



YOUR Y, YOUR WAY



Spring 2021 Program Guide
YMCA OF DANE COUNTY

YOUR Y, YOUR WAY

Effective Feb. 1, 2021

Your YMCA is excited to offer facility access at 50% capacity, in-person and virtual group fitness classes, programs and other amenities! We continue to follow CDC and Public Health Madison & Dane County guidelines to keep members and staff safe and healthy. Scroll down to review the current protocols for specific facility areas and programs like fitness centers, classes, pools and gyms.

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.

Visiting Your Branch to Workout:

- Self-screen before you visit the Y. If you don't feel well or are running a temperature, please stay home.
- Maintain social distance while you're at the Y: during workouts, in locker rooms, in the pool ... help limit the spread!
- Wash your hands thoroughly and frequently (and/or use hand sanitizer), especially when entering and leaving our facilities.
- Again, wear your mask at all times.

General Facility Information:

- Branches operate at up to 50% capacity
- Staff will sanitize and disinfect common areas throughout the day.
- Bottle-filling stations and water fountains are open. If you want to bring a refillable drink bottle to stay hydrated during workouts.
- Visual reminders of all guidelines are posted throughout facilities to help staff and members stay safe.
- Member guest passes are accepted, and AWAY members are welcome!
- Visitors may purchase Day Passes (does not include pool usage).
- Vending machines are available for member use.

These amenities are temporarily unavailable:

- Workout Child Watch
- Actively Aging Day Pass program on Wednesday mornings
- Complimentary coffee
- Saunas
- FourCore Community Fitness (West) and MX4 (East)

All protocols are consistent with local, state and national public health guidelines. Watch this page, your email and social media for new information.



Blood Drive

West YMCA

Thursday, April 29

9:00 am–1:00 pm

SUMMER CAMP

1921-2021
CELEBRATING 100 YEARS

BUILDING FRIENDSHIPS FOR 100 YEARS

100 YEARS

1921 - 2021

YMCA
SUMMER CAMP

100 years of fun, friends and a summer camp experience like no other!

FRIENDSHIP A big daily dose of social interaction helps build friendships that last lifetimes.

SKILL DEVELOPMENT Curiosity, exploration and discovery of a wider world brings out brainpower!

FITNESS Hours upon hours of healthy outdoor activity!

SELF-CONFIDENCE Campers grow emotionally by being their best selves.

SAFETY Our state-licensed staff maintains public health protocols.

Register in March for a chance to win a week of camp at 1921's price: \$7.50/week!

Registration Open
ymcadane.org



BEFORE & AFTER SCHOOL CARE 2021-2022

You can now register to reserve your spot for next year, and know that we may need to adjust our approach based upon school, community and public health guidelines.

Our programs offer a combination of free choice and structured activities including arts & crafts, exploration, service learning, healthy activity, homework support, character development and conflict resolution. Our programs and staff are state-licensed, and Madison sites are city-accredited. All sites accept Wisconsin Shares, and Madison sites accept city funding.

- Before School Care starts at 6:30am at all Sun Prairie locations and 7:00am for all Madison locations.
- After School Care begins when school releases and ends at 6:00 pm
- Verona Late Start Care is available at our Verona locations to accommodate the late-start
- School schedule; runs 7:00-9:15 am.

Call, email, or visit our website at ymcadane.org for more details.

East Madison Area

Madison Metropolitan School District Sites:

- Elvehjem, Kennedy, Schenk Elementary

McFarland School District Site:

- Conrad Elvehjem Elementary

Monona Grove School District Sites:

- Cottage Grove, Winnequah Elementary



Jason McColl
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608 906 8651

Sun Prairie Area

DeForest Area School District Sites:

- Eagle Point, Windsor Elementary

Sun Prairie Area School District Sites:

- Creekside, Eastside, Horizon, Meadow View, Royal Oaks, Westside, Token Springs Elementary



Seth Brody
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West Madison Area

Madison Metropolitan School District Sites:

- Huegel, Olson Elementary

Middleton-Cross Plains Area School District Sites:

- Northside, Pope Farm, Sauk Trail, Sunset Ridge Elementary

Verona Area School District Sites (:

- Country View, Glacier Edge, New Century/International School, Stoner Prairie, Sugar Creek Elementary



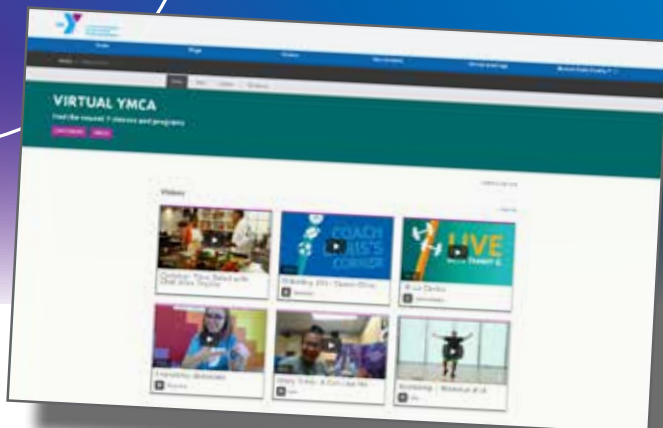
Lisa Rheineck
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WELCOME TO YOUR VIRTUAL Y

FREE

- Resources on Demand -
- Stream Anywhere -
- Members Only -

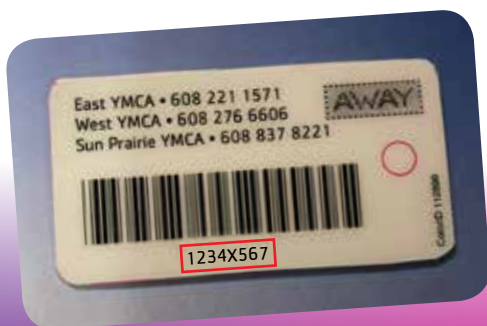


Virtual Y is LIVE! Our new, interactive online platform is your source for:

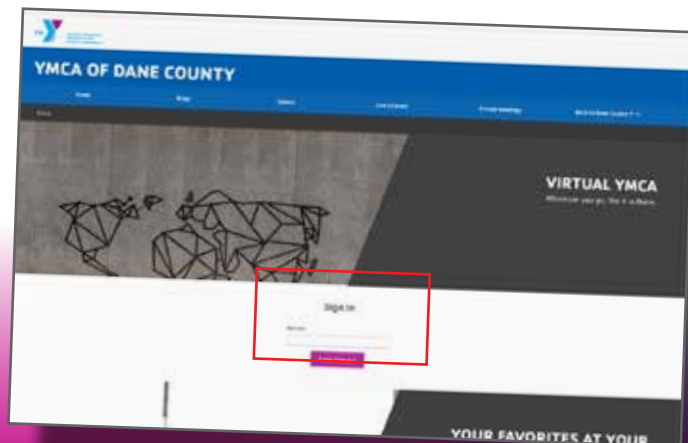
- Live and on-demand fitness classes for all ages and intensity levels
- Live social gatherings, meetings and events for Active Older Adults
- Live and on-demand youth and family activities
- All included with your membership; no extra cost!

Accessing Virtual Y is as easy as 1,2,3!

1. Visit ymcadane.y.org.
 2. Scroll down to the box labeled, "Barcode", and enter the eight-digit number shown on your key tag or Y mobile app barcode screen.
- Click the "Enter Virtual Y" button; you're in! Explore!



Log in using the barcode number on your key fob!



DROP-IN FITNESS

Balance & Flow

A gentle blend of Tai Chi, Yoga, strength, balance and mobility exercises. No equipment needed.

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™

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

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 to Fight

Combine martial arts techniques with fast-paced cardio. Build stamina, improve coordination and flexibility as you build lean muscle with this fun challenging workout. Appropriate for beginning and seasoned exercisers.

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!

Pilates

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

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!

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 creates a dynamic, exciting and effective fitness system! It is a mixture of body sculpting movements with easy to follow dance steps.

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.

Aqua Zumba®

Join us for a "pool party" workout! Water-based movements that adhere to the Zumba® fusion of Latin, hip-hop and international music.

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®

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

HEALTHY LIVING

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

Members Only \$35

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

4 Week Jumpstart-Cardio

Ages 16+

If you want to get moving again and need a little help to do so, this 4 Week Program will be perfect for you. This 45 minute class meets two times a week and will focus on how to properly warm-up, find the right intensity, and recover from your workouts.

West / May 3-26

M/W 9:00-9:45 am

Program Price	\$140
Discounted Member Price	\$70

4 Week Jumpstart-Strength

Ages 16+

Whether you are just starting out, or wanting to start again, this class is designed to help you build your strength. Getting going with a strength program can be confusing and sometimes intimidating. This class is designed first and foremost to get you comfortable with lifting weights, and second to help build, tone, and strengthen your whole body.

West / May 4-28

TU/F 9:00-9:45 am

Program Price	\$140
Discounted Member Price	\$70

Youth Fitness

Ages 8-12

This small group 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 / April 13-May 25

TU 4:15-4:45 pm

Program Price	\$80
Discounted Member Price	\$40

Teen Learn to Lift

Ages 13-15

Learn to lift safely and effectively. Class utilizes light barbells and dumbbells as well as body weight in order to allow the focus to be on technique and body mechanics to get the most out of strength training.

East / March 22-April 14

M/W 3:30-4:15 pm

Program Price	\$160
Discounted Member Price	\$80

Sun Prairie / March 24-April 14

W 3:15-4:00 pm

Program Price	\$80
Discounted Member Price	\$40

Rejuvenate

Ages 16+

Would you like to lose the pandemic pounds and/or get started exercising? If you want some guidance and accountability, this program meets twice per week and includes an online component for healthy lifestyle and nutrition habits. We begin slowly and build over eight weeks.

East / April 5-May 27

TU/TH 6:45-7:30 pm

Program Price	\$320
Discounted Member Price	\$160

CHILD CARE

Early Childhood Education

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.

East, Sun Prairie & West YMCA

M-F Age 2-5 7:00 am-5:30 pm

4K

Age 4+

Our 4K program is a community-based kindergarten program for four-year-old children eligible for the Madison, Oregon, Sun Prairie and Verona school districts, classes are held at each YMCA branch for Madison and Sun Prairie. The Oregon School District classes are held at Netherwood Knoll Elementary and Verona Area School District classes are held at Stoner Prairie Elementary. Families should enroll children through the school district.

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 offering wrap care include: Madison—East and West YMCAs; Sun Prairie—Sun Prairie YMCA.

Our programs are state-licensed, and Madison sites are city-accredited. All sites accept Wisconsin Shares, and Madison sites accept city funding.

For more information, visit
ymcadane.org



For more information or to schedule a tour

Lussier Family East YMCA

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Sun Prairie YMCA

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Lussier Family West YMCA

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Madison, WI 53719

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 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 time line for reopening.

YOUTH PROGRAMS

Bubble Soccer

Ages 13+

We are excited to offer a new exciting program that is safe while having a blast at the YMCA. It is called Bubble Soccer. Any and all levels can participate beginning at the age of 13. All of our public health guidelines will be in place to ensure safety. It will be an open format. This will not be a league structure but for the sole purpose of having a lot of fun with the program at our YMCA. It will be a 6 week program. We will max out at 10 participants. Please see the two minute video to get a feel of how much fun you could have doing this program at our YMCA.

<https://www.youtube.com/watch?v=me1y78yMOSo>

April 22-May 27

East / East Field

TH 6:00-6:45 pm

TH 7:00-7:45 pm

Program Price \$60

Discounted Member Price \$30

Soccer

Ages 4-9

Learn basic dribbling, passing, shooting, goalkeeper skills, and games. Emphasis is on individual and team skill and actual game play. This class is a great way to warm up for summer soccer!



April 13-May 27

East / East Field

TU Ages 4-6 5:00-5:45 pm

TU Ages 7-10 6:00-6:45 pm

Sun Prairie / Site TBA

TH Ages 4-6 5:00-5:45 pm

TH Ages 7-10 6:00-6:45 pm

Program Price \$60

Discounted Member Price \$30

T-Ball Skills Spring Training

Ages 4-6

Your child will learn the fundamentals of t-ball in preparation for summer t-ball leagues.

April 13-May 27

East / East Field

TH 5:00-5:45 pm

Sun Prairie / Site TBA

TU 5:00-5:45 pm

West / Site TBA

TH 5:00-5:45 pm

Program Price \$60

Discounted Member Price \$30

Coach-Pitch Skills Spring Training

Ages 6-8

Players will brush up on baseball fundamentals and get ready for the summer coach-pitch league.

April 13-May 27

East / East Field

TH 5:45-6:30 pm

Sun Prairie / Site TBA

TU 5:45-6:30 pm

West / Site TBA

TH 5:45-6:30 pm

Program Price \$60

Discounted Member Price \$30

Rookies Basketball

Ages 5-9

We will teach the basics and fundamentals of basketball through structured drills and activities. Learn the basics of the sport in a positive and fun environment. Parent participation is encouraged but not required. Participants are required to wear face coverings during class.

East / April 12-May 24

M Ages 5-6 4:00-4:45 pm

M Ages 7-9 5:00-5:45 pm

West / April 13-May 25

TU Ages 5-6 4:00-4:45 pm

TU Ages 7-9 5:00-5:45 pm

Program Price \$60

Discounted Member Price \$30

YOUTH PROGRAMS

Spring NFL Flag Football League

Grades K-5

Fundamentals, team play, sportsmanship and fun are emphasized, and teams are comprised of no more than 12 players. A NFL reversible jersey and flags are included. Register by April 11 to take advantage of the early bird fee. League schedules and rosters will be sent via email one week prior to the start of the season. Volunteer coaches are needed.

*East, West and Sun Prairie YMCA leagues may be combined at each grade level depending on enrollment, so locations may vary.

April 24-June 12

East / Gym

		Possible Game Times
SA	Grades K-1	8:45/9:45 am
SA	Grades 2-3	9:45/10:45/11:45am
SA	Grades 4-5	10:45/11:45am/12:45pm

Sun Prairie / Site TBA

		Possible Game Times
SA	Grades K-1	8:45/9:45 am
SA	Grades 2-3	9:45/10:45 am
SA	Grades 4-5	10:45/11:45 am

West / Site TBA

		Possible Game Times
SA	Grades K-1	8:45/9:45/10:45 am
SA	Grades 2-3	9:45/10:45/11:45 am
SA	Grades 4-5	10:45 am/11:45/12:45 pm

Program Price \$100

Discounted Member Price \$50

Eastside Track

Grades 1-8

This program provides an opportunity for youth to learn track skills while receiving the rewards of being part of a team. Athletes will participate in nearby meets and practice every Wednesday at the East YMCA athletic field or Monona Grove HS. Meets will be held on Saturdays at Cardinal Heights Upper Middle School in Sun Prairie. T-shirt included.

April 17-June 5

East

Days to be announced	6:00-7:00 pm
Program Price	\$60
Discounted Member Price	\$30

Sun Prairie Track

Grades 1-8

This program will help grow the Sun Prairie Track program! Athletes will practice one day a week and compete in three meets during the season. Meets will be Saturday mornings; dates TBA. Additional track programs are available in DeForest and Marshall. T-shirt included.

April 17-June 5

Sun Prairie

Days to be announced	6:00-7:15pm
Program Price	\$60
Discounted Member Price	\$30

Gymnastics-Beginner

Ages 4+

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 at this level. We will work on agility, flexibility and strength. Participants are required to wear face coverings during class.

April 13-May 25

Sun Prairie

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

Gymnastics-Intermediate 2

Ages 7+

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.

April 13-May 25

Sun Prairie

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

Karate-Rookie

Ages 4-12

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

East / April 13-May 27

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 / April 12-May 26

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 / April 13-May 27

TU/TH 5:50-6:20 pm

Sun Prairie / April 12-May 26

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 / April 13-May 27

TU/TH 6:30-7:00 pm

Sun Prairie / April 12-May 26

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 / April 13-May 27

TU/TH 7:00-7:50 pm

Sun Prairie / April 12-May 26

M/W 7:00-7:50 pm

Program Price	\$180
Discounted Member Price	\$90

Adult Pickleball

Ages 30+

Beginners welcome and equipment and instruction are provided. Weekly drop in fees are assessed at the door.

Sun Prairie

M/TH 1:00-3:00 pm (2 courts)

West / Starting April 1

TH/F 11:00 am-1:00 pm

Program Price	\$5/day
Discounted Member Price	FREE

Adult Basketball

Ages 18+

Beginners are welcome and all equipment is provided.

Sun Prairie

M-SA 6:00-9:00 am

West

M/W/F 6:00-8:00 am & 11:00 am-1:00 pm

Program Price	\$5
Discounted Member Price	FREE



Spring Swim Guide available online at www.ymcadane.org

Y Club

Ages 10-14

This staffed program provides a safe and inclusive environment for youth ages 10 to 14 to hangout. The two club based programs offered this session are Art Club and Group Games. There will be a max of 15 participants each day.

Sun Prairie / April 12

M	Art Club	4:00-7:00 pm
W	Group Games	4:00-7:00 pm