



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FOREVER LEARNING

WINTER PROGRAM GUIDE | JANUARY 4-FEBRUARY 21

YMCA OF DANE COUNTY | WWW.YMCADANE.ORG

WE ARE OPEN

Operating Hours

Monday–Thursday: 6:00 am–8:00 pm

Friday: 6:00 am–6:00 pm

Saturday: 6:00 am–2:00 pm

Sunday: 9:00 am–2:00 pm

Continuing Safety Protocols

- Members and staff must wear face masks inside our facilities at all times; face masks may be removed while swimming, in showers and in cases of medical exception.
- Staff may wear additional personal protective equipment (PPE) like face shields and/or gloves for your protection and theirs.
- Members must practice social distancing, maintaining at least six feet between themselves and others.

General Facility Information:

- Branches operate at up to 50% capacity
- Staff will sanitize and disinfect common areas throughout the day.
- Bottle-filling stations remain open, and members should bring their own drink bottles to fill and stay hydrated during workouts.
- Visual reminders of all guidelines are posted throughout our facilities to help staff and members stay safe.

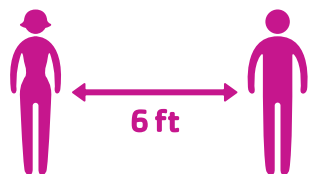
These amenities are temporarily unavailable:

- Guest passes
- Actively Aging Day Pass program on Wednesday mornings
- Complimentary coffee
- Vending machines

These protocols will be reevaluated and updated to be consistent with local, state and national public health guidelines. Additionally, virtual fitness resources remain available for those staying home.

STEP 1 SELF CHECK-IN

Scan your membership card in the lobby area.



STEP 2 HEALTH SCREEN

All members and staff will have their temperature checked upon entering the building. Individuals with a temperature over 100.4 will not be permitted to enter the facility.

STEP 3 WASH HANDS

All are encouraged to wash hands with soap and water for 20 seconds and/or use hand sanitizer when they enter our facilities.

STEP 4 WORKOUT

Please go to your designated area.

Welcome back; we missed seeing you.



My mask protects you.
Your mask protects me.

Masks required in all areas.

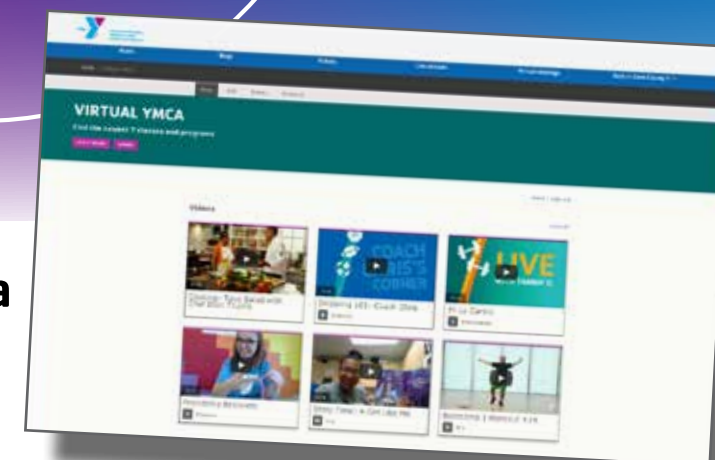
Coming Soon



WELCOME TO YOUR VIRTUAL Y

FREE

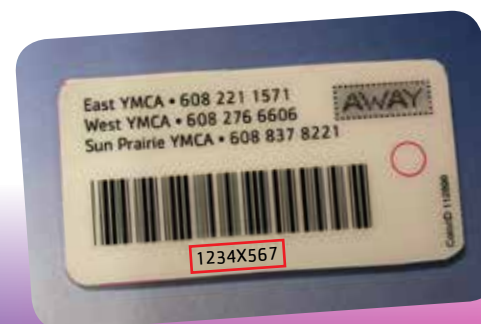
- Resources on Demand -
- Stream Anywhere -
- Members Only -



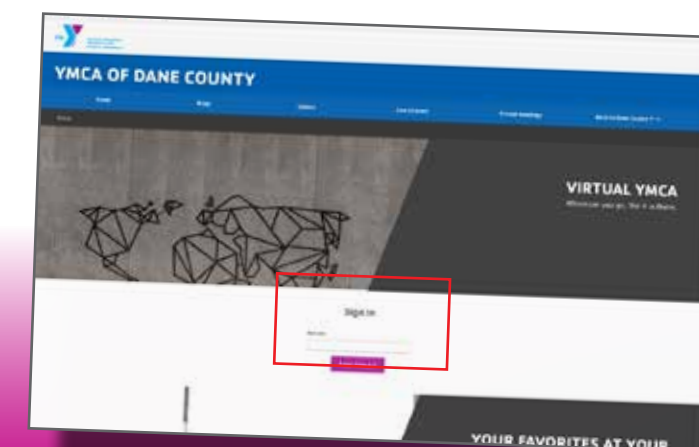
We are very excited to introduce a brand new member amenity: **The Virtual Y.**

The Virtual Y is an extension of ymcadane.org and your gateway to members-only content such as:

- Live fitness classes for all ages and exercise-intensity levels
- On-demand fitness videos
- Live and on-demand youth, family activity and sports instructional videos
- Coming Soon: Live connections to social opportunities, chronic illness management programs, informational seminars and more!



Log in using the barcode number on your key fob!



Drop-In Fitness—Free for Members

FREE
Open to All

Balance & Flow

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

Basic Strength

A full body strength workout. Hitting all muscle groups using multiple modalities, tempos and rest breaks. Improve your technique and learn how to stress your body the right way!

BODYPUMP™

A barbell class that will sculpt, tone and strengthen your entire body!

Boot Camp

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

CXWORX™

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

Fit For Life Cardio

An aerobics class that's safe, heart-healthy and gentle on the joints. The workout includes easy-to-follow, low-impact movement and upper-body strength, abdominal conditioning, stretching and relaxation exercises.

Fit for Life Cardio Strength

A cardio and strength class that's safe, heart-healthy and gentle on the joints. The workout includes low-impact movement and total body strength, abdominal conditioning, range of motion and relaxation exercises designed to energize your active lifestyle. Hand-held weights and a mat are required. We will get down on the floor.

Fit for Life Strength and Balance

Encompasses a variety of exercises designed to increase muscular strength, balance and activity for daily living skills. Hand-held weights and a chair is used for seated and/or standing support.

Fit for Life Strength and Stretch

A variety of exercises designed to increase muscular strength, range of movement and activity for daily living skills. Hand-held weights are used for strength-training, and a chair is used for support.

Gentle Yoga

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

Group Cycling

Use vibrant colors to keep you on track with your goals. You'll take on a variety of unique rides focusing on distance, watts, calories and RPMs, all in a fun group environment.

Hit the Beat

Dance to fun energetic music from a variety of genres. Easy to follow dance and aerobic steps to get your heart rate up, lift your mood and have a blast!

INSANITY®

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

INSANITY®-CXWORX® Combo

A combination of two great workouts in one!

Kickboxing

Kick and punch yourself into shape! Exercise with simple combinations, dynamic abs and sports conditioning drills to get your heart pumping.

Pilates

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

Senior Stepping Out

A combination of walking, direction changes and simple to follow steps along with some balance and core work.

Senior Cardio Dance

Exercise to fun, motivating music utilizing the rhythm to increase your heart rate, improve agility and coordination. Dance like no one is watching because we can't see you!

Spin and Strength

This total-body workout focuses on building stamina and strength for all fitness levels. We'll use dumbbells, medicine balls, plyo boxes, and more. Stay for the full class or just attend one part!

Strength Fusion

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

Turn Up Dance Fitness

Hip hop based dance fitness & HIIT (high intensity interval training) workout.

WERQ®

Fiercely fun dance/fitness workout class based on pop, rock and hip-hop music.

Yoga Flow

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

ZUMBA®

A fusion of Latin, hip-hop and international music dance themes that creates a dynamic, exciting and effective fitness system! It is a mixture of body sculpting movements with easy to follow dance steps.

Fitness

FREE
Members Only

Prefer the water?

Aqua Blast

Churn up the white water in this challenging yet fun shallow-water workout. Cardio, strength, flexibility—this class has it all. Maximize your training efforts against the resistance properties of the water, and enjoy an exercise session that lessens the impact on your joints.

Aqua Dance

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

Gentle Water Exercise

Low-intensity workout for new exercisers, active older adults and anyone looking to strengthen and stretch in the pool. Non-swimmers welcome!

WATERinMOTION®

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

Body Composition Analysis—InBody

A body composition test that shows Body Fat, BMI (Body Mass Index), Dry Lean Mass, Total Body Water and much more. Test results further aid in forming an overall health and wellness plan. Make an appointment at our member services desk or in the fitness center.

East/Sun Prairie/West

Members Only \$35

Personal Training

Get help setting fitness goals and building a personalized exercise program whether you're a gym rookie or seasoned vet. Your trainer will assist with motivation, challenges, change, safety and accountability and find answers to your wellness-related questions. Body composition analysis included with personal training purchase. One session = one hour.

30 minutes	\$35
1 hour	\$55
3 hours	\$159
5 hours	\$252
10 hours	\$484

Buddy Training

Join the expertise of a personal trainer with motivation from a friend for a fraction of regular training costs. Price is for (5) one-hour sessions.

Members Only (Group of 2)

5 Sessions \$164/person

Small Group Training

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

Sun Prairie / West

Members Only (Groups of 3-6)

5 Sessions \$137/person

Contact our staff below to set up your appointments

East & Sun Prairie YMCA

Tammy Gunderson

608 837 8221

tgunderson@ymcadane.org

West YMCA

Mike Wartinbee

608 276 6606

mwartinbee@ymcadane.org

Upcoming Events



American Red Cross Blood Drive

West
December 22 9:00 am-1:00 pm



School Age Child Care



YMCA Collaborative Learning Program

As students return to school this fall through virtual learning, kids and parents alike face unique challenges. Children may struggle to focus and miss the social connectivity that's key to healthy development. Parents may face an impossible choice between working and keeping their children safe and academically engaged at home. Beginning September 8, the YMCA's Collaborative Learning Program is here to bridge those gaps.

Instruction

- State-licensed program
- Experienced child care staff will support students through the virtual school day
- Two staff and no more than 15 students per class
- Students grouped by age level as much as possible; siblings can stay together regardless of grade level
- Physical fitness, healthy activities and time outdoors
- Lunch and snacks provided

Hours and Eligibility

- Program operates Monday-Friday, 7:30 am-5:30 pm
- Open to students ages 5-12

COVID-19 Safety Protocols

- Daily health screens including temperature checks for staff and students
- Enhanced cleaning and sanitization procedures
- Masks are required and are not provided

Locations

- East YMCA, 711 Cottage Grove Road, Madison
 - Kennedy Elementary, 221 Meadowlark Drive, Madison
 - West YMCA, 5515 Medical Circle, Madison
 - Epic (satellite facility), 5301 Tokay Boulevard, Madison
 - Creekside Elementary, 1251 O'Keeffe Ave, Sun Prairie
 - Horizon Elementary, 625 N Heatherstone Drive, Sun Prairie
 - Token Springs, 1435 N Thompson Road, Sun Prairie
 - Sugar Creek Elementary, 740 N Main Street, Verona
- Locations may be combined or added based upon demand

Register now at ymcadane.org/CLP

Program Price \$210/week
Annual Monthly Y Member Price* \$160/week
*Discount applied after registration is complete

Weekly payments required two weeks in advance and will be processed each Monday (i.e., payment for week one due Monday, 8/24). Financial assistance available.



YMCA OF DANE COUNTY
www.ymcadane.org

Lussier Family East YMCA
Jason McColl
jmccoll@ymcadane.org
608 906 8651

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

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

Gymnastics–Beginner

Ages 4+

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

Sun Prairie / January 5–February 16

TU 4:30–5:00 pm
TU 5:10–5:40 pm

Program Price \$95
Discounted Member Price \$48

Gymnastics–Intermediate 2

Ages 7+

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

Sun Prairie / January 5–February 16

TU 5:50–6:50 pm

Program Price \$108
Discounted Member Price \$54

Rookies Indoor Soccer

Ages 4–6

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

Sun Prairie / January 7–February 18

TH 5:00–5:45 pm

Program Price \$60
Discounted Member Price \$30

One parent/guardian per child is allowed as a spectator.

Rookies Basketball

Ages 5–9

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

East / January 4–February 15

M Ages 5–6 4:00–4:45 pm
M Ages 7–9 5:00–5:45 pm

West / January 5–February 16

TU Ages 5–6 4:00–4:45 pm
TU Ages 7–9 5:00–5:45 pm

Program Price \$60
Discounted Member Price \$30

YMCA Basketball Skills Academy

Grades K–8

Due to state and local guidelines around health and safety, the YMCA has decided to restructure our leagues. Instead of traditional league format, we are adapting to focus on skills development through our YMCA Basketball Skills Academy. Aspects of the game including ball handling, passing, defense, and shooting technique, This will provide an opportunity for athletes to get back on the basketball court in small groups with focused instruction from an experienced coach. Our focus will continue to be on player and team development, coaching with character and keeping kids active and safe in our programs. The Basketball Skills Academy will run for 6 weeks. Classes will be co-ed. One parent/guardian per child is allowed as a spectator. Participants and spectators are required to wear face coverings during the class. Volunteer coaches are welcome.

East / January 11–February 17

M Grade 4 6:00–6:45 pm
M Grade 7 7:00–7:45 pm
W Grade 5 5:00–5:45 pm
W Grade 6 6:00–6:45 pm
W Grade 8 7:00–7:45 pm

Sun Prairie / January 16–February 20

SA Grade K–1 8:00–8:45 am
SA Grade 2 9:00–9:45 am
SA Grade 3, 4, 5 10:00–10:45 am
SA Grade 6, 7, 8 11:00–11:45 am

West / January 12–February 18

TU Grade 4 6:00–6:45 pm
TU Grade 7 7:00–7:45 pm
TH Grade 5 5:00–5:45 pm
TH Grade 6 6:00–6:45 pm
TH Grade 8 7:00–7:45 pm

Program Price \$60
Discounted Member Price \$30

Karate–Rookie

Ages 4–12

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

East / January 5–February 18

TU/TH Ages 7–12 4:20–4:50 pm Junior
TU/TH Ages 4–6 5:00–5:40 pm Lil Dragon-B/C

Sun Prairie / January 4–February 17

M/W Ages 4–6 4:20–4:50 pm Lil Dragon

M/W Ages 7–12 5:00–5:30 pm Junior

Program Price \$180
Discounted Member Price \$90

Karate–Novice/Continuing

Ages 7–12

For orange/yellow belts.

East / January 5–February 18

TU/TH 5:50–6:20 pm

Sun Prairie / January 4–February 17

M/W 5:40–6:10 pm

Program Price \$180
Discounted Member Price \$90

Karate–Intermediate/Continuing

Ages 7–12

For purple/green belts.

East / January 5–February 18

TU/TH 6:30–7:00 pm

Sun Prairie / January 4–February 17

M/W 6:20–6:50 pm

Program Price \$180
Discounted Member Price \$90

Karate–Beginning Adult/Teen

Ages 13+

For beginning to advanced students.

East / January 5–February 18

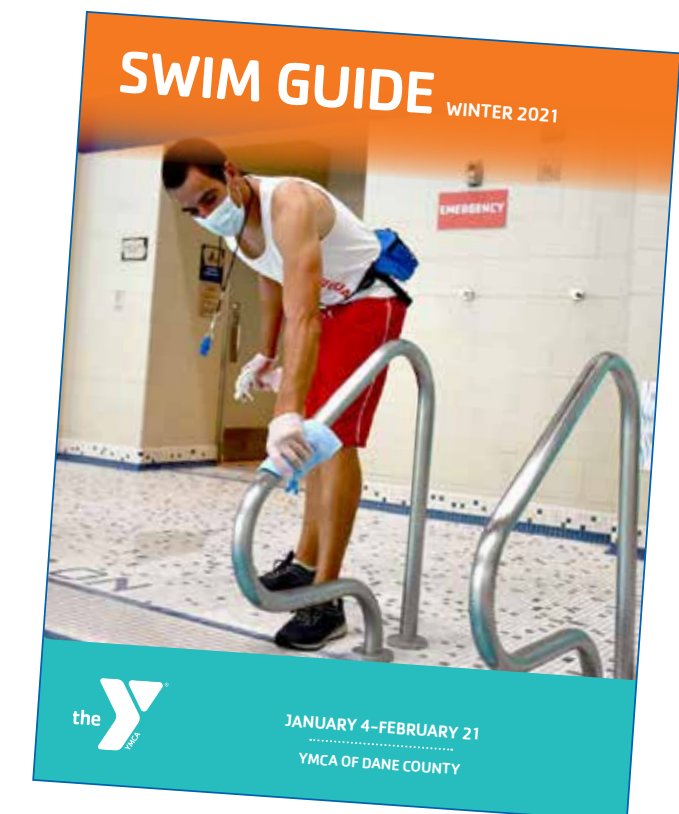
TU/TH 7:00–7:50 pm

Sun Prairie / January 4–February 17

M/W 7:00–7:50 pm

Program Price \$180
Discounted Member Price \$90

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



Child Care

Early Childhood Education

Ages 2-5

We strive to meet the developmental needs of each individual child by working in partnership with their families. We use the Creative Curriculum, a hands-on, play-based approach to learning. Children are immersed in high-quality learning in a safe, nurturing and welcoming environment. We will promote the Y's four core values of caring, honesty, respect and responsibility through our actions and words.

East & Sun Prairie YMCA

M-F Age 2-5 6:30 am-6:00 pm

West YMCA

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

For more information, please visit ymcadane.org

4K

Age 4+

Our 4K program is a community-based kindergarten program for four-year-old children eligible for the Madison or Sun Prairie school districts. Families should enroll children through the school district; classes are held at each YMCA branch.

4K Wrap Care

Ages 4-5

If your child is enrolled in one of the Y's 4K programs (placement and registration is managed by area school districts), and you need child care before and after 4K, we offer wrap care at select locations through our licensed preschool program. Current 4K sites include: Madison—East and West YMCAs; Sun Prairie—Sun Prairie YMCA; Oregon—Netherwood Knoll Elementary; and Verona—Stoner Prairie Elementary.

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.



For more information or to schedule a tour

Lussier Family East YMCA

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

Sun Prairie YMCA

Sarah Peppas
speppas@ymcadane.org
1470 Don Simon Drive
Sun Prairie, WI 53590

Lussier Family West YMCA

Lindsay Flanagan
lflanagan@ymcadane.org
5515 Medical Circle
Madison, WI 53719

COVID-19 Child Care Procedures

Health Screening for Children/Staff

When a family drops a child off each day, we will do a quick health screen. This will include a temperature reading and a symptom check. It is important that families answer these questions accurately to help ensure the health and safety of all children and staff in our program. A child's temperature must be below 100.4 in order for them to come to school. Staff are subject to the same procedure, and health screens will continue throughout the day at 10:00 am, 12:00 pm, 2:00 pm and 4:00 pm.

Hand Washing

Children and staff will wash their hands upon entering the classroom, when moving to a new center in the classroom, prior to meal and snack times and after using the bathroom.

Sick Child/Child Showing Symptoms

If a child exhibits a fever above 100.4°, they will need to be out of program and fever-free for 72 hours. If your child exhibits other symptoms such as a cough, sore throat or runny nose, please keep them home until they are symptom-free.

Isolating a Sick Child While at School

If a child shows any symptoms or a fever while in program, they will be isolated immediately. An isolation room will be designated for each group, and a staff member who has already had exposure to the child will stay with them until a parent arrives to pick them up. The child will need to be out of program and symptom-free for 72 hours before they can return.

Masks

Children age five and above are required to wear masks while in our program. Children enrolled in 4K will be required to wear a mask while indoors. We recommend that all children have a mask to ensure the safety of everyone in the program. Masks will not be worn during mealtimes, rest times and when playing outdoors.

Social Distancing

At all times during the day, we will try to ensure social distancing between classrooms. Each classroom will stay in their own group and not interact with other classrooms in our program. Teachers will communicate to avoid groups crossing paths in common spaces.

Ratios and Group Sizes

Adhering to best practices, all classrooms will have two teachers and group sizes of 10 children or less for preschool and 15 children or less for school age.

Meals and Snacks

The YMCA will provide breakfast, lunch and an afternoon snack each day. We ask that no outside food be brought in, and meals will not be served family style. Children will be spaced apart while eating to maintain social distancing. Food service personnel will not be allowed in classrooms to eliminate potential contamination.

Toys and Materials

Toys and materials will be immediately sanitized once a child is finished using them. This will help to prevent the spread or contamination of any materials. At the end of the day, all materials in the classroom will be thoroughly sanitized.

Bathrooms

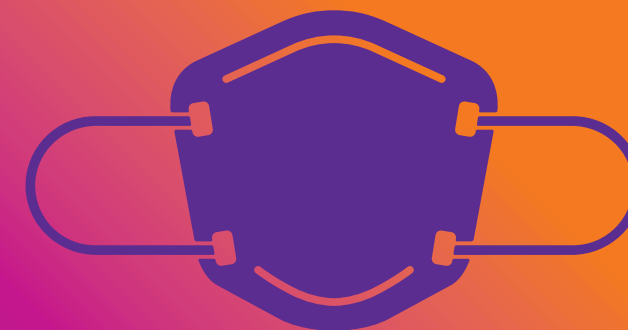
Designated bathrooms will be assigned to each group of children so there will be no cross contamination. Teachers should also use the bathroom that belongs to their group as well. If this is not possible, bathrooms will be thoroughly sanitized after each use.

Outside/Gym

Each group will be assigned to a different outdoor play area. If this is not possible, the entire play structure must be sanitized before use by another group. Groups are not allowed to be in the same area at the same time. All toys will be sanitized after use. Sandboxes are temporarily closed to eliminate possible contamination.

Confirmed Covid-19 Cases

If a staff member or child in care test positive for COVID-19, our center will follow the direction of the local health department on sanitation procedures and the time line for reopening.



My mask protects you.
Your mask protects me.

Masks required in all areas.