



FIND YOUR PASSION. FIND YOUR Y.

SPRING & SUMMER PROGRAM GUIDE
YMCA OF DANE COUNTY

WELCOME TO THE Y

BUILDING HOURS

Standard Hours (Labor Day-Memorial Day)

Monday-Friday, 5:00 am-9:00 pm

Saturday, 6:00 am-5:00 pm

Sunday, 9:00 am-5:00 pm

SESSION DATES

Spring: April 11-May 29

Summer 1: May 30-July 17

Summer 2: July 18-September 4

REGISTRATION DATES

Members: March 14

Non-Members: March 28

BE A MEMBER; BECOME A DONOR

Learn about our mission based, community focused programs.

Join our cause at ymcadane.org.

REGISTER ONLINE OR IN PERSON

To enroll in programs shown in this guide go

to ymcadane.org, or visit any YMCA of Dane County location.

DISCOUNTED MEMBER PRICES

To receive member prices on programs, your membership must be active for the entire session. Memberships on hold are not considered active.

WHEN YOU JOIN THE Y, YOUR MEMBERSHIP INCLUDES:

- Free Wellness Consultation
- 100+ free group exercise classes weekly
- Free drop-in child care while you work out
- Virtual Y featuring live streaming classes with your favorite instructors
- YMCA360 for hundreds of on-demand fitness, sports and family classes
- Full access to all three Dane County locations
- Six Free Day Passes per year to share
- Friendly, caring staff to help you at anytime
- Open gym, swim, basketball and racquetball
- State-of-the-art exercise equipment
- Discounted program fees
- Guest privileges at many YMCAs nationwide
- Support a nonprofit in your community

CODE OF CONDUCT & FACILITY AGE USAGE

Find all of our policies at ymcadane.org/policies.

MILITARY & VA DISCOUNTS

We proudly support our military and our veterans. Contact any location for more information.

MEMBERSHIP TYPE	ANNUAL	MONTHLY	DAY PASS
Youth (Ages Under 19)	\$20		\$8
Young Adult (Ages 19-35)	\$40		\$12
Adult (Ages 36-59)	\$48		\$15
Family (Same residence)	\$68		\$20
Senior Adult (Ages 60+)	\$44		\$8
Senior Plus One (Ages 60+)	\$61		

Oh **YES!**
You Can

Everyone can afford to be a member of our Y. Our expanded financial assistance program makes membership to our family affordable for all. Apply for financial assistance at any of our branches. Donations to our Annual Campaign provide need-based subsidies for memberships and programs.

People Living in your Household	1	2	3	4	5	6+
\$0-\$10,000	85%	85%	85%	85%	85%	85%
\$10,001-\$15,000	85%	85%	85%	85%	85%	85%
\$15,001-\$20,000	60%	85%	85%	85%	85%	85%
\$20,001-\$25,000	50%	70%	85%	85%	85%	85%
\$25,001-\$30,000	40%	60%	70%	85%	85%	85%
\$30,001-\$35,000	30%	50%	60%	70%	85%	85%
\$35,001-\$40,000	0%	40%	50%	60%	70%	85%
\$40,001-\$45,000	0%	30%	40%	50%	60%	70%
\$45,001-\$50,000	0%	0%	30%	40%	50%	60%
\$50,001-\$55,000	0%	0%	0%	30%	40%	50%
\$55,001-\$60,000	0%	0%	0%	0%	30%	40%
\$60,001-\$65,000	0%	0%	0%	0%	0%	30%
\$65,001+	0%	0%	0%	0%	0%	0%

EASTER EGG-STRAVAGANZA

EGG HUNT FREE & OPEN TO THE COMMUNITY

East

April 9 | 12:00 pm

Join us for a FREE community egg hunt. Dress for the weather, and bring a basket and your camera for photos with the bunny.

BUNNY BREAKFAST

Free members-only event! Enjoy a yummy pancake breakfast and take pictures with the Easter Bunny.

Sun Prairie

April 10 | 9:30-11:00 am

West

April 8 | 5:30-7:00 pm (Breakfast for dinner!)

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.

Sun Prairie

M-F Age 2½-5 7:00 am-5:30 pm

2½ years

Program Price \$1,110/month

Discounted Member Price \$1,010/month

3-5 years

Program Price \$1,075/month

Discounted Member Price \$970/month

For more information or to schedule a tour:

Sun Prairie YMCA

Sarah Peppas

608 478 4307

East/West

M-F Age 2½-5 7:00 am-5:30 pm

2 years

Program Price \$1,340/month

Discounted Member Price \$1,230/month

3-5 years

Program Price \$1,290/month

Discounted Member Price \$1,190/month

For more information or to schedule a tour:

West YMCA

Lindsay Flanagan

608 906 8808

East YMCA

Jean Stube

608 906 8657



4-YEAR-OLD KINDERGARTEN (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 need to 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.

Sun Prairie

Program Price \$745/month

Discounted Member Price \$695/month

East/West

Program Price \$825/month

Discounted Member Price \$795/month

West pricing includes swimming lessons

CHILD CARE

SCHOOL AGE CHILD CARE

Ages 5-13

Many families have caregivers with work days that start before school or end after school ends for the day. The Y is there to support working families with Before and After School Child Care in dozens of area elementary schools. 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. Like everything we do, our child care programs are built upon our four core values of caring, honesty, respect and responsibility. Our programs and staff are state-licensed, and Madison sites are city-accredited. All sites accept Wisconsin Shares, and Madison sites accept city funding.

Options include:

- Before School Care: Sun Prairie location opens at 6:30 am; Madison locations begin at 7:00 am.
- After School Care: Programs start when school releases and end at 6:00 pm, including on scheduled early-release days.
- Verona Late Start Care: Available at Verona locations to accommodate the late-start school schedule; runs 7:00-9:15 am.

Program Price \$410/month

Discounted Member Price \$340/month



EAST MADISON AREA

Madison Metropolitan School District

Elvehjem Elementary
Kennedy Elementary
Schenk Elementary
Gompers Elementary

McFarland School District

Conrad Elvehjem Elementary

Monona Grove School District

Cottage Grove Elementary
Winnequah Elementary

Contact

Aaron Krigbaum
akrigbaum@ymcadane.org
608 906 8656

SUN PRAIRIE AREA

DeForest Area School District

Eagle Point Elementary
Windsor Elementary

Marshall School District

Marshall Elementary

Sun Prairie Area School District

Creekside Elementary
Eastside Elementary, (also serves Northside Elementary and Bird Elementary)
Horizon Elementary
Meadow View Elementary
Royal Oaks Elementary
Westside Elementary
Token Springs Elementary

Contact

Seth Brody
sbrody@ymcadane.org
608 837 4310

WEST MADISON AREA

Madison Metropolitan School District

Huegel Elementary
Olson Elementary

Middleton-Cross Plains Area School District

Northside Elementary
Pope Farm Elementary
Sauk Trail Elementary
Sunset Ridge Elementary

Verona Area School District

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

Contact

Lisa Rheineck
lrheineck@ymcadane.org
608 906 8812



Infant Child Care
One year-old Child Care
Coming soon to East!

YOUTH PROGRAMS

PRESCHOOL SPORTS OF ALL SORTS

Ages 3-4

Participants learn basic skills in sports and games such as gymnastics, soccer and t-ball and focus on teamwork and sportsmanship.

April 11-May 29

May 30-July 17

East

TH 3:00-3:30 pm

Sun Prairie

M 9:30-10:00 am

West

TU 3:00-3:30 pm

Program Price \$52

Discounted Member Price \$26

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 11-May 29

East

TH 5:00-5:45 pm

Sun Prairie: Northside Elementary

TU 5:00-5:45 pm

West: Huegel-Jamestown Park

TH 5:00-5:45 pm

Program Price \$60

Discounted Member Price \$30

COACH-PITCH LEAGUE

Ages 6-8

Players will continue to focus on fundamentals as they step up from the tee to coach-pitch format. Child must have participated in t-ball to play coach-pitch. Game times will rotate weekly. There will be two weeks of practices followed by five weeks of games. Teams may practice once during the week with games played on Saturday mornings. Players receive a team t-shirt, and volunteer coaches are needed. East, West and Sun Prairie teams will combine to form a league. Games will be played between all three branches.

June 4-July 23

East

SA

Game Times

9:00/10:00 am

West: TBA

SA

Game Times

9:00/10:00 am

Sun Prairie: Sacred Hearts

SA

Game Times

9:00/10:00 am

Program Price \$60

Discounted Member Price \$30

YOUTH PROGRAMS

SUN PRAIRIE SPRING 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 May 7, May 21 & June 4. Additional track programs are available in Marshall. T-shirt included.

April 18-June 4

Sun Prairie

M-TH 6:00-7:15 pm

Program Price \$70

Discounted Member Price \$40

BOLTS SUMMER TRACK CLUB

Grades 1-8

Participants will train for short and long distance running, hurdles, high jump, triple jump, long jump, discus and shot put and have opportunities to compete in 3-4 Wisconsin Track Club meets (extra fees apply for meets). State and regional meet competition may also be available.

June 7-July 29

Sun Prairie High School

TU/TH 6:00-7:30 pm

Program Price \$90

Discounted Member Price \$50

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 12 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 23-June 11

East

SA Grades K-1

Game Times

8:45/9:45 am/10:45 am

SA Grades 2-3

9:45/10:45/11:45 am

SA Grades 4-5

10:45/11:45 am/12:45 pm

Sun Prairie: Patrick Marsh

Game Times

SA Grades K-1

8:45/9:45 am/10:45 am

SA Grades 2-3

9:45/10:45 am/11:45 am

SA Grades 4-5

10:45/11:45 am/12:45 pm

West: Toki Middle School

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

Early Bird Registration: March 1-April 12

Program Price \$95

Discounted Member Price \$50

Registration Fee Beginning April 13

Program Price \$100

Discounted Member Price \$55

YOUTH PROGRAMS

LEVEL 1 3 V 3 SUMMER SLAM RECREATIONAL BASKETBALL LEAGUE

Grades K-3

This six-week league focuses on skill development, teamwork and most of all fun! The league stresses basic fundamentals in a non-competitive environment. Teams are comprised of no more than 12 players. Team t-shirts are included. Two weeks of practice and four weeks of games; game times vary each week. Team or coach requests may not be guaranteed for those registering after the early-bird registration dates (see below). Volunteer coaches are needed. Grades are for the 2021-22 school year.

July 19–August 25

East

TU	Grades K-1 Coed	Game Times 5:30/6:30 pm
TU	Grades 2-3 Girls	5:30/6:30 pm
TH	Grades 2-3 Boys	5:30/6:30 pm

Sun Prairie

TU	Grades K-1 Coed	Game Times 5:30/6:30 pm
TU	Grades 2-3 Girls	5:30/6:30 pm
TH	Grades 2-3 Boys	5:30/6:30 pm

West

TU	Grades K-1 Coed	Game Times 5:30/6:30 pm
TU	Grades 2-3 Girls	5:30/6:30 pm
TH	Grades 2-3 Boys	5:30/6:30 pm

Early Bird Registration: May 2–July 11

Program Price	\$60
Discounted Member Price	\$30

Registration Fees Beginning July 12

Program Price	\$70
Discounted Member Price	\$40



ROOKIES BASKETBALL

Ages 5-9

The Rookies program teaches the basics through structured drills and game play. Ages 5-6 use 8-foot hoops; Ages 7-9 use 9-foot hoops; and all groups use a junior-sized ball to help all participants succeed.

April 11–May 29

May 30–July 17

East

M	Ages 5-6	4:00-4:45 pm
M	Ages 7-9	4:45-5:30 pm
M	Ages 10-12	5:30-6:15 pm

Sun Prairie

TU	Ages 5-6	4:00-4:45 pm
TU	Ages 7-9	4:45-5:30 pm
TU	Ages 10-12	5:30-6:15 pm

West

TU	Ages 5-6	4:00-4:45 pm
TU	Ages 7-9	4:45-5:30 pm
TU	Ages 10-12	5:30-6:15 pm

Program Price	\$60
Discounted Member Price	\$30

YOUTH PROGRAMS

DISC GOLF

Ages 8-14

Learn the fundamentals of one of the world's fastest growing sports! This class will focus on basic fundamentals, rules and etiquette, basic throwing and putting techniques, scoring and use of equipment. Disc golf equipment will be provided. Parent participation encouraged but not required.

June 6-July 25

Elver Park

M 5:00-6:00 pm

Program Price \$60

Discounted Member Price \$30

SOCCER SKILLS SPRING TRAINING

Ages 4-10

We teach the fundamentals of soccer at the team level while emphasizing teamwork and fun!



April 11-May 29

East

W Ages 4-6 **Game Times** 5:30-6:15 pm

W Ages 7-10 6:15-7:00 pm

West: Huegel Park

W Ages 4-6 **Game Times** 5:30-6:15 pm

W Ages 7-10 6:15-7:00 pm

Sun Prairie: Northside Elem.

TH Ages 4-6 **Game Times** 5:00-5:45 pm

TH Ages 7-10 5:45-6:30 pm

Program Price \$60

Discounted Member Price \$30

SUMMER SOCCER LEAGUE

Ages 4-10

We teach the fundamentals of soccer at the team level while emphasizing teamwork and fun! We'll have two weeks of practice followed by five weeks of game play. Game times rotating weekly. Volunteer coaches are needed. 7-10 year olds might combine with West to form a league, depending on enrollments.

May 30-July 17

East

W Ages 4-6 **Game Times** 5:30/6:15 pm

W Ages 7-10 6:15/7:15 pm

West: Huegel Park

W Ages 4-6 **Game Times** 5:30/6:15 pm

W Ages 7-10 6:15/7:15 pm

Sun Prairie: TBA

TH Ages 4-6 **Game Times** 5:00-5:45 pm

TH Ages 7-10 5:45-6:30 pm

Program Price \$60

Discounted Member Price \$30

YOUTH FITNESS

Ages 8-12

Small group training class that offers a sampling of many fitness components including agility, balance, strength, flexibility and cardio activities.

April 11-May 29

May 30-July 17

July 18-September 4

Sun Prairie

TH 4:30-5:00 pm

West

TH 4:30-5:00 pm

Program Price \$70

Discounted Member Price \$35

YOUTH PROGRAMS

MX4 YOUTH PERFORMANCE

Ages 10-14

The MX4 Training System merges cutting-edge equipment with unique, functional training movements to deliver a superior exercise experience. Each 30-minute session will develop and enhance athletic performance by focusing on: Coordination, Strength, Improved Agility, Performance while decreasing susceptibility to injury by enhancing joint stability.

April 11-May 29

May 30-July 17

July 18-September 4

East

TU 4:15-4:45 pm

Program Price \$50

Discounted Member Price \$25

ROLLER SKATING DROP-IN

All ages

Bring your own skates, pads and helmets! We will provide the space and the disco lights!

Sun Prairie - Starting April 15-June 10

F 5:00-7:00 pm

Program Price \$5

Discounted Member Price FREE

EAST Y LANCER YOUTH FOOTBALL

Grades 4-8

Join the growing tradition of Lancer Youth football. Athletes will learn all the fundamentals of tackle football while competing in the Dane County Area Youth Football League. The league stresses the importance of proper technique, player safety, teamwork and positive attitude. Practices will be held during the week at times designated by the coach. Games will take place on Saturdays. Teams are coached by USA Heads Up Tackle certified coaches. Players must attend school or live within the La Follette High School District to participate. Grade levels based on 2022-23 school year.

August 2-October 15

Early Bird Registration: March 14-July 10

Program Price \$250

Discounted Member Price \$200

Registration Fee Beginning July 11

Program Price \$275

Discounted Member Price \$225

FRIDAY YOUTH NIGHTS

Ages 8-14

This is a free community event for kids to foster a sense of community, inclusion, and empowerment. There will be community partners at each night along with planned activities and dinner.

East/West

June 17 5:00-8:00 pm

July 15 5:00-8:00 pm

August 19 5:00-8:00 pm

Sun Prairie

June 17 5:00-8:00 pm

June 24 5:00-8:00 pm

July 8 5:00-8:00 pm

July 15 5:00-8:00 pm

July 22 5:00-8:00 pm

FREE & OPEN
TO ALL

NEW!

LANCER BASKETBALL CLINIC

Grades 4-8

Clinics consist of structured drills to improve individual skills, all led by La Follette High School Varsity Basketball staff. Grade level is for 2022-2023 school year. Fee includes t-shirt.

June 13-16

East

Boys Grades 4-6 9:00-11:30 am

Boys Grades 7-8 12:00-2:30 pm

Program Price \$95

Discounted Member Price \$55

LANCER FOOTBALL YOUTH CAMP

Grades 4-9

The camp philosophy is to provide solid fundamental football skills in a non-contact atmosphere. Our focus is to expose campers to the basics of the sport of football. We envision each camper to reach their fullest potential and enjoy the rewards that the sport of football has to offer. Grades are based off 2020-21 school year. Includes t-shirt and mouth guard.

July 11-12

LaFollette Football Field

W-TH 5:00-8:00 pm

Program Fee \$20

YOUTH PROGRAMS

TEEN SPORTS CONDITIONING

Ages 13-15

Designed to help your child cross-train, improve movement, improve strength and increase confidence. This is a FUN way to improve balance, speed, quickness, agility and strength while reducing the risk of injury.

April 22-June 9

East/West

W 4:15-5:00 pm

Program Price \$90

Discounted Member Price \$45

June 10-July 21

July 22-September 1

East/West

M 10:00-10:45 am

W 4:15-5:00 pm

Program Price \$80

Discounted Member Price \$40

June 10-July 21

Sun Prairie

W 10:00-10:45 am

Program Price \$80

Discounted Member Price \$40

YOUTH PROGRAMS

KARATE-YOUTH

Ages 4-7

The focus of this program is to create a fun way to provide agility based foundational skills such as balance, strength and flexibility.

April 11-May 29

May 30-July 17

July 18-September 4

East

M/W 5:00-6:00 pm

Program Price \$150

Discounted Member Price \$90

Sun Prairie

TH 6:00-6:45 pm

SA 11:30 am-12:15 pm

Program Price \$80

Discounted Member Price \$45

KARATE-SCHOOL AGE

Ages 8-12

Our focus will be on humility and kindness to instill positive values. They will learn how to use martial arts to have a sense of household pride and respect for their own personal growth.

April 11-May 29

May 30-July 17

July 18-September 4

East

M/W 6:00-7:00 pm

Program Price \$150

Discounted Member Price \$90

Sun Prairie

TH 6:45-7:45 pm

SA 12:15-1:15 pm

Program Price \$80

Discounted Member Price \$45

KARATE-TEEN/ADULT

Ages 13+

The adults will be provided with a sense of control over one's life in a self-defense focused class. The goal is to encourage self-discovery in a safe and respectful learning environment.

April 11-May 29

May 30-July 17

July 18-September 4

East

M/W 7:00-8:00 pm

Program Price \$150

Discounted Member Price \$90

OKINAWAN KARATE

Ages 7+

Emphasis is on traditional formal exercise (Kata), advanced techniques and self-defense with an introduction to kobudo (bo and sai). Participants should have knowledge of Kata through Pinan Shodan or have approval by the instructor. Families welcome. Students will have the opportunity to acquire their green, brown, and/or black belts in advanced level classes.

April 11-May 29

May 30-July 17

July 18-September 4

West

W 6:30-7:15 pm Beginner

W 7:30-8:15 pm Intermediate

Program Price \$80

Discounted Member Price \$40

ADULT RECREATION

PICKLEBALL DROP-IN

Ages 18+

Beginners welcome.

East

TU/F 1:00–3:00 pm

Sun Prairie

TU/TH 1:00–3:00 pm

West

TU/TH 12:00–2:00 pm

Program Price \$5

Discounted Member Price FREE

OPEN WALLYBALL DROP-IN

Ages 18+

Have a great time playing volleyball with a beach ball in the racquetball courts.

West

TU/F 9:00–11:00 am

Program Price \$5

Discounted Member Price FREE

WATER VOLLEYBALL DROP-IN

Ages 18+

Join us for open adult water volleyball.

East

M/W/F 2:00–3:00 pm

Y Members Only FREE

BADMINTON DROP-IN

Ages 18+

Join us for adult badminton.

Sun Prairie

TU/TH 8:00–9:00 pm

SU 9:00–11:00 am

West

M/W 8:00–9:00 pm

Program Price \$5

Discounted Member Price FREE

ADULT BASKETBALL DROP-IN

Ages 18+

Beginners are welcome and all equipment is provided.

East

TU/TH/S 6:00–8:00 am

M/W/F 11:00–1:00 pm

Sun Prairie

W/F 12:00–1:30 pm

West

M/W/F 6:00–8:00 am

M/W/F 12:00–2:00 pm

Program Price \$5

Discounted Member Price FREE

ROLLER SKATING DROP-IN

All ages

Bring your own skates, pads and helmets! We will provide the space and the disco lights!

Sun Prairie - Starting April 15-June 10

F 5:00–7:00 pm

Program Price \$5

Discounted Member Price FREE



DROP-IN FITNESS

AMRAP

“As Many Reps/Rounds As Possible” is a bodyweight class that will challenge your agility and coordination while getting your heart pumping!

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™

THE ORIGINAL BARBELL CLASS™, delivering the ideal workout for anyone looking to get lean, toned and fit – fast.

BODYPUMP™ EXPRESS

A 30-45 minute abbreviated version of THE ORIGINAL BARBELL CLASS™ proven to build strength and overall fitness.

BOOT CAMP

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

LES MILLS CORE™

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 FOR LIFE STEP & STRENGTH

A blend of low impact cardiovascular workout utilizing an adjustable step and basic strength training with various equipment.

GENTLE YOGA

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

GROUP CYCLING

You'll take on a variety of unique rides focusing on distance, watts, calories and RPMs, all in a fun group environment.

INSANITY®

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

INSANITY®-CORE® COMBO

A combination of two great workouts in one!

FIT FOR LIFE 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!

STRENGTH FUSION

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

TAI CHI

A series of gentle physical exercises and stretches. Each posture flows into the next without pause, ensuring that your body is in constant motion. Sometimes described as meditation in motion because it promotes serenity through gentle movements — connecting the mind and body.

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.

YOUTH BOOT CAMP

Build strength, stamina, coordination and balance all while having fun! Class is for ages 10+.

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.

WATER CLASSES

AQUA BLAST

Churn up the white water in this challenging, yet fun shallow water workout. Maximize your training efforts against the resisted properties of the water and enjoy an exercise session that lessens the impact on your joints. Non-swimmers welcome!

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.

DEEP WATER EXERCISE

Exercise against the resistance of water for an outstanding aerobic workout. Flotation belts provided. Non-swimmers welcome!

WATERINMOTION

Shallow water aqua exercise that provides a low-impact, high energy challenge for participants of all ages, skill, and fitness level.

WATERINMOTION PLATINUM

A shallow-water, low-impact aqua exercise experience that offers active aging adults and deconditioned participants a fun workout improving cardiovascular endurance, agility, balance, strength, and flexibility.

HEALTHY LIVING

FREE FITNESS ORIENTATION

Ages 16+ | Y Members Only

Need help mapping a general fitness plan? During this appointment with a certified personal trainer, you can:

- Discuss your healthy living goals, interests and concerns
- Learn more about fitness programs, personal training and classes offered and how they can support your goals
- Use our non-invasive InBody scale to determine your body composition

Make your appointment at the front desk or online.

FREE PARENT/CHILD ORIENTATION

Ages 10-12 | Y Members Only

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. Make your personal appointment at the front desk or online.

FREE TEEN ORIENTATION

Ages 13-15 | Y Members Only

Learn to use weight machines and cardio equipment in the fitness center in a safe and effective manner. Teenagers must complete this Orientation prior to using the Fitness Center. Make your personal appointment at the front desk or online.

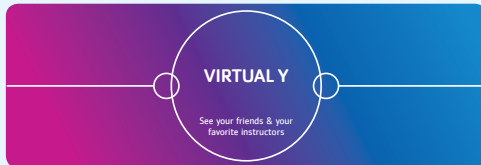
FREE INBODY BODY COMPOSITION

Ages 16+ | Y Members Only

This body composition test shows body fat, BMI (Body Mass Index), dry lean mass, total body water and more. Test results can aid development of an overall health and wellness plan. Make your appointment at the front desk or online.

WELCOME TO YOUR VIRTUAL YMCA

Your Virtual YMCA includes access to Virtual Y: LIVE virtual classes with your friends and the local instructors you know and love.



Virtual Y

- See your friends; workout with live, local instructors; and attend special virtual events for kids, families and active older adults including:
- LIVE fitness classes for all ages and skill levels from your favorite instructors
- LIVE special/social events for active older adults and family fun!
- On-demand library of locally created fitness and instructional videos



eGYM

Coming Soon!

eGYM is a system of smart strength equipment that guides you rep-by- rep through workouts. Take the guesswork out of strength training with connected electronic equipment that adjusts to you!

HEALTHY LIVING

NUTRITION COACHING

Work with a certified nutrition coach to focus on individual nutrition needs, managing micro and macro nutrients, calorie breakdown, behavior modification and how it all translates to a healthy relationship with food for successful, long-term weight and diet management.

Available at East Branch only.

30-minute session	\$35
(2) 30-minute sessions	\$60
(6) 30-minute sessions	\$150

Contact the East Branch Fitness Director to schedule your appointment.

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. Body composition analysis included with personal training purchase. First-time clients must complete an initial Fitness Orientation prior to scheduling.

30 minutes	\$35
(2) 30-minute sessions	\$60
(6) 30-minute sessions	\$150
(10) 30-minute sessions	\$230
(20) 30-minute sessions	\$440

SENIOR PERSONAL TRAINING

Get help setting fitness goals and building a personalized exercise program that is specific to our actively aging seniors!

(2) 30-minute sessions	\$50
(6) 30-minute sessions	\$150

BUDDY TRAINING

Join a personal trainer's expertise with support and motivation from a friend for a fraction of individual training costs.

(10) 30-minute sessions	\$270 per training pair
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FOUR CORE COMMUNITY FITNESS

A strength and conditioning program that utilizes constantly varied, functional movements executed at a high intensity. It's a combination of aerobic exercise, interval training, weightlifting, calisthenics and other exercises facilitated by our coaches.

The program is broad and inclusive by design, with universal scalability that makes it an effective fitness solution for any committed individual regardless of experience. So wherever you're at physically, FCCF can work for you because only the load and intensity change; the program does not.

West

Y Members Only

\$85/month or \$80 with a 12 month commitment

Two Y Members

\$135/month or \$130 with a 12 month commitment

On-Ramp Prerequisite Required

All new Four Core Community Fitness clients must attend the introductory on-ramp class, or be able to test out prior to starting.

Learn the essentials of weightlifting with three one-on-one appointments with one of our certified coaches. This can also be used for those that want to learn how to or improve their weightlifting skills.

Y Members Only \$75

QUEENAX FIT START

Whether you are new to exercise or just need some support getting back on track, this program utilizes our Queenax equipment. Establish a well-rounded workout routine that includes mobility, strength, cardio and flexibility. Learn how to modify and progress movements based on specific needs and goals.

Sun Prairie | February 21-March 30

M/W 10:15-11:15 am

Program Price \$250

Discounted Member Price \$125

HEALTHY LIVING

8-WEEK QUEENAX CIRCUITS

Have fun using the Queenax while getting a great workout that includes strength and cardio circuits. Functional training supports and enhances everyday activities and includes movements such as squats, lunges, pushes, pulls, rotation and core.

Sun Prairie | February 21-March 30

M/W 6:00-6:45 pm

Sun Prairie | March 15-May 5

TU/TH 8:00-8:45 am

Program Price \$380

Discounted Member Price \$190

6 WEEKS TO FITNESS

Whether you are new to exercise or just need some support staying on track, this program will be right for you. Establish a well-rounded workout routine surrounded by like-minded individuals. Learn how to modify and progress movements based on specific needs and goals. Each session of this program will alter the workouts to provide different training styles to offer new challenges to whomever may join.

West | April 11-May 18

M/W 9:30-10:30 am

M/W 6:45-7:45 pm

West | April 12-May 19

TU/TH 7:15-8:15 am

TU/TH 12:00-1:00 pm

West | May 23-June 29

M/W 9:30-10:30 am

M/W 6:45-7:45 pm

West | May 24-June 30

TU/TH 7:30-8:30 am

TU/TH 12:00-1:00 pm

West | July 11-August 17

M/W 9:30-10:30 am

M/W 6:45-7:45 pm

West | July 12-August 18

TU/TH 7:30-8:30 am

TU/TH 12:00-1:00 pm

Program Price \$250

Discounted Member Price \$125

4-WEEK MAGIC MOBILITY

Are you tired of being stiff and sore? Do you start exercising with great intentions then burn out or get hurt? This short program will help you move better through a combination of foam rolling, preparation and activation exercises that can be utilized before or after workouts or on their own as a recovery workout.

Sun Prairie | March 8-29

TU 6:15-7:00 pm

Program Price \$80

Discounted Member Price \$40

STRENGTH IN 6 TRAINING

Ages 16+

Directed by fitness center staff, this small group 6-week program lays the foundation for strength training form, body awareness, and exercise control in 60-minute training sessions. By following the mapped out exercise programs, participants will build strength, stamina and confidence.

East | April 11-May 18

M/W 9:30-10:30 am

M/W 5:00-6:00 pm

TU/TH 8:15-9:15 am

Program Price \$220

Discounted Member Price \$110

SMALL GROUP TRAINING FOR ACTIVE OLDER ADULTS

Staying active is the key to healthy aging. This 45-minute small group training program focuses on functional strength, balance and mobility. Maximum of 4 participants per 6-week session.

East | April 12-May 19

TU/TH 9:30-10:15 am

TU/TH 10:30-11:15 am

East | May 31-July 14 *No classes the week of July 4

TU/TH 9:30-10:15 am

TU/TH 10:30-11:15 am

East | July 19-August 25

TU/TH 9:30-10:15 am

TU/TH 10:30-11:15 am

Program Price \$192

Discounted Member Price \$96

FAMILY FUN

PARENTS NIGHT OUT

Take time for you! This program runs once a month on Friday nights. Each night will have a theme with a movie, snack and project. Pre-registration and payment is required by 5:00 pm the Wednesday before the program. Children must be toilet trained.

Sun Prairie | 5:30-8:30 pm

April 15 Wall - E
May 20 Inside Out

East | 5:30-8:30 pm

April 8 Pets United
May 13 Moana

West | 5:00-8:00 pm

April 22 The Lorax
May 20 Big Hero 6

Program Price \$25/first child; \$5 additional child in family
Discounted Member Price \$20/first child; \$5 additional child in family

Y CLUB

Ages 10-14

This staffed program provides a safe and inclusive environment for youth to hangout. Attendees can drop-in and leave at any time.

Sun Prairie | April 11-May 29

M Pixel Art 4:00-7:00 pm
TU Dodgeball Club 4:00-7:00 pm
W Craft Club 4:00-7:00 pm

Sun Prairie | May 30-July 17

M Chalk Club 4:00-7:00 pm
TU Four Square 4:00-7:00 pm
W S'more Mania 4:00-7:00 pm

Sun Prairie | July 18-September 4

M Ultimate Frisbee 4:00-7:00 pm
TU Water Days 4:00-7:00 pm
W Fun in the Sun 4:00-7:00 pm

Program Price Guest Pass Required
Discounted Member Price FREE

FUN WITH FRIENDS

Ages 3-12

An opportunity for children with most diagnoses and/or disabilities to receive 1:1 attention, to engage with others and for families to receive a needed break. Siblings are welcome to attend as well. All parents are required to stay at the program location and will have an opportunity to engage with other parents and/or participate in other planned activities. Check the website for upcoming registration or reach out to Alley Ballmer if you have any questions at aballmer@ymcadane.org.

FAMILY PRIME TIME

All Ages-Parents must accompany children

Family Prime Time is an interactive event for families. All members of your family are invited to participate in our activities.

Check our website for days and times.

Program Price Day Pass Required
Discounted Member Price FREE

APRIL SHOWERS BRING MAY FLOWERS

Free members only event! Come in and decorate a planter to take home along with a flower.

Sun Prairie
May 13 | 9:00-10:00 am

CHALK FEST

Join us to cover our parking lot with art work or interactive creations like hopscotch or an obstacle course! Prizes awarded for the top two chalk decorators! Food is available; donations accepted.

Sun Prairie
June 12 | 10:00 am-12:30 pm

Open to all \$5/parking stall

ICE CREAM SOCIAL

Free members only event! Come get some ice cream with toppings, hang out and play yard games!

Sun Prairie
August 17 | 5:30-6:30 pm

ROLLER SKATING DROP-IN

All ages

Bring your own skates, pads and helmets! We will provide the space and the disco lights!

Sun Prairie - Starting April 15-June 10
F 5:00-7:00 pm

Program Price \$5
Discounted Member Price FREE

NEW!

SENIOR SPOTLIGHT

LIVING WISELY

Ages 18+ | Y Members Only

Do you inspire others to live well? How do you wish to be remembered? Every time someone passes away, a library is lost and volumes of wisdom and knowledge are gone. Join us for Living Wisely, a personal guide for reflection and self-discovery. Together we will document experiences, nuggets of wisdom, life lessons, traditions and family stories of your life. Once completed you will have written stories to pass on and share with your loved ones, preserving your memories for years to come.

Join us for this three-session program. Facilitators will support you every step of the way.

Pre-registration is required.

East

April 7, 14, & 21 9:30-11:00 am



SENIOR PERSONAL TRAINING

Get help setting fitness goals and building a personalized exercise program that is specific to our actively aging seniors!

(2) 30-minute sessions \$50
 (6) 30-minute sessions \$150

COFFEE & CONVERSATION

Join us every morning for free coffee and make new friends.

SENIOR FRIENDLY GROUP EXERCISE

- Balance & Flow
- Fit for Life Cardio
- Fit for Life Step & Strength
- Gentle Yoga
- Senior Cardio Dance
- Tai Chi

PICKLEBALL DROP-IN

Ages 18+

Beginners welcome.

East

TU/F 1:00-3:00 pm

Sun Prairie

TU/TH 1:00-3:00 pm

West

TU/TH 12:00-2:00 pm

Program Price \$5
 Discounted Member Price FREE

SMALL GROUP TRAINING FOR ACTIVE OLDER ADULTS

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East | April 12-May 19

TU/TH 9:30-10:15 am
 TU/TH 10:30-11:15 am

East | May 31-July 14 *No classes the week of July 4

TU/TH 9:30-10:15 am
 TU/TH 10:30-11:15 am

East | July 19-August 25

TU/TH 9:30-10:15 am
 TU/TH 10:30-11:15 am

Program Price \$192
 Discounted Member Price \$96





Your couch won't miss you.

25% OFF

ALL MEMBERSHIPS

JOIN
MARCH 15-APRIL 15



My name is Audree Brunke, I'm 12 years old and on January 6, 2022, I founded Happy Feet of Madison. After hearing the challenges of a family friend who was previously homeless, I decided to make a difference by giving out socks to homeless in need.

**Sock Collection Site at all YMCA
of Dane County Branches from
March 1-April 15.**

