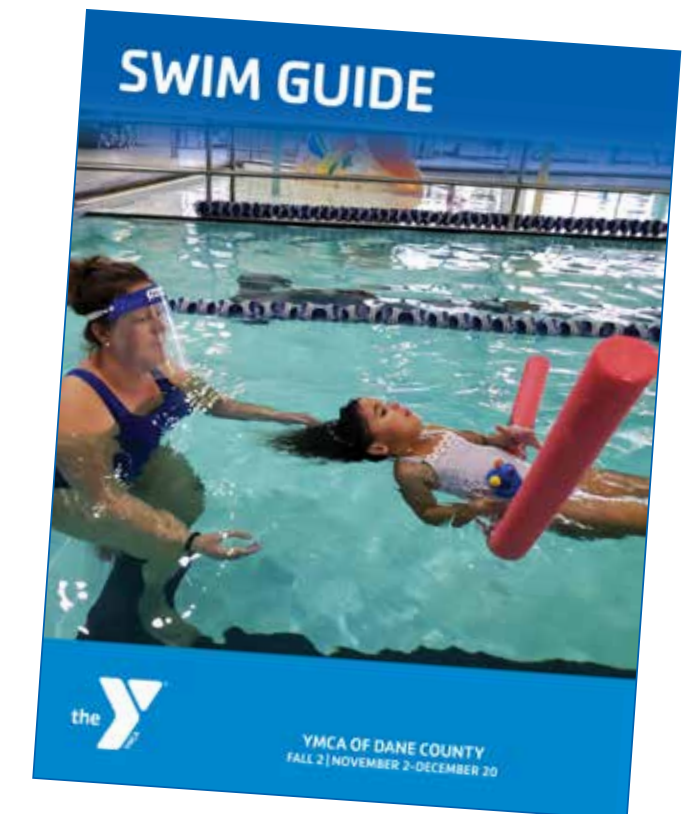
TU/TH	7:00-7:50 pm
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Sun Prairie / November 2-December 16

M/W	7:00-7:50 pm
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Program Price	\$180
Discounted Member Price	\$90

Our Fall 2 Swim Guide is now online at ymcadane.org/lessons



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

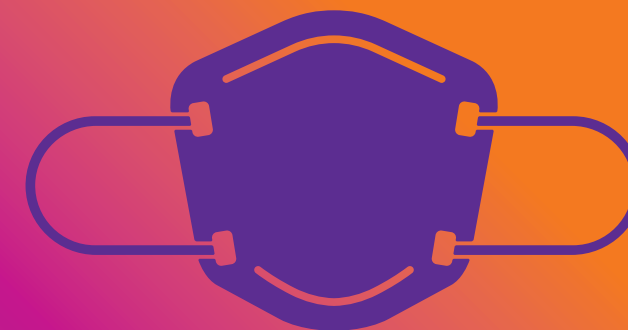
Briana Kurlinkus
bkurlinkus@ymcadane.org
711 Cottage Grove Road
Madison, WI 53716

Sun Prairie YMCA

Sarah Peppas
speppas@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.