SUMMER CAMP

CAMP LIFE IS THE BEST LIFE

SPEND THE SUMMER WITH US!

- Nine state-licensed camps with fun themes
- NEW! East Specialty Day Camps
- NEW! Sun Prairie Club Cardinal Day Camp
- NEW LOCATION! West Discovery Day Camp moves to Lake Farm Park
- 10% sibling discount
- Need-based financial assistance available
- Hands-on learning and discovery
- Games, sports, arts, swimming and field trips
- East/West Madison and Sun Prairie sites

TYPICAL DAY AT Y CAMP

Every day of camp is unique, with exciting new adventures, challenges and opportunities. Here’s a snapshot of an average day:

6:30-7:30 am
DROP-OFF
Activity and snack until opening ceremony

9:00 am
OPENING CEREMONIES
Fun start to our day at camp

9:30 am
PLAY & LEARN
Camp activities

3:30 pm
CLOSING CEREMONIES
Wrap up camp for the day

4:00-6:00 pm
PICK-UP
Head home to rest for another great day

ymcadane.org/summer-camp

REGISTER ONLINE AT WWW.YMCAADANE.ORG

FREE FRIDAY NIGHTS 2020

Ages 8-13
Loosely organized activities will vary each week but will include monthly field trips, time in the gym and pool and group games. Meals and free t-shirt included.

June 19-August 21 (Off July 3)
East/Sun Prairie/West
Friday Nights 6:00-8:00 pm
Drop-in for FREE

Looking for Swim Lesson or Swim Team information? Check out our new 2020 Swim Guide! To make finding swim programming easier, we created a separate guide dedicated to only swim lessons and swim team, and it’s effective all year long. You can still find specialty swim programs like those show below in our seasonal program guides, but moving forward, the 2020 Swim Guide is available in print at any branch and at ymcadane.org/swim.
YOUTH SPORTS

PRESCCHOOL SPORTS OF ALL SORTS

Ages 3-4
Participants learn basic skills in sports such as basketball, soccer and t-ball and focus on teamwork and sportsmanship.
Sun Prairie
April 13-May 31
June 1-July 19
M 9:30-10:00 am
West
June 1-July 19
TU 3:00-3:30 pm
Program Price $52
Discounted Member Price $26
G.A.T.O.R.S.
Ages 3-4
GATORS (Games, Activities, Tag, Obstacles, Relays and Sports) uses freeze tag, musical chairs, bocce ball, disc golf and more to develop spatial awareness, motor skills and social learning.
April 13-May 31
July 20-September 6
West
TU 3:00-3:30 pm
Program Price $52
Discounted Member Price $26

T-BALL SKILLS SPRING TRAINING
Ages 3-6
Your child will learn the fundamentals of t-ball in preparation for summer t-ball leagues.
April 13-May 31
East
TH Ages 4-6 5:00-5:45 pm
Sun Prairie: Northside Elementary
TU Ages 4-6 5:00-5:45 pm
West: Huegel-Jamestown Park
W Ages 3-5 4:00-4:45 pm
Program Price $52
Discounted Member Price $26

T-BALL LEAGUE
Ages 4-6
Participants will be placed on teams and focus on learning the rules and basic fundamentals of t-ball. The league meets once a week for seven weeks, we’ll have two weeks of practices followed by five weeks of games, and game times will rotate weekly. Players receive a team t-shirt, and volunteer coaches are needed.
June 13-August 1
East: East YMCA Field Possible Game Times
M 5:30/6:15/7:00 pm
Sun Prairie: Sacred Hearts Possible Game Times
SA 10:30/11:15 am
Program Price $52
Discounted Member Price $26

MHCA T-BALL LEAGUE
Ages 3-5
Operated in partnership with the Midvale Heights Community Association (MHCA), participants are placed on teams that focus on learning the rules and basic skills of t-ball. We’ll have two weeks of practice followed by seven weeks of games. Rosters and schedules will be sent via e-mail one week prior to the start of the season. Each participant should have their own glove and will receive a team t-shirt and baseball hat.
Volunteer coaches are needed.
June 2-July 28
West Possible Game Times
TU 5:30/6:30 pm
Program Price $90
Discounted Member Price $45

COACH-PITCH SKILLS SPRING TRAINING
Ages 5-9
Players will brush up on baseball fundamentals and get ready for the summer coach-pitch league.
April 13-May 31
East
TH Ages 5-7 5:45-6:30 pm
Sun Prairie: Northside Elementary
TU Ages 7-9 5:45-6:30 pm
West: Huegel-Jamestown Park
W Ages 5-7 4:45-5:30 pm
W Ages 7-9 5:30-6:15 pm
Program Price $52
Discounted Member Price $26

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. Players receive a team t-shirt, and volunteer coaches are needed.
East: East YMCA Field Possible Game Times
June 17-July 29
W 5:30/6:30 pm
Sun Prairie: Sacred Hearts Possible Game Times
June 13-August 1
SA 9:00/10:00 am
Program Price $52
Discounted Member Price $26

MHCA COACH–PITCH LEAGUE
Ages 5-9
Operated in partnership with the Midvale Heights Community Association (MHCA), hitting and fielding are emphasized in the Minor League, while participants also get base-running and defensive positioning instruction in the Major League.
Minor players should have at least one year of experience in t-ball; Major players should have completed one year of Minors or be ready for more advanced play. We’ll have one week of practices followed by eight weeks of games, and rosters and schedules will be sent via e-mail one week prior to the start of the season. Each participant should bring a glove and receives a team t-shirt and baseball hat. Volunteer coaches are needed.
West Possible Game Times
TU 5:30/6:30 pm
Program Price $90
Discounted Member Price $45

COACH-PITCH LEAGUE
Minor Coach Pitch: June 4-July 30
TH Ages 5-7 5:45/7:00 pm
Major Coach Pitch: June 3-July 29
W Ages 7-9 5:45/7:00 pm
Program Price $90
Discounted Member Price $45

We reserve the right to combine or cancel classes.

SPRING NFL FLAG FOOTBALL LEAGUE
Grades K-5
Our NFL Flag program emphasizes fundamentals, team play, sportsmanship and fun. Teams are comprised of no more than 12 players, and an NFL reversible jersey and flags are included. League schedules and rosters will be sent via e-mail one week prior to the start of the season. Volunteer coaches are needed.
East, West and Sun Prairie leagues may be combined by grade level depending on enrollment, so locations may vary.
April 25-June 13
East Possible Game Times
SA Grades K-1 8:45/9:45 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 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/12:45 pm
West: Toki Middle School 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 10:45/11:45 am/12:45 pm
Early Bird Registration: March 16-April 15
Program Price $90
Discounted Member Price $45
Registration Fee Beginning April 15
Program Price $100
Discounted Member Price $55

EASTSIDE SHARKS TACKLE FOOTBALL LEAGUE
Grades 4-8
Athletes will learn the fundamentals of tackle football through competition in the Dane County Area Youth Football League. We stress the importance of proper technique, player safety, teamwork and positive attitude. Practices will be held during the week at times designated by coaches. Games will take place on Saturdays beginning August 22. 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, and grade levels are based on 2020-2021 school year.
August 5-October 10
Early Bird Registration: February 1-July 19
Program Price $275
Discounted Member Price $235
Registration Fee Beginning July 20
Program Price $285
Discounted Member Price $245

No class July 4.
**SUMMER SLAM RECREATIONAL BASKETBALL LEAGUE**

Grades K-3
The league focuses on skill development, teamwork and most of all fun! Teams are comprised of no more than 10 players, and game t-shirts are included. Two weeks of practice and four weeks of games; game times vary each week. Volunteer coaches are needed. Grades are for the 2019-2020 school year.

**East**

**Possible Game Times**
- **July 7-August 13**
  - TU  K-1 Coed  5:30/6:30 pm
  - TU  Gr. 2-3 Girls  5:30/6:30 pm
  - TH  Gr. 2-3 Boys  5:30/6:30 pm

**Sun Prairie**

**Possible Game Times**
- **July 7-August 13**
  - TU  K-1 Coed  5:30/6:30 pm
  - TU  Gr. 2-3 Girls  5:30/6:30 pm
  - TH  Gr. 2-3 Boys  5:30/6:30 pm

**West**

**Possible Game Times**
- **July 6-August 12**
  - W  Gr. K-1 Coed  5:30/6:30 pm
  - M  Gr. 2-3 Coed  5:30/6:30 pm

**Early Bird Registration:** March 16-June 21

Program Price  $60
Discounted Member Price  $30
Registration Fees Beginning June 22
Program Price  $70
Discounted Member Price  $40

**ROOKIES BASKETBALL**

Ages 5-9
We teach 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.

April 13-May 31

**East**

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

**Sun Prairie**

- W  Ages 5-6  4:00-4:45 pm
- W  Ages 7-9  4:45-5:30 pm

**West**

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

Program Price  $52
Discounted Member Price  $26

**KIDS RUN THE NATION**

Grades 4-10
Join us for a program that focuses on the fun and joy of running while introducing foundational concepts like safety, running fundamentals, nutrition, goal-setting and characteristics. Classes will run in local parks alongside Road Runners Club of America-certified coaches. We’ll build habits of movement and health as we wrap up the summer and head into fall!

July 20-September 6

**West**

- TH  4:00-5:00 pm

Program Price  $60
Discounted Member Price  $30

**DISC GOLF**

Grades 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.

June 1-July 19

**East**

- TH  4:15-4:45 pm
- TH  4:45-5:15 pm

Program Price  $65
Discounted Member Price  $35

**SPRING TRACK**

Grades 1-8
Participants will train for short and long distance running, hurdles, high jump, triple jump, long jump, discuss and shot put and have opportunities to compete in four Wisconsin Track Club meets. State and regional meet competition may also be available.

June 3-July 25

**Sun Prairie: Sun Prairie High School**

- M  6:00-7:00 pm

Program Price  $80
Discounted Member Price  $60

**YOUth Fitness**

Ages 8-12
This small group training class offers a sample of agility, balance, strength, flexibility and cardio fitness components.

April 13-May 31

**East**

- M  4:00-5:00 pm

Program Price  $52
Discounted Member Price  $26

We reserve the right to change pricing at any time.
**Volleyball Skills**

Grades 4-8

Our instructional program is designed for beginners and players with some experience. We'll focus on learning the fundamentals and skill development while emphasizing teamwork and fun. Non-competitive games and scrimmages will be incorporated into every class.

**April 13-May 31**

**West**

- **W 5:00-6:00 pm**
  - **Program Price $60**
  - **Discounted Member Price $30**

**Teen Sports Conditioning**

Ages 13-15

We'll 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.

**West**

- **April 22-June 9**
  - **W 4:15-5:00 pm**
- **April 22-June 9**
  - **June 10-July 21**
  - **July 22-September 1**
  - **Program Price $80**
  - **Discounted Member Price $40**

**Friday Night Hoops**

**Ages 13-18**

Are you looking for something to do on Friday nights? Join us for pick-up games and play basketball with other teens in our community. A photo ID is required. Must be playing basketball to be involved.

**June 19-August 21**

- **East/Sun Prairie/West**
  - **F 8:00-10:00 pm**
  - **Program Fee FREE**

**Summer Hoops**

**Ages 13-18**

Take your game from the streets to the gym when you join us for pick-up games at the Y! The gym is reserved for basketball during Friday Night Hoops. Participants must check-in before 10:00 pm. No re-entry allowed, and a photo ID is required.

**April 17-May 29**

- **West**
  - **F 8:30-10:30 pm**
  - **Program Price $3**
  - **Discounted Member Price FREE**

**Ballet**

Formal ballet technique is introduced with an emphasis on terminology, musicality and muscular skills. Ballet attire and ballet shoes recommended.

**West**

- **April 22-June 9**
  - **Age 4-7**
    - **Time 3:45-4:15 pm**
  - **Program Price $80**
  - **Discounted Member Price $40**
- **April 22-June 9**
  - **Age 7-12**
    - **Time 4:20-5:05 pm**
  - **Program Price $92**
  - **Discounted Member Price $46**
- **June 10-July 21**
  - **Age 13+**
    - **Time 7:45-8:45 pm**
  - **Program Price $106**
  - **Discounted Member Price $53**

**Gymnastics**

**Preschool/Beginner**

Students will learn the basics of gymnastics with repetition on agility, flexibility and strength. Choose the time and age group that best fits your child and schedule.

**Sun Prairie**

- **April 13-May 31**
  - **Age 3-5**
    - **Time 4:30-5:00 pm**
  - **Program Price $100**
  - **Discounted Member Price $50**
- **June 1-July 19**
  - **Age 4-6**
    - **Time 5:05-5:35 pm**
  - **Program Price $100**
  - **Discounted Member Price $50**

**Intermediate 1**

Ages 6+

Students should have beginner-level understanding of gymnastics and be comfortable being in a headstand against a wall on their own, holding themselves on a bar without much help and walking across a balance beam with or without a teacher holding their hand.

**Sun Prairie**

- **April 13-May 31**
  - **Age 4-6**
    - **Time 5:15-6:00 pm**
  - **Program Price $104**
  - **Discounted Member Price $52**
- **June 1-July 19**
  - **Age 7-12**
    - **Time 7:45-8:45 pm**
  - **Program Price $112**
  - **Discounted Member Price $56**

**Intermediate 2**

Ages 7+

Students will continue to master the skills from Intermediate 1 while moving to a more competitive environment. Instructor consent is required for students under age 7.

**Sun Prairie**

- **April 13-May 31**
  - **Age 4-6**
    - **Time 6:30-7:30 pm**
  - **Program Price $112**
  - **Discounted Member Price $56**
- **June 1-July 19**
  - **Age 7-12**
    - **Time 7:45-8:45 pm**
  - **Program Price $112**
  - **Discounted Member Price $56**

**Workout Child Watch**

**FREE**

We offer free child care for children aged six weeks through 10 years to members during workouts at our YMCA. Parents can leave children in Workout Child Watch while using the fitness center, pool, gym or attending a class at the Y.

**Program Price $3/hour; 2-hour maximum**

**Discounted Member Price FREE**

**Sun Prairie**

- **M-TH 8:00 am-12:30 pm/4:00-8:00 pm**
- **F 8:00 am-12:30 pm/4:00-6:00 pm**
- **SA 8:00 am-12:00 pm**
- **SU 2:00-5:00 pm**

**East**

- **M-TH 8:00 am-1:00 pm/3:00-8:00 pm**
- **F 8:00 am-1:00 pm/4:00-7:00 pm**
- **SA 8:00 am-12:00 pm**
- **SU 2:00-5:00 pm**

**Dance & Gymnastics**

**Gymnastics Preschool/Beginner**

Students will learn the basics of gymnastics with repetition on agility, flexibility and strength. Choose the time and age group that best fits your child and schedule.

**Sun Prairie**

- **April 13-May 31**
  - **Age 3-5**
    - **Time 4:30-5:00 pm**
  - **Program Price $100**
  - **Discounted Member Price $50**
- **June 1-July 19**
  - **Age 4-6**
    - **Time 5:05-5:35 pm**
  - **Program Price $100**
  - **Discounted Member Price $50**

**Gymnastics Intermediate 1**

Ages 6+

Students should have beginner-level understanding of gymnastics and be comfortable being in a headstand against a wall on their own, holding themselves on a bar without much help and walking across a balance beam with or without a teacher holding their hand.

**Sun Prairie**

- **April 13-May 31**
  - **Age 4-6**
    - **Time 5:15-6:00 pm**
  - **Program Price $104**
  - **Discounted Member Price $52**
- **June 1-July 19**
  - **Age 7-12**
    - **Time 7:45-8:45 pm**
  - **Program Price $112**
  - **Discounted Member Price $56**

**Gymnastics Intermediate 2**

Ages 7+

Students will continue to master the skills from Intermediate 1 while moving to a more competitive environment. Instructor consent is required for students under age 7.

**Sun Prairie**

- **April 13-May 31**
  - **Age 4-6**
    - **Time 6:30-7:30 pm**
  - **Program Price $112**
  - **Discounted Member Price $56**
- **June 1-July 19**
  - **Age 7-12**
    - **Time 7:45-8:45 pm**
  - **Program Price $112**
  - **Discounted Member Price $56**
KARATE-ROOKIE
Ages 4-12
Designed for first-time students. Additional equipment may be needed per instructor. B=Beginning/C=Continuing
April 13-May 31
June 1-July 19
July 20-September 6
East
TU/TH Ages 4-6 5:10-5:50 pm Lil Dragon-C
TU/TH Ages 4-6 6:00-6:30 pm Lil Dragon-B
TU/TH Ages 7-12 4:20-5:00 pm Junior
Sun Prairie
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.
April 13-May 31
June 1-July 19
July 20-September 6
East
TU/TH 6:40-7:10 pm
Sun Prairie
M/W 5:40-6:10 pm
Program Price $180
Discounted Member Price $90

KARATE-INTERMEDIATE/CONTINUING
Ages 7-12
For purple/green belts.
April 13-May 31
June 1-July 19
July 20-September 6
East
TU/TH 7:20-7:50 pm
Sun Prairie
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.
April 13-May 31
June 1-July 19
East
TU/TH 8:00-8:50 pm
Sun Prairie
M/W 7:00-7:50 pm
Program Price $180
Discounted Member Price $90

OKINAWAN KARATE-ROOKIES
Ages 7-12
Designed to teach first-time students the traditional Okinawan Karate skills needed to succeed in the Beginners class. Class covers student responsibilities, dojo etiquette and basic techniques. Belt ranks will not be awarded for rookie level classes.
West
April 13-May 31
TH 6:30-7:00 pm
Program Price $180
Discounted Member Price $90
June 18-August 27 (No class July 2)
TH 6:30-7:00 pm
Program Price $70
Discounted Member Price $35

OKINAWAN KARATE-BEGINNERS
Ages 7+
An introduction to traditional Okinawan Karate covering basic techniques and stances. Traditional formal exercise (Kata) will also be emphasized. Participants should have completed the Rookies class or have approval from the instructor. Students will have the opportunity to acquire their orange belt in beginner level classes. Families are welcome.
West
April 13-May 31
TH 7:00-8:00 pm
Program Price $90
Discounted Member Price $45
June 18-August 27 (No class July 2)
TH 7:00-8:00 pm
Program Price $130
Discounted Member Price $65

OKINAWAN KARATE-INTERMEDIATE
Ages 7+
Intended for participants who have completed the beginners program. Emphasis is on intermediate techniques alongside traditional formal exercise (Kata). Participants should have knowledge of Naihanchi Shodan and Nidan Kata or have approval from the instructor. Students will have the opportunity to acquire their orange, blue and/or green belts in intermediate level classes. Families are welcome.
West
April 13-May 31
SA 9:15-10:15 am
Program Price $90
Discounted Member Price $45
June 20-August 29
SA 9:15-10:15 am
Program Price $130
Discounted Member Price $65

OKINAWAN KARATE-ADVANCED
Ages 7+
Intended for participants who have completed the intermediate program. 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 from the instructor. Students will have the opportunity to acquire their green, brown and/or black belts in advanced level classes. Families are welcome.
West
April 13-May 31
SA 10:30 am-12:00 pm
Program Price $140
Discounted Member Price $70
June 20-August 29
SA 10:30 am-12:00 pm
Program Price $200
Discounted Member Price $100

We reserve the right to change pricing at any time.

No class July 4.
YOUTH CAMPS & CLINICS

BASKETBALL SPORT CLINIC
Grades K-5
Through sport-specific skill sessions, this clinic focuses on skill development, learning the rules and game play. All activities are focused on becoming more familiar with the sport, improving physical coordination and making new friends! Grade level is for the 2020-21 school year.

East
Fridays include JackSplash for the last hour of camp. Be sure to bring your swimsuit, towel and sunscreen!
July 20–24
M-F 9:00-11:00 am
Program Price $95
Discounted Member Price $55

LANCER BASKETBALL CLINIC
Grades 3-9
Clinics consist of structured drills to improve individual skills, all led by La Follette High School Varsity Basketball staff.
Grade level is for 2020-21 school year. Fee includes t-shirt.
June 15-17
East: La Follette High School
Boys Grades 3-5 9:00-11:30 am
Boys Grades 6-9 12:00-2:30 pm
Program Price $95
Discounted Member Price $55

LANCER FOOTBALL YOUTH CAMP
Grades 4-9
The camp provides solid fundamental football skills in a non-contact atmosphere. Our focus is teaching campers the football basics. We envision each camper reaching their fullest potential and enjoying the rewards that competitive football has to offer. Grades are based off 2020-21 school year. Includes t-shirt and mouth guard.

East: La Follette Football Practice Fields
July 13-14
M & TU 5:00-8:00 pm
Program Fee $30

YOUTH ACTION ADVENTURE CAMP
Grades 1-5
This fun-filled program features sports activity, recreational games and enrichment learning for rising 1st through 5th graders. Campers will enjoy indoor and outdoor programming along with pool activities and two or three action-packed field trips. Please bring a lunch, drink and athletic shoes/clothing to camp each day. Snacks will be provided. Drop off is between 8:30-9:30 am, and pick up is between 3:30-4:30 pm, both at the West YMCA. Note: Sorry, Wisconsin Shares Child Care Subsidy and Madison Child Care Assistance are not available for this program; Y financial assistance is available.

West
June 1-5
M-F 8:30 am-4:30 pm
Program Price $200

KIDS TRIATHLON
Looking for a fun adventure? Swim, bike and run the Kids Tri! Races are divided by age into four heats. Invite your family and friends to cheer you on as you swim in the pool, bike and run around the block in this fun adventure. Each participant receives an event t-shirt, goody bag and finishes medal.
Sun Prairie
June 26
F 6:30-8:00 pm
Program Price $30
Discounted Member Price $25

LOG ROLLING
Ages 5+
The centuries-old talent of walking on a log has evolved into a fun and exciting sport. Attempt to roll your counterpart off the log and into the water. Must be able to swim 25 yards continuously to ensure class safety.

East
April 22-May 31
SU 6:15-7:00 pm
Program Price $84
Discounted Member Price $42

LIFEGUARD TRAINING WITH CPR/AED/FIRST AID
American Red Cross training includes: CPR/AED/First Aid/Lifeguard. Minimum age of 15; must be able to swim 300 yards continuously; and must attend all dates of the class. PLEASE include a current e-mail address when registering.

East
April 13-May 31 (No classes the week of April 27)
TU/TH 7:50-9:05 pm
Program Price $124
Discounted Member Price $30

LIFEGUARD RECERTIFICATION INCLUDES FIRST AID/CPR/AED
Passed your lifeguard course and want to keep your certification active? Present a valid lifeguard certification on the first day and be able to swim 300 yards continuously. Please include a current e-mail address at registration. Must attend both days of the session.

East
April 13-May 31 (No classes the week of April 27)
SU & SU May 16 & 17 8:00 am-2:00 pm
Program Fee $125

MASTERS SWIM
Ages 18+
Swim with peers to maintain and improve your physical fitness. Must be able to swim 500 yards continuously to ensure program safety and requirements.

East
April 13-May 31 (No classes the week of April 27)
SU & SU May 16 & 17 8:00 am-2:00 pm
Program Fee $125

ADULT STROKE PROFICIENCY CLINIC
Ages 18+
Get feedback on your stroke technique. Must be able to swim 300 yards continuously to ensure program safety.

East
April 13-May 31 (No classes the week of April 27)
M 7:50-8:50 pm
Program Price $84
Discounted Member Price $42
June 1-July 19
F July 20-September 6
M 7:50-8:50 pm
Program Price $98
Discounted Member Price $49

Looking for Swim Lesson or Swim Team information? Check out our new 2020 Swim Guide! To make finding swim programming easier, we created a separate guide dedicated to only swim lessons and swim team, and it’s effective all year long. You can still find specialty swim programs like those show below in our seasonal program guides, but moving forward, the 2020 Swim Guide is available in print at any branch and at ymcaofdane.org/swim.
ADULT DROP-IN

FREE FITNESS ORIENTATIONS FOR MEMBERS

Y FIT PATH FREE

Adults
This free program helps members map a health and wellness plan. During this hour-long wellness consultation with a certified personal trainer, you can:
- Discuss your healthy living goals, interests and concerns
- Use our non-invasive InBody scale to determine your body composition
- Partake in fitness assessments to identify specific areas to improve
- Develop a realistic fitness plan tailored to your specific needs

PARENT/CHILD ORIENTATION FREE

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 FREE

Ages 13-15
Learn to use a variety of equipment in the fitness center. Two to three sessions, including a comprehension test, help ensure that teens can use select cardio and resistance equipment safely and responsibly. Members only.

INBODY BODY COMPOSITION ANALYSIS

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 an appointment at our member services desk or in the fitness center with any personal trainer. Members Only $35

NUTRITION & HEALTH COACHING
Work with a certified nutrition coach. Focus on individual nutrition needs, appropriate meal planning and behavior modification for successful, long-term weight management. 3 hours $159 5 hours $252 10 hours $484

PERSONAL TRAINING
Members Only
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
1/2 1 3 5 10
Hour Session Sessions Sessions Sessions
$35 $55 $159 $252 $484

BUDDY TRAINING
Members Only
Join a personal trainer’s expertise with support and motivation from a friend for a fraction of regular training costs. The price is for five (5) one-hour sessions for a group of two.

5 Sessions $164/person

SMALL GROUP TRAINING
Members Only; Up to Six (6) People
Get your group and train together with a certified personal trainer. Price is for five (5) one-hour sessions.
5 Sessions $137/person

12-WEEK TRANSFORMATION
Ages 16+
Build total body strength, enhance cardiovascular endurance, gain muscular definition, increase energy and improve overall health. Our 12-week program works equally well for those new to exercise and those looking for accountability and next-level support around their personal fitness program.

East
May 4-July 24
M/F 9:15-10:15 am
May 5-July 23
TU/TH 6:15-7:15 pm

Sun Prairie
April 7-June 25
TU/TH 6:00-7:00 pm

Program Price $420
Discounted Member Price $210

We reserve the right to change pricing at any time.

ADULT PICKLEBALL
Ages 30+
Beginners welcome and equipment and instruction are provided. Weekly drop in fees are assessed at the door.

East
TU/F 12:30-3:00 pm
Sun Prairie
M/TH 12:30-3:00 pm
West
TU/TH 12:00-2:00 pm

Program Price $5/day
Discounted Member Price FREE

ADULT WALLYBALL
Ages 30+
It’s volleyball with a beach ball on our racquetball court!

West
M 9:00-10:00 am
TU/TH 9:00-11:00 am

Program Price $5/day
Discounted Member Price FREE

ADULT BADMINTON
Ages 18+
Join us for open adult badminton.

Sun Prairie
TU/TH 8:00-10:00 pm
SU 9:00-11:00 am

West
M/W 8:00-10:00 pm

Program Price $5/day
Discounted Member Price FREE

ADULT BASKETBALL
Ages 18+
Beginners are welcome, and all equipment is provided.

East
TU/TH/SA 6:00-8:00 am
M/W/F 11:00-1:00 pm
Sun Prairie
W/F 12:00-1:30 pm

West
April 13-June 7
M/W/F 6:00-8:00 am
M/W/F 12:00-2:00 pm
June 8-August 21
M/W/F 6:00-7:15 am
M/W/F 12:00-2:00 pm

Program Price $5/day
Discounted Member Price FREE

HEALTHY LIVING

Y FIT PATH FREE

Adults
This free program helps members map a health and wellness plan. During this hour-long wellness consultation with a certified personal trainer, you can:
- Discuss your healthy living goals, interests and concerns
- Use our non-invasive InBody scale to determine your body composition
- Partake in fitness assessments to identify specific areas to improve
- Develop a realistic fitness plan tailored to your specific needs

INBODY BODY COMPOSITION ANALYSIS
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 an appointment at our member services desk or in the fitness center with any personal trainer. Members Only $35

NUTRITION & HEALTH COACHING
Work with a certified nutrition coach. Focus on individual nutrition needs, appropriate meal planning and behavior modification for successful, long-term weight management. 3 hours $159 5 hours $252 10 hours $484

PERSONAL TRAINING
Members Only
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
1/2 1 3 5 10
Hour Session Sessions Sessions Sessions
$35 $55 $159 $252 $484

BUDDY TRAINING
Members Only
Join a personal trainer’s expertise with support and motivation from a friend for a fraction of regular training costs. The price is for five (5) one-hour sessions for a group of two.

5 Sessions $164/person

SMALL GROUP TRAINING
Members Only; Up to Six (6) People
Get your group and train together with a certified personal trainer. Price is for five (5) one-hour sessions.
5 Sessions $137/person

12-WEEK TRANSFORMATION
Ages 16+
Build total body strength, enhance cardiovascular endurance, gain muscular definition, increase energy and improve overall health. Our 12-week program works equally well for those new to exercise and those looking for accountability and next-level support around their personal fitness program.

East
May 4-July 24
M/F 9:15-10:15 am
May 5-July 23
TU/TH 6:15-7:15 pm

Sun Prairie
April 7-June 25
TU/TH 6:00-7:00 pm

Program Price $420
Discounted Member Price $210

We reserve the right to change pricing at any time.
HEALTHY LIVING | EAST

FORM AND FUNCTION: ASSESSING MOVEMENT PATTERNS
Ages 14+
Personal trainer Andrew will provide a brief review and assessment of your posture and body movements. He’ll provide feedback on how posture can impact short- and long-term health and identify any movement abnormalities and compensations as well as their underlying causes and treatments. The assessment is one 15-minute session.

April 4 & 18
East
SA 8:00-11:00 am
Program Fee $10

RUNNING 101
Ages 16+
You wouldn’t leave for a new destination without knowing how to get there, and the same approach should apply to your running program! A training plan can serve as your running road-map, providing a clearly defined path that avoids unintended detours. You’ll set your own personalized program and learn how to motivate, how to avoid injuries and exactly when, where and how to train.

April 6-29
East
M/W 7:00-8:00 am
M/W 5:00-6:00 pm
April 7-30
TU/TH 1:00-2:00 pm
TU/TH 6:00-7:00 pm
Program Price $180
Discounted Member Price $90

MUSCLES IN MOTION
Ages 16+
In this four-week program, a personal trainer will help you use a variety of natural movement skills to build confidence, strength, injury-resilience and flexibility.

East
May 4-27
M/W 7:00-8:00 am
M/W 5:00-6:00 pm
May 5-28
TU/TH 1:00-2:00 pm
TU/TH 6:00-7:00 pm
Program Price $180
Discounted Member Price $90

MX4 AT LUSSIER FAMILY EAST YMCA
Ages 16+
Cardio, power, strength and endurance ... the MX4 Training System merges cutting-edge equipment with unique, functional training movements to deliver a superior exercise experience. We offer two types of MX4 programming:

MX4 UNLIMITED
This is an ongoing program focused on individual fitness progression. It has built-in flexibility to accommodate participants at any fitness level. Multiple sessions are available each day, and participants can reserve their spot in advance as each session has a capacity of eight.

Y Members Only $60/month
Two Y Members $90/month (Same household)

MX4 ACTIVE
Our four-week MX4 program uses specific movements to help older and health-seeking adults keep doing the things they love. Meets twice per week for four weeks.

East
M/W 10:30-11:15 am
TU/TH 12:30-1:15 pm
Y Members Only $40/month

MX4 DROP-IN
Ages 16+
Sign up and reserve your spot at the East membership desk.

East
Y Members Only $10/class

MX4 YOUTH PERFORMANCE
Ages 10-14
Each 30-minute session will help kids develop and enhance athletic performance by focusing on coordination, strength and agility while minimizing susceptibility to injury through enhanced joint stability.

April 13-May 31
June 1-July 19
July 20-September 6
Program Price $70
Discounted Member Price $35

FREE MX4 DEMO CLASSES EVERY MONTH!
Try MX4 for yourself on the first Saturday of every month at 9:00 am. Reserve your spot at the East membership desk.

STRENGTH TRAINING 101
Ages 16+
This four-week training program will cover EVERYTHING you need to know about adding strength training to your fitness routine. Be prepared to lose weight, gain muscle and/or just look and feel better!

East
June 1-24
M/W 7:00-8:00 am
M/W 5:00-6:00 pm
June 2-25
TU/TH 1:00-2:00 pm
TU/TH 6:00-7:00 pm
Program Price $180
Discounted Member Price $90

TOTAL BODY CONDITIONING CLASS
Ages 16+
Here’s a creative and flexible way to keep exercise interesting in a compressed format while boosting cardiovascular and muscular fitness. After completing a station, instead of resting, participants move quickly to the next station. It’s essentially a group circuit-training class; a great way to get a total body workout.

April 13-May 31
June 1-July 19
July 20-September 6
Program Price $140
Discounted Member Price $70

EXERCISES TO ENHANCE MOBILITY AND FLEXIBILITY
Ages 16+
Many factors influence individual flexibility: genetics, gender, age, body shape and physical activity level. People lose flexibility as they grow older and as a result of inactivity. This program builds cardiovascular endurance and muscle strength to see flexibility improve correspondingly.

East
July 6-29
M/W 7:00-8:00 am
M/W 5:00-6:00 pm
July 7-30
TU/TH 1:00-2:00 pm
TU/TH 6:00-7:00 pm
Program Price $180
Discounted Member Price $90

No class July 4.
We reserve the right to combine or cancel classes.
**HEALTHY LIVING | SUN PRAIRIE**

**SPRING TRAINING–ARMY STYLE**

**Ages 16+**
Can you pass the Army Physical Training test? Find out without enlisting in this eight-week program led by veteran Joshua Brown. Participants will take the New Army PT test, train for eight weeks, then retake the test to measure improvement.

April 7–May 30

Sun Prairie
TU/SA 7:00-7:45 am

Program Price $380
Discounted Member Price $190

**TEEN STRENGTH AND CONDITIONING**

**Ages 16-18**
This eight-week program employs a variety of techniques to help teenagers cross-train for their sport of choice in the off-season, improve performance and reduce injury risk.

June 17–August 7

Sun Prairie
TU/TH 9:00-9:45 am

Program Price $380
Discounted Member Price $190

**PREHAB TO AVOID REHAB**

**Ages 16+**
Develop proper form and exercise to prevent injury and improve daily mobility. The 12-week program is taught in four-week blocks: four weeks of core stability and cardio; four weeks of Queenax functional strength and cardio; and closing with four weeks of traditional strength and cardio training.
The program coach is our personal trainer Cindy, who is also a licensed Physical Therapy Assistant.

April 7–June 25

Sun Prairie
TU/TH 8:15-9:15 am

Program Price $420
Discounted Member Price $210

**BARBELL BASICS**

**Ages 16+**
Just for free weight enthusiasts, it’s an eight-week strength class based entirely around barbell exercises. The customizable structure will work equally well for individuals looking to start barbell workouts and advanced barbell users.

April 28–June 18

Sun Prairie
TU & TH 5:30-6:15 pm

Program Price $380
Discounted Member Price $190

**CALISTHENICS 101**

**Ages 16+**
Workouts in this eight-week program will use body weight exercises that progress based on comfort and experience. Body weight exercises can be adjusted for any skill level, so all are welcome.

July 7–August 27

Sun Prairie
TU & TH 5:30-6:15 pm

Program Price $380
Discounted Member Price $190

**QUEENAX MASTER THE MONKEY BARS**

**Ages 16+**
Build strength and skill through simple exercises on the Queenax bars and the playground. Show your kids how it is done!

April 11–May 2

Sun Prairie
SA 9:00-9:45 am

Program Price $80
Discounted Member Price $40

**QUEENAX FUNCTIONAL MOBILITY**

**Ages 16+**
Use strength and core exercises to move better and improve any daily activity. This program is designed with a linear progression model for safe and effective volume and intensity levels.

Sun Prairie
April 6–27
M 6:15-7:00 pm
M 10:00-10:45 am
May 4–June 1
M 6:15-7:00 pm
M 10:00-10:45 am

Program Price $80
Discounted Member Price $40

**QUEENAX OBSTACLE COURSE**

**Ages 16+**
Do you enjoy obstacle course races or just moving over, under and all around things? Utilizing our Queenax Functional Training System and small equipment, participants will push, pull, climb, crawl and jump over obstacles. It’s fun way to get a good workout because we’ll leave the mud for outdoor training!

May 9–30

Sun Prairie
SA 9:00-9:45 am

Program Price $80
Discounted Member Price $40

**QUEENAX STRENGTH & STRETCH**

**Ages 16+**
Utilizing the Queenax and other small equipment to build total body strength and flexibility.

June 8–29
July 6–27
M 9:00-9:45 am

Program Price $80
Discounted Member Price $40

We reserve the right to change pricing at any time.

**SUMMER SLIMDOWN**

**Ages 16+**
Looking to lose a few pounds before summer? This eight-week program meets twice per week and incorporates both exercise (a mix of cardio and simple strength training) and nutrition coaching to help you meet your summer-slimdown goals.

Sun Prairie
April 14–June 4
TU/TH 7:25-8:10 pm
July 7–August 27
TU/TH 6:00-6:45 pm

Program Price $380
Discounted Member Price $190

**AB ATTACK**

**Ages 16+**
Attack those abs in a six-week program designed to strengthen and balance the core muscles! We’ll improve core muscle function and whittle the waist through a variety of exercises and simple diet changes.

Sun Prairie
April 13–May 20
M/W 7:00-7:45 am
June 1–July 6
M/W 7:00-7:45 am
July 13–August 19
M/W 7:00-7:45 am

Program Price $210
Discounted Member Price $105

We reserve the right to combine or cancel classes.

**SUMMER SLIMDOWN**

**Ages 16+**
Looking to lose a few pounds before summer? This eight-week program meets twice per week and incorporates both exercise (a mix of cardio and simple strength training) and nutrition coaching to help you meet your summer-slimdown goals.

Sun Prairie
April 14–June 4
TU/TH 7:25-8:10 pm
July 7–August 27
TU/TH 6:00-6:45 pm

Program Price $380
Discounted Member Price $190

**AB ATTACK**

**Ages 16+**
Attack those abs in a six-week program designed to strengthen and balance the core muscles! We’ll improve core muscle function and whittle the waist through a variety of exercises and simple diet changes.

Sun Prairie
April 13–May 20
M/W 7:00-7:45 am
June 1–July 6
M/W 7:00-7:45 am
July 13–August 19
M/W 7:00-7:45 am

Program Price $210
Discounted Member Price $105

We reserve the right to combine or cancel classes.

**SUMMER SLIMDOWN**

**Ages 16+**
Looking to lose a few pounds before summer? This eight-week program meets twice per week and incorporates both exercise (a mix of cardio and simple strength training) and nutrition coaching to help you meet your summer-slimdown goals.

Sun Prairie
April 14–June 4
TU/TH 7:25-8:10 pm
July 7–August 27
TU/TH 6:00-6:45 pm

Program Price $380
Discounted Member Price $190

**AB ATTACK**

**Ages 16+**
Attack those abs in a six-week program designed to strengthen and balance the core muscles! We’ll improve core muscle function and whittle the waist through a variety of exercises and simple diet changes.

Sun Prairie
April 13–May 20
M/W 7:00-7:45 am
June 1–July 6
M/W 7:00-7:45 am
July 13–August 19
M/W 7:00-7:45 am

Program Price $210
Discounted Member Price $105

We reserve the right to combine or cancel classes.
HEALTHY LIVING | WEST

STRENGTH & CONDITIONING CLASS
Ages 16+
A coach guides you through a circuit-style workout incorporating strength training equipment, free weights, cardio machines, medicine balls and bodyweight exercises.
April 13-May 31
June 1-July 19
July 20-September 6

West
M/W 9:00-10:00 am
Program Price $260
Discounted Member Price $130

TEEN SPORTS CONDITIONING
Ages 13+
This eight-week program employs a variety of techniques to help teenagers cross-train for their sport of choice in the off-season, improve performance and reduce injury risk.

West
June 16-July 25
TU 6:00-7:00 pm
SA 11:00 am-12:00 pm
July 28-September 5
TU 6:00-7:00 pm
SA 11:00 am-12:00 pm
Program Price $50

FOUR CORE HIIT FIT

Ages 16+
This six-week program is designed to provide a functional training workout incorporating CrossFit-style equipment. The high-intensity intervals help build overall strength, burn fat and boost power.

West
May 4-June 11
M/W 6:00-6:45 am
TU/TH 12:00-12:45 pm
TU/TH 6:00-6:45 pm
June 15-July 22
M/W 6:00-6:45 am
M/W 5:30-6:30 pm
July 27-September 3
M/W 6:00-6:45 am
TU/TH 6:00-6:45 pm
Program Price $180
Discounted Member Price $90

FOUR CORE CROSSFIT®

CrossFit is a strength and conditioning program that utilizes constantly varied, functional high-intensity movements. It’s a combination of aerobic exercise, interval training, weightlifting, calisthenics and other exercises facilitated by certified CrossFit coaches. And because it’s totally scalable, CrossFit works for individuals of all fitness levels.

West
Y Members Only $75/month
Two Y Members $115/month (Same household)

GETTING STARTED WITH CROSSFIT
All new Four Core CrossFit clients must attend the introductory on-ramp class, a series of three one-hour sessions made by appointment only, before starting classes.
(3) One-hour private sessions $151 (Appointment only)

FOUR CORE CROSSFIT® ONE-ON-ONE COACHING
Schedule your one-on-one appointment at the member services desk or with your Four Core CrossFit Coach.
West | Members Only
30 minutes $35
1 hour $55
3 hours $159
5 hours $252
10 hours $484

JUMPSTART | CORE
Ages 16+
Focus on core exercises that get progressively more challenging each week. We’ll form good workout habits and develop a program to keep you on track.

West
May 4-29
M/W 5:00-5:30 pm
TU/TH 9:00-9:30 am
May 7-30
TH 12:00-12:45 pm
SA 9:00-9:45 am
June 4-25
TH 12:00-12:45 pm
1x/week $80
2x/week $100

Program Price $40
Discounted Member Price $50

ACTIVELY AGING DAY PASS

BRING YOUR FRIENDS, MEET NEW FRIENDS
AGES 55+
Join us at the Y for only $4 on Wednesday mornings. Use the fitness center, the pool, the hot tub, try one of our free group exercise classes and much more...
• For ages 55 years and above ... no membership required!
• Free coffee and snacks provided in our lobby mid-to late-morning.

East/Sun Prairie/West
Bring your friends, meet new friends ... join us in our lobby branch each Wednesday morning; the coffee is hot (and free) and the company cannot be beat!
Wednesdays 7:00 am-12:00 pm

OSTEOPOROSIS & SARCOPENIA
Learn about osteoporosis and sarcopenia and how to use exercise to reduce risk and help maintain bone density and muscle mass. Presented by Tom Lechner PT, DPT, SSM Health/UnityPoint Health-Meriter.
May 6 | 11:30 am-12:00 pm

BLUEPRINT FOR MEN’S HEALTH
Men: take 30 minutes to focus on your health! Discuss the factors that increase health risks and learn how to recognize symptoms and use practical, easy-to-implement prevention strategies.
June 3 | 11:30 am-12:00 pm

OSTEOPOROSIS & SARCOPENIA & MINDSET-MOVEMENT-MEDITATION
Mindfulness is a way of relating directly to whatever happens in your life including the challenges of stress, pain, illness and everyday demands. We’ll use it to reduce stress and develop greater balance in your life through mindfulness.
July 1 | 11:30 am-12:00 pm

A HOLISTIC APPROACH TO INFLAMMATION AND AUTOIMMUNE DISORDERS
Learn more about how to recognize and implement a holistic approach to effectively and naturally address inflammation, hormonal imbalances and autoimmunity.
August 5 | 11:30 am-12:00 pm

WELLNESS WEDNESDAYS
Senior Friendly Exercise Classes
• Fit for Life Cardio
• Step and Strength
• Wallyball
• Gentle Water Exercise
• Fit for Life Strength
• Chair Yoga

EAST YMCA WELLNESS SERIES: Free and open to all; register online at ymcadane.org

We reserve the right to combine or cancel classes.

ONLY $4

OSTEOPOROSIS & SARCOPENIA

Mindfulness is a way of relating directly to whatever happens in your life including the challenges of stress, pain, illness and everyday demands. We’ll use it to reduce stress and develop greater balance in your life through mindfulness.

OSTEOPOROSIS & SARCOPENIA

Mindfulness is a way of relating directly to whatever happens in your life including the challenges of stress, pain, illness and everyday demands. We’ll use it to reduce stress and develop greater balance in your life through mindfulness.

OSTEOPOROSIS & SARCOPENIA

Mindfulness is a way of relating directly to whatever happens in your life including the challenges of stress, pain, illness and everyday demands. We’ll use it to reduce stress and develop greater balance in your life through mindfulness.

OSTEOPOROSIS & SARCOPENIA

Mindfulness is a way of relating directly to whatever happens in your life including the challenges of stress, pain, illness and everyday demands. We’ll use it to reduce stress and develop greater balance in your life through mindfulness.

OSTEOPOROSIS & SARCOPENIA

Mindfulness is a way of relating directly to whatever happens in your life including the challenges of stress, pain, illness and everyday demands. We’ll use it to reduce stress and develop greater balance in your life through mindfulness.

OSTEOPOROSIS & SARCOPENIA

Mindfulness is a way of relating directly to whatever happens in your life including the challenges of stress, pain, illness and everyday demands. We’ll use it to reduce stress and develop greater balance in your life through mindfulness.

OSTEOPOROSIS & SARCOPENIA

Mindfulness is a way of relating directly to whatever happens in your life including the challenges of stress, pain, illness and everyday demands. We’ll use it to reduce stress and develop greater balance in your life through mindfulness.

OSTEOPOROSIS & SARCOPENIA

Mindfulness is a way of relating directly to whatever happens in your life including the challenges of stress, pain, illness and everyday demands. We’ll use it to reduce stress and develop greater balance in your life through mindfulness.

OSTEOPOROSIS & SARCOPENIA

Mindfulness is a way of relating directly to whatever happens in your life including the challenges of stress, pain, illness and everyday demands. We’ll use it to reduce stress and develop greater balance in your life through mindfulness.

OSTEOPOROSIS & SARCOPENIA

Mindfulness is a way of relating directly to whatever happens in your life including the challenges of stress, pain, illness and everyday demands. We’ll use it to reduce stress and develop greater balance in your life through mindfulness.

OSTEOPOROSIS & SARCOPENIA

Mindfulness is a way of relating directly to whatever happens in your life including the challenges of stress, pain, illness and everyday demands. We’ll use it to reduce stress and develop greater balance in your life through mindfulness.

OSTEOPOROSIS & SARCOPENIA

Mindfulness is a way of relating directly to whatever happens in your life including the challenges of stress, pain, illness and everyday demands. We’ll use it to reduce stress and develop greater balance in your life through mindfulness.
FREE CLASSES FOR MEMBERS

20-20-20
A high-energy, high-intensity interval class divided into 20 minutes of cardio, 20 minutes of strength and 20 minutes of core training. All fitness levels welcome!

BODYPUMP®
A barbells class that will sculpt, tone and strengthen your entire body!

BOLLYX®
Bollywood-inspired dance-fitness program that combines dynamic choreography with the hottest music from around the world. No prior dance experience is required.

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

CXWORX™
A short, sharp 30-minute workout that guides you through work with resistance tubes and weight plates, as well as body weight exercises, to tone your abs, hips, glutus 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 DANCE
Fit for Life Dance is specifically designed for the active older adult, the beginner participant and other populations that may need a modified exercise program.

FIT FOR LIFE STRENGTH
A variety of exercises designed to increase muscular strength, range of movement and activity for daily living skills. Hand-held weights, elastic tubing with handles and balls are used for resistance-training, and a chair is used for support.

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.

INSANITY®
A cardio class based on max interval training makes the most of your workout time. No equipment or weights are needed. You don’t have to be in extreme shape to participate; levels of each exercise are provided.

P90X®
A series of resistance and body weight training, intense cardio and core work, stretching and more to get in the best shape of your life.

R.I.P.P.E.D.™
A total-body, high-intensity workout that utilizes free weights, resistance and body weight to masterfully combine the components of R.I.P.P.E.D.—Resistance, Intervals, Power, Plyometrics and Endurance.

SPIN AND STRENGTH
This total-body, 60-minute workout focuses on building stamina and strength for all fitness levels. Class begins with 30 minutes of directed intervals on the Matrix CXP Bike, then moves on to 30 minutes of cross-training—circuit style, focusing on functional strength, stamina and balance. We’ll use TRX, stability balls, steps, sliders, Bosu balls and more. Stay for the full class or just attend one part!

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

STRENGTH FUSION
A strength training workout employing stability balls, hand weights, body bars and resistance bands to sculpt, define and tone the upper and lower body. Fusion classes may include short cardio interval drills for additional conditioning.

STRONG BY ZUMBA®
STRONG by Zumba® combines body weight, muscle conditioning, cardio training and kick boxing moves. Full body moves like high knees, burpees, and jumping jacks are interchanged with strength training exercises like lunges and squats. High and low impact options offered.

TRX® SUSPENSION TRAINING BASIC
TRX uses body weight exercises to develop strength, balance, flexibility and core stability simultaneously. Exercises performed can require balancing on a single leg or being on your hands, as well as dynamic movement while in these positions. Improve mobility and flexibility, develop functional strength and build lean muscle all while engaging your core.

WERQ®
WERQ® is the wildly addictive cardio dance class based on the hottest pop and hip hop music. The workout is nonstop with repetitive athletic moves and fresh dance steps, so you get the best sweat.

ZUMBA®
Zumba is 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.

MIND/BODY
CARDIO
STRENGTH
WATER

CHAIR YOGA
Move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and a final relaxation will promote stress reduction and mental clarity.

GENTLE YOGA
Relieve stress and build strength by incorporating the mind, body and spirit into your workout. This gentle yoga class helps improve flexibility, muscular strength, posture and alignment through yoga poses, breathing and relaxation. Great for beginners and those looking for a slower pace.

PILATES
Develop core strength and stabilization in this ultimate program for gaining control of movement and developing a lean, toned body. Proper form and technique are emphasized.

POWER YOGA
A vigorous vinyasa practice focused on increasing strength, stamina, and flexibility.

YOGALATES
Combines yoga and Pilates in a total body workout focused on toning the glutes, thighs and abdomen. Develop core strength and stabilization through Pilates while improving muscular strength, posture and alignment through yoga poses, breathing and relaxation.

YOGA FLOW
A vinyasa practice linking movement with breath to form flowing sequences that build strength, balance and flexibility. This intermediate level class promotes physical fitness along with the energizing yet relaxing effects of mindfulness.

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
This class captures the joy of movement and the expression of life through integrating world rhythms and music.

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

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!

POWER CURRENT
A class focused on hip and cardio health mixed with interval training to maximize your workout. This water class will push your body to the limit working legs, abs, arms and heart. This class is perfect for runners, athletes and non-athletes that want a well-rounded workout.

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

Learn More
I joined the Y Diabetes Prevention program because my A-1c was elevated, and I felt like it was time to do something about it. The goal of the class is to help support each person in their journey to better health. Like any program, you get out of it what you put into it. I took the program to heart and implemented what I learned. Because of this, I was able to not only lose weight but to get my A-1c back into the normal range. I highly recommend the program.

Rebecca R.

YMCA DIABETES PREVENTION PROGRAM

This program provides a supportive environment in a small group setting to focus on healthier eating and increasing physical activity to reduce the risk for developing diabetes. It lasts 12 months (16 weekly sessions, four bi-monthly sessions and six monthly sessions), and Y membership is included for the first 16 weeks of the program. Group Health Cooperative covers the full cost of the program for its insured. Financial assistance is also available.

East
April 28
TU 5:00-6:00 pm

Sun Prairie
September 15
TH 5:00-6:00 pm

West
July 13
M 5:00-6:00 pm

Program Price $429

PEDALING FOR PARKINSON’S

Eligible adults aged 30-75 with a Parkinson’s diagnosis ride indoor cycles three times per week, 60 minutes each session, over the course of at least eight weeks. Our program of group cycling and support helps participants reduce the symptoms of Parkinson’s disease and improve their quality of life and that of their caregivers. A completed medical form is needed for participation.

East
April 14-May 30 (7 weeks)
TU/TH/SA 10:15-11:15 am
Program Price $120
Discounted Member Price $60

June 2-September 4 (14 weeks)
TU/TH/SA 10:15-11:15 am
Program Price $240
Discounted Member Price $120

We reserve the right to change pricing at any time.
MEET-UP DAY SERVICE PROGRAM

Ages 19+

Our Meet-up Day Service Program supports adults with intellectual and developmental disabilities through daily activities. Our primary goal is using structured opportunities to help participants learn and maintain social skills or gain experience in social settings. We focus on individual outcomes that help maintain or increase independence. Call for pricing and availability.

East
M 1:00-4:00 pm
W 1:00-4:00 pm
TH 1:00-4:00 pm
F 9:30 am-12:30 pm

SPECIAL OLYMPICS BOCCE BALL COMPETITION

Ages 12+

Join our YMCA Special Olympics bocce ball team! If you already love to bowl, bocce is a similarly great game that combines skill and strategy for participants of all ability levels. Athletes must attend all scrimmages to be eligible for regional competition. Athletes must attend the regional competition to advance to the state-level competition.

May 21-August 5

Sun Prairie
W 5:00-6:15 pm
Program Price $50
Discounted Member Price $35

OUTDOOR SUMMER SOFIT

Ages 12+

SOFit is a 12-week Unified Fitness Class created by Special Olympics that focuses on emotional, nutritional, physical and social wellness. The class is designed for people with or without disabilities. Participants work with instructors and each other to create and achieve fitness goals. A majority of the activities take place outdoors.

May 27-August 12

Sun Prairie

Program Price $50
Discounted Member Price $35

We reserve the right to combine or cancel classes.
Our Early Childhood Education programs provide a safe nurturing environment that stimulates your child’s natural curiosity, interactions with other children, guided self-discovery and experiential learning. Our programs are designed to encourage children to develop a love of learning. Each of our locations offers high-quality care for children aged 2-5. Daily lesson plans are designed to support developmentally appropriate practices utilizing the Creative Curriculum Framework with an emphasis on consistency, learning through play and academic achievement. The Y aims to improve health and well-being through the use of daily physical activities, meals and snacks that follow Child and Adult Care Food Program guidelines. All programs accept Wisconsin Shares and participate in Young Star. The East and West YMCA accept City of Madison funding.

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. The activity-based, developmentally appropriate program is taught by highly qualified Wisconsin Department of Public Instruction-licensed Kindergarten teachers. The Wisconsin Model for Early Learning Standards is the guide for all curriculum. Open registration for the 2020-21 school year is available at the end of February, and children must be age four by September 1, 2020. Contact your school district for more information.

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. The activity-based, developmentally appropriate program is taught by highly qualified Wisconsin Department of Public Instruction-licensed Kindergarten teachers. The Wisconsin Model for Early Learning Standards is the guide for all curriculum. Open registration for the 2020-21 school year is available at the end of February, and children must be age four by September 1, 2020. Contact your school district for more information.

We empower children to learn through play! This program is a great way for your child to bridge the summer learning gap by incorporating music, art and movement. Activities will focus on expressive language development, fine and gross motor skills and play skills. Each week will have a different theme. The session will include classroom visitors, field trips, use of our wading pool and a t-shirt. Must be potty trained. Snack will be provided. Any exceptions must be approved by the Director of Early Childhood. June 15-Jul 10 (No program July 3) July 13-31 August 3-21 Sun Prairie M-F 8:30-11:00 am M-F 12:30-3:00 pm Program Price $275/session Discounted Member Price $245/session

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.

4K WRAP CARE

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—The Netherwood Knoll Elementary; and Verona—Stoner Prairie Elementary.

4K WRAP DISCOUNT

Program Price $745/month Discounted Member Price $695/month

We reserve the right to change pricing at any time.
MEMBERSHIP INFORMATION

MEMBER REGISTRATION
Opens March 18 (Spring/Summer); Opens in August (Fall)

NON-MEMBER REGISTRATION
Opens March 30 (Spring); May 18 (Summer 1); and July 6 (Summer 2); Opens in September (Fall)

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.

MILITARY DISCOUNTS
We proudly support our military. Contact Kathy Anderson at kanderson@ymcadane.org for additional information.

CODE OF CONDUCT & FACILITY AGE USAGE
Find all of our policies at ymcadane.org/policies.

BUILDING ACCESS GUIDELINES FOR YOUTH

<table>
<thead>
<tr>
<th>Ages</th>
<th>6 weeks-6 years</th>
<th>7 years</th>
<th>8-9 years</th>
<th>10 years</th>
<th>11-12 years</th>
<th>13-15 years</th>
<th>16 years</th>
<th>17 years</th>
<th>18 years</th>
</tr>
</thead>
<tbody>
<tr>
<td>General Facility</td>
<td>Accompanied by parent/guardian</td>
<td>Permitted without supervision</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fitness Center</td>
<td>Not allowed</td>
<td>Must complete orientation</td>
<td>No limitations</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Group Exercise</td>
<td>Not allowed</td>
<td>Yes, except BODYPUMP</td>
<td>Permitted without supervision</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Gym</td>
<td>Accompanied by parent/guardian</td>
<td>Permitted without supervision</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pool</td>
<td>Accompanied by parent/guardian</td>
<td>Need to pass deep water test to be in the deep end</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pool PASS Deep Water Test</td>
<td>Parent in water</td>
<td>Parent on deck</td>
<td>Access to entire pool</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pool FAIL Deep Water Test</td>
<td>Parent in water</td>
<td>See below</td>
<td>Limited to shallow end of the pool</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Option 1: 7-9 year olds parent in the pool in the shallow end with child or children at arm’s length.
Option 2: 7-9 year olds has to have a life-jacket on in the shallow end and parent on the pool deck.

MEMBERSHIP RATES

<table>
<thead>
<tr>
<th>MEMBERSHIP TYPE</th>
<th>Youth Ages 8-18</th>
<th>Young Adult Ages 19-35</th>
<th>Adult Ages 36-59</th>
<th>Family Same Residence</th>
<th>Senior Adult Ages 60+</th>
<th>Senior +1 Ages 60+</th>
</tr>
</thead>
<tbody>
<tr>
<td>ANNUAL FEES</td>
<td>$20</td>
<td>$40</td>
<td>$48</td>
<td>$68</td>
<td>$44</td>
<td>$61</td>
</tr>
<tr>
<td>MONTHLY FEES</td>
<td>$20</td>
<td>$40</td>
<td>$48</td>
<td>$68</td>
<td>$44</td>
<td>$61</td>
</tr>
<tr>
<td>DAY PASS</td>
<td>$8</td>
<td>$12</td>
<td>$15</td>
<td>$20</td>
<td>$8</td>
<td>$20</td>
</tr>
</tbody>
</table>

*12 month service agreement

BENEFITS OF MEMBERSHIP

ACCESS TO THREE CONVENIENT LOCATIONS
UP TO 50% SAVINGS ON PROGRAMS
INDOOR SWIMMING POOLS/SPAS
NATIONWIDE ACCESS TO YMCA’S ACROSS THE US
OPEN SEVEN DAYS A WEEK
FREE GROUP FITNESS CLASSES
FREE DROP-IN CHILD WATCH
LOW MONTHLY FEE

YMCA LOCATIONS

Lussier Family East YMCA
711 Cottage Grove Road
Madison, WI 53716
608 221 1571

Sun Prairie YMCA
1470 Don Simon Drive
Sun Prairie, WI 53590
608 837 8221

Lussier Family West YMCA
5515 Medical Circle
Madison, WI 53719
608 276 6606
SAVE 25% ON ANNUAL MEMBERSHIPS

- Join the Y now through May 31, and save 25% for a year!
- 100s of weekly, free group exercise classes
- Free workout child care
- Program discounts up to 50%
- State-of-the-art fitness centers
- We’re a cause-driven nonprofit
- 12-month service agreement

YMCA OF DANE COUNTY
www.ymcadane.org