



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WINTER/SPRING 2012

Winter January 1 – February 18

Registration

Member – December 19

General Public – December 21

Spring 1 February 19 – April 14

Registration

Member – December 19

General Public – February 8

Spring 2 April 15 – June 2

Registration

Member – December 19

General Public – April 4



BUILDING COMMUNITY



WINTER/SPRING PROGRAM GUIDE

YMCA OF THE NORTHWOODS
EAGLE RIVER BRANCH

Enter through door #16 at the back
of the Northland Pines High School

Financial Assistance

The Y believes in providing membership and program services to all who desire to participate regardless of their ability to pay. This program provides funds for those in need within our available resources. Contact the Y for more information.



FOR SOCIAL RESPONSIBILITY

Giving back and providing support to our neighbors

WINTER/SPRING 2012 SESSIONS

Winter Session

January 1 - February 18

Registration

Member - December 19
General Public - December 21

Spring 1 Session

February 19 - April 14

Registration

Member - December 19
General Public - February 8

Spring 2 Session

April 15 - June 2

Registration

Member - December 19
General Public - April 4

If class session is not specified; the class is scheduled for all sessions.



GENERAL INFORMATION

YMCA of the Northwoods Eagle River Branch

1812 Pleasure Island Road
Eagle River, WI 54521
715-479-9500
Rhineland YMCA 715-362-9622

Entrance

Enter through door #16 at the rear of the high school. Need an elevator? Please enter through the main doors of the high school.

Wellness Hours

Pines Wellness Center regular hours of operation:

Monday-Thursday 5:30AM - 9:00PM
Friday 5:30AM - 8:00PM
Saturday 7:00AM - 1:00PM
Sunday Noon - 4:00PM

Leadership Team

Matt Schneringer, CEO
Laurie Schlitt, Associate Executive Director
Julia John, Program Director
DeAnna Koput, Administrative Assistant

Pines Wellness Center

Located in the Northland Pines High School, the wellness center has a full complement of equipment:

- 10 LifeFitness treadmills
- 8 elliptical trainers
- 11 bikes
- 2 summit trainers
- 2 rowers
- Magnum selectorized circuit
- Hammer Strength plate loaded equipment including a new linear leg press.

You can enjoy our flat screen TVs and much more!



Memberships

Monthly, weekly, and daily memberships are available. Membership is free to all Northland Pines School District students and staff.

Gift Certificates

Give the gift of health! Share the Y with a Y gift certificate. Gift certificates are available for membership, programs and other services.



Program Cancellations

In the event of insufficient enrollment, the Y may need to cancel a class. If this occurs and you have registered with a phone number, we will contact you.

Cancellations Due to Weather

The Y may cancel programs in the event of a weather warning. All cancellations are submitted to B-93, WHRN, WHDG, WOBT, WMQA, WRJO, WXPR and WJFW TV-12. In the event a program is cancelled the program may or may not be credited/rescheduled. This is to be determined by the program director.

Lost & Found

If you lose an item, please inquire at the fitness center. The Y is not responsible for lost or stolen items.

Y Code of Conduct

The Y recognizes the right of all Y members to enjoy participation in our programs and facilities, without fear of personal safety or verbal abuse. The Y staff reserves the right to suspend or revoke membership.

Join the Y

December 'No Joiners Fee'

December 30 12:00 -8:00PM

January 'Pay the Date' Joiners Fee

Example: Jan. 3 = \$3 joiners fee

SPECIAL EVENTS

4th Annual Ski Brule Trip

Monday, Feb. 20

Enjoy your day off of school at Ski Brule in Iron River, MI. Bus leaves at 8AM and returns by 4:30PM. \$35 per person- includes bus ride, lift ticket, ski rental, helmet, lesson and lunch. Register early as space is limited. 10 years and up.

FIT FOR LIFE

The Vilas County News Review's fitness challenge, Fit For Life, will begin this January. The 12 week intensive activity program is for individuals ready to push themselves to the limit to lose weight and begin on the path to healthy lifestyle change. Get group personal training, group exercise classes, advice from a dietician and moral support for a fraction of the cost.

\$299 members/\$399 general public

KLONDIKE DAYS

Sunday, March 4

KLONDIKE DAYS has paired up with the Y for it's annual Snowshoe Race. Strap on your snowshoes for a 1,3 or 6 mile run. Register through Klondike days or 8:00AM the day of the race. For more information, please go to www.klondikedays.org.

Healthy Kids Day

Saturday, April 28

The YMCA's Healthy Kids Day is our movement's largest national initiative, bringing children and families together and providing the education, activities and support that encourage healthy habits in children and parents alike. This special event promotes physical activities, nutrition, and health education. This is a free event to everyone in the community!

10:00AM-Noon

Mother and Son Fishing

Thursday, June 2

Enjoy learning the do's and don'ts of fishing at the T docks on Yellow Birch Lake with Y specialists "Hoot and Howl". Bring your own equipment or inquire at registration about rental. Life jackets, bait and lures included. No fishing license required per DNR "free fishing day".

\$10 per couple - lure to take home.

Clash of the Paddles Table Tennis Tournament

Clash of the Paddles is a round robin-style table tennis tournament that encourages a wide range of players to compete. Kids and adults will have the chance to battle it out amongst themselves for prizes, while raising money for YMCA scholarships. Contact Marilyn Duschl at mdueschl@ymcanw.org for more information.

First National Bank

www.fnb.eagleriver.com

View full ad at www.ymcaofthenorthwoods.org

400 E. Wall St.
PO Box 1209
Eagle River, WI 54521
715-479-4406

The Bank That Built The Northwoods



FOR YOUTH DEVELOPMENT

Nurturing the potential of every child and teen

CHILDCARE

Parents Night Out

5:30-10:00PM

Eagle River Phoenix Center

Saturdays, Jan. 7, Feb. 11, April 14, May 5.

Drop your little ones off at the Y and enjoy a night out knowing your kids are in good hands. Affordable rates! Local specials to Conway movie theater when you participate! Registration deadline is the Wednesday before each event.

\$10 member/\$5 additional child

\$15 general public/\$9 additional child



Adventure Alley



Weekdays 8:00-10:00AM

Ages 6 months to 9 years

Free babysitting for members while you work out.

SWIM LESSONS

Courtesy of Best Western Hotel in Eagle River, we are now offering swim lessons for preschool and youth.

Preschool Swim Lessons

Ages 3-5

Designed to be their first experience in the pool without parental assistance. The child is taught the basic skills that are the building blocks of swimming. A gradual, general water orientation utilizing creative water play, floating, basic arms, blowing bubbles and kicking skills.

Mondays 10:45-11:15AM

\$23 member/\$35 general public

Youth Swim Lessons

Ages 6-12

Improve endurance, begin to refine the front and back crawl and are introduced to secondary strokes. Introduction to rotary breathing and treading water.

Mondays 3:30-4:00PM

\$30 member/\$54 general public



Camp Adventure

Eagle River Summer Day Camp

For children entering grades K-5

Registration begins April 3

This summer we will offer theme activities. Camp

Adventure is a week long day camp which incorporates the Y's core values of Caring, Honesty, Respect and Responsibility into these theme activities, field trips, games arts & crafts and more! Children arrive for camp between 7:00-9:00AM with theme activities beginning at 9:00AM. Children may be picked up anytime between 4:30-5:30PM. Call the Y for more information.

YOUTH PROGRAMS

30 minutes

\$12 member/\$15 general public Wee Play

Care givers and children ages 3-kindergarten

This class will have a different theme every week. The child and caregiver will have an arts and crafts activity followed by movement activity. Class is short and follows Adventure Alley so caregiver can work out alone first, if desired, then join together for some quality time with their little one.

Tuesday

10:00-10:30AM

Munchkin and Me

For care givers and children ages 1-3

This class will have a different theme every week. The child and caregiver will have an arts and crafts activity followed by movement activity. Class is short and follows Adventure Alley so caregiver can work out alone first, if desired, then join together for some quality time with their little one.

Mondays

10:00-10:30AM

Power Beats Junior

The stability balls are on stands and everybody gets a home ball and drumsticks, then, we drum along to upbeat music at all levels, tempos and on multiple balls. Choreography is easy. A fun way to get active with your buddies. Participation is also available for parents to play along with their kids.

Tuesdays

3:30-4:00PM

Father and Daughter Dance

"You Are My Sunshine"

Thursday March 22, 2012

Eagle Waters Resort

Join us for a special night just for dads and their daughters at the Eagle Waters Resort. The night will start with a delicious dinner and after the meal, we'll have great music and activities! Corsages will be provided for the daughters. The dress code is semi formal. Girls may bring their favorite adult role model if their father is unavailable.



**GIVE BACK
TO YOUR COMMUNITY**

**VOLUNTEER
AT THE Y**



FOR HEALTHY LIVING

Improving the nation's health and well-being

ADULT PROGRAMS

\$10 members/\$35 general public

Fitness Fusion

Whole-body exercise every time. We infuse our workouts with cardiovascular exercise and resistance training using various popular methods. We modify for the beginner through the advanced ensuring everyone is properly pushing themselves to the next level. A great way to push through that stubborn plateau.

Mondays	6:00-7:00AM
Mondays	4:15-5:15PM
Wednesdays	6:00-7:00AM
Wednesdays	4:15-5:15PM
Fridays	6:00-7:00AM
Fridays	4:15-5:15PM

Intro to Training

Feel lost in the gym even after the initial orientation? Not sure about hiring a personal trainer? This one time only class describes exactly what to do and why. Cheaper and more general than a personal training session, you will be lead through all that's available in the gym to fit your general needs and leave with a detailed plan to get started with. Registration is required. Up to 90 minutes of instruction for just \$25.

Power Beats

A new way to exercise with a stability ball! Using drumsticks, we pound to the beat of lively music on our "home" ball. Work your entire body as we change levels, positions, tempos and balls. Work hard and have fun.

Tuesdays	4:30-5:30PM
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Studio Cycling

Get a great cardio challenge as well as endurance work out while enjoying the camaraderie of others who share your passion. Our popular spin class has expanded to fit your needs.

Mondays	8:30-9:30AM
Tuesdays	4:30-5:30PM
Wednesdays	8:30-9:30AM
Thursdays	4:30-5:30PM
Fridays	5:45-6:45AM
Saturdays	7:30-8:30AM

Total Body Senior

A great way to discover how to improve your strength, flexibility, endurance and balance in spite of age. Class is taught by a personal trainer. Challenge yourself to improve your fitness in your golden years, instead of just keeping up.

Tuesdays	10:00-11:00AM
Thursdays	10:00-11:00AM

Total Body Parent

Drop off your children at Adventure Alley or enjoy the class at any stage of life. Participants will go through various strength, balance, endurance and flexibility challenges. Lose the baby weight or get to the next level of fitness. Class will be tailored to the various needs of participants.

Fridays	8:30-9:30AM
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Tundra Trekkers Snowshoeing

Prepare for the Klondike Days snowshoe race on March 4th by joining our FREE snowshoe group! Every Tuesday at 5:15PM we will meet at the Eagle River YMCA and carpool to the trailhead by 5:30PM. Conditions, personal interests and abilities will dictate which trail we trek. Once there, we will divide in groups according to experience and ability and trek across the frozen tundra. Safely explore different trails! Share experience and knowledge and gain confidence and friends as we safely walk or jog together in the snow. We will leave as a group by 6:15PM and arrive back at the YMCA at 6:30PM. Bring your own snowshoes and head lamp. Class is extended through Spring1 Session and ends February 28.

Tuesdays	5:15-6:30PM
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Zumba

Our certified Zumba® instructor leads you through easy to learn dance moves to a Latin beat. The upbeat fun takes you through an hour of exercise with fat-burning, cardio vascular benefits. Mondays (NPMS gym) 5:30-6:30PM

Wednesdays (NPMS gym)	5:30-6:30PM
Thursdays* NPHS field house	8:30-9:30AM

*Coinciding with our Adventure Alley child care, in the NPHS field house.

Phelps Yoga

Phelps High School

Take it to the next level after learning the basics, challenging Yoga moves to perfect your form and fitness. You don't have to let travelling distance prevent you from enjoying this beneficial exercise.

Tuesdays	5:30-6:30PM
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Senior Yoga

NPHS Phoenix Center

Unsure about your stability but still want to challenge your flexibility and strength? No worries. This program incorporates the use of a chair and other modifications to allow all ability levels to gain the benefits of Yoga. Free to SilverSneakers® participation.

Saturdays	9:30-10:15AM
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Yoga

A gentle yet invigorating start to the day. Use breathing and movement to lengthen, strengthen and relax the entire body while also building balance and core strength. Kate Remme is a 200 Hour Registered Yoga Instructor and will offer modifications to accommodate all levels and ages. Coincides with Adventure Alley.

Tuesdays	8:30-9:45AM
Thursdays	8:30-9:45AM

Yoga Basics

NPHS Phoenix Center

Enjoy learning the beginning moves of Yoga to achieve better strength, balance and flexibility as well as meditation and relaxation techniques.

Mondays	5:15-6:15PM
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Yoga Flow

NPHS Phoenix Center

Take it to the next level after learning the basics, challenging Yoga moves to perfect your form and fitness.

Thursdays	5:15-6:15PM
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PERSONAL TRAINING

Call us at 715-479-9500 and let us assist you in your health seeking goals by utilizing personal training, group personal training, or joining your friends in our Fit For Life program.

Individual Personal Training

Work one-on-one with an experienced personal training coach to energize each workout and reach your goals. A trainer can provide guidance and motivation to help you reach your goals. In addition, our trainers can help you:

- Learn how to workout on your own
- Break through plateaus
- Learn to stay on a steady routine
- Improve your overall fitness
- Reach or maintain a healthy weight
- Workout more efficiently

30 Minute Sessions

1-9 Sessions
\$25 member
\$35 general public

10+ Sessions
\$22 per session
members only

1 Hour Sessions

1-9 Sessions
\$40 member
\$60 general public

10+ Sessions
\$35 per session
members only

Group Personal Training

Get all the benefits of a trainer while splitting the costs with a couple of friends. Group training is available for up to 3 people. Prices vary depending on package and number of people.

