

YMCA OF THE NORTHWOODS WINTER/SPRING PROGRAM GUIDE



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
BECK FAMILY CENTER



YOUTH DEVELOPMENT

Nurturing the potential of every child and teen

CHILDCARE

Children's Learning Center Licensed Childcare and Preschool

1052 Dorr Avenue, Rhinelander, WI 54501
Call 715-362-9633 for rates and a tour of our facility.

Open Monday through Friday 6:30AM-5:30PM
Year round childcare for ages 6 weeks to 7 years

We offer a well-rounded program encouraging the development of children to their fullest potential. Our program is academic and developmental in a safe and nurturing environment that encourages independence, confidence and positive self-esteem.

The Children's Learning Center was founded in 1983 and operated by the Y since 2006; this center is known for a history of high quality child development programs. Our difference is our commitment to your child's future. With our experienced staff and innovative programs unlike any other, we provide your child with an unsurpassed learning experience. Your child will discover that learning is fun, while making new friends and building strong relationships.

Children are placed in their age appropriate room which offers age appropriate areas to explore such as ...

- Library area
- Art area
- Science area
- Large outdoor play area
- Block area
- Housekeeping area
- Sensor area
- Fine & large motor skills



FOR SOCIAL RESPONSIBILITY

Giving back and providing support to our neighbors

ABOUT THE Y

Hours of Operation

January 1, 2012-May 31, 2012

Monday - Thursday 5:00AM-9:00PM

Friday 5:00AM-8:00PM

Saturday 7:00AM-5:00PM

Sunday 9:00AM-2:00PM

Holiday Hours

Christmas Eve 7:00AM-12:00PM

Christmas Closed

New Years Eve 7:00AM-5:00PM

New Years Closed

Easter Closed

Session Dates

Winter January 1 - February 18

Registration

Member Dec. 19/General Public Dec. 21

Spring 1 February 19 - April 14

Registration

Member Dec. 19/General Public Feb. 8

Spring 2 April 15 - June 2

Registration

Member Dec. 19/General Public April 4

LEADERSHIP TEAM

715-362-9622

Matt Schneringer

Chief Executive Officer, ext. 103

Toni Jaskowiak

Chief Financial Officer, ext. 119

Laurie Schlitt

Associate Executive Director ext. 106

Chris Cook

Wellness and Youth Program Director
ext. 113

Marilyn Duschl

Active Older Adult Coordinator, ext. 118

Sarah Francis

Community Development and School-Age Care
Director, ext. 109

Julia John

Eagle River Program Director 715-479-9500

Melissa Nieman

Aquatics Director, ext. 111

Krista Raske

Member Relations Coordinator ext. 108

Laurie Stevens

Housekeeping Director, ext 114

Anne Wolf

Executive Assistant, ext 104

Mike Wolf

Property Director, ext. 114

Diane Zarembka

Child Care Director, ext. 130

Non-Profit Christian Organization

The Y is a non-profit Christian organization open to men, women, and children of all ages, races, religions, incomes, and abilities. Anyone requiring special accommodations or financial assistance to participate in a Y program or activity should call us at 715-362-9622.

STRONG KIDS

Our Need for Funding

The YMCA of the Northwoods is committed to providing affordable, high quality programs and facilities to the local community. However, program fees and membership dues alone are not sufficient to cover the costs involved in keeping rates low, offering assistance to low income children and families, and continually expanding and improving our programs and facilities. We rely heavily on private donations to help us meet the growing needs of the community while maintaining affordable rates. **All funding remains in your Y community.**

Support Our Annual Giving Campaign

The Annual Giving Campaign raises funds to support our youth, family and senior programs. Without these critically needed gifts, many of our programs would not exist today. Donations are received year round. Campaign gifts make it possible for us to:

- Financial scholarships to low-income families to send their children to camp, childcare, aquatics and sports
- Offer stimulating activities for seniors that allow them to socialize and enjoy excursions
- Provide a teen center that is free to the community as well as offering teen nights once a month to over 100 teens
- Offer enriching programs to all ages that allow growth in spirit, mind and body

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.

MEMBERSHIP

Annual Membership

Youth \$15.50; College \$25.75; Adult \$45; Family \$66; per month

Membership Benefits

- Family Aquatic Center with pool, water slide and lap lanes
- Whirlpool and sauna
- Select fitness and wellness classes
- Wellness Center including walking/running track, aerobic equipment, weight equipment and free weights
- Wellness Center orientation
- Baby-sitting during designated hours
- Gymnasium
- Early program registration and reduced program fees
- Generation Center
- A.W.A.Y. Program
- Guest passes
- MVP-Free to members

Membership Payment - Membership can be paid by monthly or annually by Electronic Fund Transfer (EFT) via your checking or savings account, with credit card.

Membership Termination - The Y reserves the right to deny or terminate a membership if a member fails to conduct themselves in line with the Y mission.

Membership Cards - All Y members age 10 years and older are issued a membership card when they join and will need to present it each time you enter the building. Members without proper identification will not be allowed access to the building.

Program Credits - Check to see if you have a credit when you sign up for a class or membership. Credit vouchers will expire one year after they are issued.

Family Locker Rooms - Family locker rooms are for families with young children and individuals with disabilities who need assistance changing. It allows for an opposite sex assistant to accompany someone in need of help in the locker room.

FACILITY INFORMATION

Facility Rental

Rent the Y for your next special event! Call to make arrangements for your group.

Program Cancellations

In the event of insufficient enrollment, the Y may need to cancel a class.

Cancellations Due to Weather

The Y may cancel programs because of a weather warning and the program may or may not be credited or rescheduled. This is determined by the program director.

Lost & Found

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

Age Policy

Children 10 years or in the 4th grade and older are welcome to participate in open gym and swim times or attend classes unaccompanied by a parent as long as they are constructively involved in an activity. Younger children must have an adult with them at all times. Those ages 12-17 must complete a Teen Fitness Certification class before using the Wellness Center.

Gift Certificates

Gift certificates are available for membership, programs, parties, and other services.

Y Code of Conduct

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



CORPORATE MEMBERSHIPS

A YMCA Corporate Membership is an investment in the well-being of your employees and business!

As a Y Corporate Partner, companies can provide their employees with a wellness program, health education and savings on a membership. All of which can improve moral, productivity and absenteeism.

Corporate Partners must provide a financial incentive for employees. The Y will match contributions up to \$120/year and waive the joiner fee!

Example:

Company A	Company Portion	Y Match	Employee Cost	Annual Savings
Adult	\$6.25/month	\$6.25/month	\$32.50/month	\$150
Family	\$6.25/month	\$6.25/month	\$55.50/month	\$150
Company B	Company Portion	Y Match	Employee Cost	Annual Savings
Adult	\$10/month	\$10/month	\$25/month	\$240
Family	\$10/month	\$10/month	\$46/month	\$240

Ministry Saint Mary's Hospital

Ministry Saint Mary's Hospital
2251 North Shore Drive
Rhineland, WI 54501
715-361-2000

www.ministryhealth.org

View full ad at www.ymcaofthenorthwoods.org

Rehabilitation Services
2003 Winnebago Street East
Rhineland, WI 54501 (YMCA of the Northwoods building side entrance)
715.361.2300



FOR YOUTH DEVELOPMENT

Nurturing the potential of every child and teen

WINTER/SPRING 2012 Sessions

Winter Session - January 1 - February 18

Registration

Member Dec. 19/General Public Dec. 21

Spring 1 Session - February 19 - April 14

Registration

Member - Dec. 19/General Public - Feb. 8

Spring 2 Session - April 15 - June 2

Registration

Member - Dec. 19/General Public - April 4

SWIM LESSONS

Pool Information

Pool Facts

- Average Water Temperature: 84 degrees F
- Pool length: 25 yards
- Depth in Mushroom Area: 2 to 3 1/2 feet
- Children that are not potty trained are required to wear swim diapers and plastic pants-available for purchase at front desk
- No diving is allowed in our pool due to depth
- **Shower is required before entering pool or hot tub - State law required**
- Children under 5 and non-swimmers must have an adult in the water with them
- Children under the age 10 must have an adult on the pool deck with them

Program Information

Class schedules will be posted online and at the Y one month prior to session.

An additional \$5 fee will be applied for people who sign up on or after the first day/week of swim lessons.

Swim Level Assessment

Not sure where to start with Y Swim Lessons? Our instructors will do a brief in-water assessment to determine which level is appropriate for swimmers of any age or ability. Contact Aquatics Director Melissa Nieman to schedule an appointment. Free for all ages.

Swim Lesson Brochure

A Swim Lesson brochure with swim levels and swim lessons schedule will be available at the front desk.

Parent Child Programs 30 minutes

6 months to 5 years with parent/guardian
\$18 member/\$27 general public

This is a water orientation class aimed at helping parent and child become more comfortable in the water. The instructor leads parents to guide their children through activities like blowing bubbles and basic arm and leg movements.

Waterbaby

6 months to 2 1/2 years with parent/guardian
Classes are taught as a combined class with the parent accompanying the child in the water. Skills are introduced at the child's developmental level and build as the child progresses. Instructors familiarize children with water, using play and songs to make the process more enjoyable and effective.

Parent Pike Program

2 1/2 - 5 years with parent/guardian
Children will work on the Pike level skills with a little help from their parent. The goal of this class is to prepare your child for a class without the parent. We will work on floating skills, water safety, and swimming 5 feet on front and back with a float belt.

Pre-School Swim Lessons 30 minutes

3-5 years

\$23 member/\$35 general public

This is a child's first experience in the pool without parental assistance. The children are taught the basic skills that are the building blocks of swimming, pool safety, boating safety, and the use of personal floating devices. This class is taught by a caring Y Swim Lessons Instructor. Class participants are divided into skill levels, and class size is small so that the instructor can provide children with individual attention. A minimum of 3 participants needed for all group swim lessons.

Pike - Beginner/Non-Swimmer

Student/Instructor ratio 5:1

This class is for beginners who have little or no previous experience in the water. Children will work on water adjustment and basic skills including blowing bubbles, the front and back float with support, jumping in with support, and paddling on the front, back and side. Instructional flotation devices (IFDs) will be used for part of the class.

Ray - Intermediate Swimmer

Student/Instructor ratio 6:1

This class is for intermediates who are moving through the water independently, and who are ready to be introduced at a rudimentary level to the front and back crawl strokes, sidestroke, breast stroke, and the elementary backstroke. Rhythmic breathing and jumping in are also introduced. IFDs may be used to help build endurance.

Starfish - Interm. /Adv. Swimmer

Student/Instructor ratio 6:1

This class is for intermediates who have been introduced to the basic strokes taught at the Ray level, and who are ready to continue to develop those strokes. IFDs may be used to learn new skills, but typically are not needed.

Youth Swim Lessons 45 minutes

6-12 years

\$30 member/\$54 general public

These lessons follow the National Y Youth Swim Lesson format: 5 levels of progressively challenging Y swim classes covering all the strokes, and safety skills. A minimum of 3 participants needed for all group swim lessons.

Polliwog - Beginner/Non Swimmer

Student/Instructor ratio 6:1

This class is for those who have little or no previous experience in the water. It gets children acquainted with the pool, the use of flotation devices, and front and back floating, and rhythmic breathing. By the end of this level, they should be able to swim 20 feet using the front paddle stroke, side and back paddle.

Guppy - Intermediate Beginner

Student/Instructor ratio 6:1

The children continue to practice and build upon basic skills, now performing more skills without the aid of flotation devices. They are introduced to lead-up strokes to front and back crawl, sidestroke, breaststroke, and elementary backstroke as well as some under water skills. The goal is to swim 25 yards on front, back and side.

Minnow - Advance Beginners

Student/Instructor ratio: 8:1

The children further refine the lead up strokes they have learned at the guppy level, continuing the development of these strokes. They also start learning open turns. The goal is to swim 50 yards front crawl and 25 yards of each stroke in rudimentary form.

Fish - Intermediate

Student/Instructor ratio: 10:1

At this level students work to perform the front crawl stroke, elementary backstroke, back crawl stroke, sidestroke, and flip turns. Students will be introduced to the butterfly stroke. The goal is to swim 100 yards front crawl and 50 yards of all strokes in good form.

Shark - Advanced

Student/Instructor ratio 10:1

The students at this level continue to improve their strokes, endurance, turns, proper stroke pullouts and Individual Medley (IM) is introduced.

Fit As A Fish MVP

Get into shape while having a splashing good time in the pool! Classes will include a variety of challenges, laps and games like sharks and minnows, water noodle aerobics, water volleyball and basketball, limbo, logrolling, kayaking and so much more! Great for the whole family!

MVP/\$10 general public



Logrolling - MVP

Logrolling 1 and New Logrolling 2

5 years and up

Challenge your balance and coordination by learning the basic techniques of LOG ROLLING! Children under 8 must have adult on deck with them.

Two levels of rolling with two logs:

- #1 log for beginners and younger children
- #2 log for intermediate rollers

MVP members/\$30 general public

Private Swim Lessons

Private Swim Lessons All levels and ages
Students work on basic swimming skills appropriate for their ability and in accordance with their individual goals. Water safety is stressed to all participants. Lessons are 40 minutes in length. Session dates are on-going. Lessons are arranged to fit your schedule, based on pool availability.

1 Lesson-\$31 members/ \$41 general public
3 Lessons-\$62 members/\$91 general public
7 Lessons-\$107 members/\$175 general public

Semi-Private Swim Lessons

For 2 individuals in the same 40 minutes. Session dates are on-going. Lessons are arranged to fit your schedule based on pool availability. (Price is per student)

1 Lesson-\$36 members/\$44 general public
3 Lessons- \$67 members/\$97 general public
7 Lessons-\$112 members/\$181 general public

Y SPLASH

The YMCA of the Northwoods is offering the Y SPLASH Program this spring. Y SPLASH, which stands for Swim, Play and Learn Aquatic Safety Habits, is a hands-on training designed to help both swimmers and non-swimmers stay safe and healthy in and around the water. Thanks to a grant from the United Way, we will be able to provide this critical water safety program for all 2nd and 4th grade students in the tri-county area at no cost to the school aside from transportation. All public, private, charter school and home-schooled students are included in the grant. For more information on this program please call Melissa Nieman at 715-362-9622.

Home School Swim Lessons

This class is offered for beginners through intermediate swim levels and will be divided by swim level. There will be 10 minutes of free time after each swim lesson.

Preschool 3-5 years
Tuesday 11:00-11:30AM

Youth 6-12 years
Tuesday 11:30AM-12:30PM

Aquafina

www.cool-drinks.com

PO Box 89
Wausau, WI 54401
715-842-0833

View full ad at www.ymcaofthenorthwoods.org

So Much More Than Just Soft Drinks

Northland Orthopedics Associates S.C.

www.northlandorthopedicassociates.com

View full ad at www.ymcaofthenorthwoods.org

444 East Timber Drive
Rhineland, WI 54501
715-369-2300

Committed to bringing the highest
orthopedic care to the northwoods.



FOR YOUTH DEVELOPMENT

Nurturing the potential of every child and teen

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

SPORTS & PLAY

MVP-Member Value Program Free to member/\$25 general public

Registration is required and general public may register if space permits for \$25.

Little Artists Winter Session ONLY
Release your inner artist! Each week will provide the opportunity to experience different "tools". Each participant will be able to use tools on hand to create something to take home!
Mondays 5:00-5:45PM

Little Scientist Spring 1 ONLY
Explore and solve the mysteries of science! Participants will be able to take part in fun and safe science experiments. The whole family is encouraged to participate together!
Mondays 5:00-5:45PM

Nature Adventures Spring 2 ONLY
Take a walk on the wild side and explore the outdoors with us! Participants will learn about plants, animals, insects and other nature theme things. This class is great for the whole family!
Mondays 5:00-5:45PM

Action Reading
Get moving with books! Join in an action filled story time where participants will be encouraged to interact with each story through movement, song and rhyme!
Thursdays 4:30-5:00PM

YOUTH FIT PASS
You may attend any of the FIT card classes as many times as you wish per session with the purchase of a FIT card. No other registration is necessary. First-come, first-served to all with a FIT card.
First Child-\$15 member/\$35 general public
Additional Child From Family-\$5 member/\$35 general public

Sign in prior to each class and show your FIT card to the instructor.

Cardio Kids Ages 2 and up
Cardio Kids combines fun and fitness, encouraging kids to jump, run and skip during games that keep them energized and excited about being active.
Monday 8:30-9:15AM
Wednesday 8:30-9:15AM

FitKidz Ages 2 and up
Various games will be played to encourage team work, a healthy heart and coordination. During this class we not only improve physically, but emotionally and mentally as well.
Monday 9:30-10:15AM
Wednesday 9:30-10:15AM

Youth Cardio Kids Ages 6 and up
Fun games and team building challenges will encourage kids to get moving and get fit! They won't even realize they are getting a whole body workout!
Thursdays 3:30-4:15PM

Youth Power Beats Ages 6 and up
Pump up the Jam! Using big balls as drums and real drumstick participants will be led in easy to follow heart pumping rhythms to music that is hot right now!
Mondays 3:30-4:15PM

Gymnastics

YMCA gymnastics to begin this Winter Session!

Wednesdays and Thursday nights at Rhinelander High School

Beginning Gymnastics-Level 1 Ages 5-6
This program is for children ages 5-6 with little or no prior gymnastics experience. Basic gymnastics skills on floor, bars, beam and vault will be taught, including: forward and backward rolls, handstands and cartwheels. Class includes conditioning to improve strength and flexibility.
Wednesday 6:15-7:00PM
Thursday 6:15-7:00PM
\$28 member/\$48 general public

Gymnastics-Level 2 Ages 7+
This program is for children ages 7 and older with beginning level gymnastics experience. This class stresses form, body control, and perfection of basic gymnastics skills on all apparatus. Advanced skills including back walkovers and front and back handsprings will be introduced.
Wednesday 7:00-7:45PM
\$28 member/\$48 general public

Gymnastics-Level 3
Participants must master skill required in Level 1 and 2 prior to registration. This class stresses form, body control, and perfection of advanced gymnastics skills on all apparatus. Higher level skills including roundoff back handsprings, and front and back saltos used under competitive gymnastics will be taught.
Thursday 7:00-8:00PM
\$35 member/\$55 general public

ROSTER CLASSES

You need to register at the Welcome center or online for these classes prior to attending. These classes have a space and/or equipment cap and often fill up. Register early! Members receive a discount on registration fees and it opens early to our members.

Parent Child Tumbling 1-2 years
Child must be consistently walking prior to participation. Parent participation is required and is primarily responsible for helping their child stay on task and providing assurance and praise. The class is centered on motor skill development through games, activity stations and free exploration.
Tuesdays 9:45-10:15AM
\$25 member/\$45 general public

Preschool Sports Spring 2 ONLY
Ages 2-6
Using games and other fun activities participants will learn the basics of various sports and sportsmanship.
Fridays 3:30-4:30PM
\$10 members/\$25 general public

Preschool Tumbling 3-4 years
Participants will learn the sport of tumbling in a fun atmosphere that emphasizes age appropriate skill development. Develop strength and coordination through swinging, jumping, skipping, leaping, rolling, and balancing.
Tuesdays 9:00-9:30AM
\$28 member/\$48 general public

Y Drama Team Spring Session 1 ONLY
Ages 6 and up
Lights! Camera! Action! Participants will each be giving a chance to shine! The session will be spent learning parts and basic skills of performing. At the end of the session participants will perform to show off all their hard work!
Saturdays 9:00-10:30AM
\$10 members/\$25 general public

Y Dance Team
Participants will have the opportunity to be a part of the whole process as they help choose a song, create moves, and perform under the direction of our excellent Dance Coach.
Ages 5-8 Tuesdays 3:30PM
Ages 9-14 Thursdays 3:30PM
\$25 member/\$45 general public

Youth Resistance Training 9-12 years
This program helps kids get into a resistance training routine in an age appropriate

progression. Participants will be using free weight, body weight and TRX. Teaching kids proper form and safety while exercising are the primary goals of this program.
Mondays 4:30-5:15PM
\$25 member/\$45 general public

Kids on Karate
This is a total program of family fun, fitness, and self defense. Youth may take this program alone, or families are encouraged to participate. This program is a goal orientated karate class that teaches mental and physical discipline, which aids in improving self esteem, attention span and social skills. Classes are instructed by Dave Sixel, in his Sugar Camp studio.
Tuesdays 5:00-5:45PM
Thursdays 5:00-5:45PM
\$25 member/\$45 general public

Mixed Martial Arts
This program combines the dynamic kicks and strikes of Tae Kwon Do, the controlling techniques of Hapki Do and the takedowns of Judo. Whether your looking to achieve your black belt, compete, learn self defense or just get in shape, this class is for you! Classes are instructed by Dave Sixel in his Sugar Camp studio.
Tuesdays 6:00-6:45PM
Thursdays 6:00-6:45PM
\$25 member/\$45 general public

Indoor Soccer-Winter Only Grades K-5
This program is for those kids that want to learn the basics of soccer and develop their skills in a fun atmosphere. Those involved will learn the basics of dribbling, shooting, passing and being part of a team. Kids are encouraged to come with friends and enjoy learning and competing with other athletes.
Grades K-2 Saturdays 9:00-10:30AM
Grades 3-5 Saturdays 10:30AM-12:00PM
\$28 member/\$48 general public

Youth Skiing 5-12 years
Come join XC Olympian Chris Cook for some xc skiing fun at the YMCA of the Northwoods. This class will teach youth the very basics of cross country skiing. We will participate in numerous games, such as freeze tag and sharks and minnows. Don't miss this fun introduction to the lifestyle sport of cross country skiing.
Saturdays 10:30AM-12:00PM
\$28 members/ \$48 general public

CHILDCARE

Adventure Alley 6 weeks to 9 years
Free drop-in baby-sitting service to those with a family membership is offered during designated hours. Members must be present in the building. There is a 2 hour time limit per child per day. Please call or stop in for a schedule.
Monday-Thursday 8:00-11:30AM and 3:30PM-7:00PM
Friday 8:00-11:30AM and 4:00PM-6:00PM
Saturday 8:00-11:00AM

Parents Morning Out 8:00-11:30AM
Have an appointment and need child care? The Y can watch your child while you enjoy a morning out, while you are away your child can enjoy a morning of fun in Adventure Alley. Please make sure your child has eaten something before coming.
Jan. 5 & 19; Feb. 2 & 16; March 1 & 15; April 5 & 19; May 3 & 17

Members - \$8 first child/\$2 additional child
General Public - \$13 first child/\$4 additional child

Parents Night Out 5:30-10:00PM
Your children will participate in age appropriate activities. Please make sure your children have eaten dinner before this event. Snacks will be provided. Children 4 & up will be swimming; please remember a suit and towel. There will be planned activities in the gym and generation center. Register by the Thursday before the event.
Jan. 21; Feb. 18; March 17; April 21; May 19

Member-\$10 first child/\$5 addtl child
General Public-\$15 first child/\$9 addtl child
Late Fee : \$5 per child

Friday Family Fun Nights 5:30PM-7:30PM
Family day passes are half price! Each Family Night will feature open swim with slide and

FIELD TRIPS TO THE Y
Schedule a Friday Field Trip at the Y! Your group can choose a Basic Package which includes: Indoor/Outdoor Games, open swim with water slide, mushroom and Generation Center. We also offer a Deluxe Package which can include, but is not limited to, Logrolling, Swim Lessons, Power Beats, Club Moves and Triple Play. Call the Y for details and to build your Field Trip! Fridays or Special Reservation

Nicolet Area Technical College
www.nicoletcollege.edu View full ad at www.ymcaofthenorthwoods.org
5364 College Drive
Rhinelander, WI 54501
715-365-4558
Nicolet Works To Transform Lives

Coca-Cola
www.cokecce.com View full ad at www.ymcaofthenorthwoods.org
1415 Iverson Street
Rhinelander, WI 54501
715-362-3131
Refresh the World

mushroom and family gym time. Family nights will periodically have a special theme and the bounce house. Call for schedules.

MVP/General public - half off family day pass

Afterschool Program 3:00-5:30PM
Keep your kids active and safe at the Y licensed Afterschool Program. A healthy snack will be provided, followed by outdoor activities, homework, group games, arts & crafts and more! Sign up by the day or week. Children are bussed to the Y from their school.
\$13 per day/\$50 per week

School's Out Fun Day 7:00AM-5:30PM
School District of Rhinelander Ages 5-12
Held when school is not in session or when school is cancelled due to weather. Each day will include free play in the Generation Center, gymnasium and pool. Bring appropriate clothing for outdoor play and a swim suit and towel. Participants should bring their own healthy non-perishable lunch. Snacks and milk will be provided. State licensed program.
Jan. 2 & 23; March 2 & 30; April 2-6 & 9; June 7 & 8
\$23 members/\$27 general public per day
Late Registration - Two days prior or less to the date. \$28 members/\$32 general public

Early Dismissal Days 1:45-5:30PM
Held at the Y. Children are bussed to the Y from their school.
Feb. 15; March 14; April 25; May 23
\$13 per day

Pre-Teen & Teens CHAMPS

The CHAMPS program which is supported by the 21st Century Community Learning Center Grant provides children free afterschool programming in a safe and inviting environment. They will have access to academic and enrichment activities. Just be a 4-8 grader enrolled in the School District of Rhinelander.

Central Intermediate School
2:53PM - Regular school day ends
3:00-3:15PM - Check-in/snack
3:15-4:15PM - Tutoring & Power Hour
4:20-5:30PM - (Mon., Wed. & Thurs.)
Recreational and enrichment programs at Central Intermediate.
4:30 - 5:30 (Tues. & Fri.) Recreational programs at the Y. Students are transported by bus to the Y for recreational programs.
Students must be picked up from Central Intermediate School on Mon., Wed. and Thurs.;

and at the Y on Tues. and Fri. by a parent or guardian by 5:30PM.

James Williams Middle School
2:58PM - Regular school day ends
3:00-3:15PM - Check-in/snack
3:15-4:15PM - Tutoring & Power Hour
4:20-5:30PM (Mon. & Tues.) - Recreational/enrichment programs at JWMS.
4:30-5:30PM (Wed. & Thurs.) - Recreational programs at the Y (Transported by bus to Y for recreational programs on Mon., Wed. & Thurs.)
Students must be picked up from JWMS on Mon. & Tues.; and the Y on Wed. & Thurs. by a parent or guardian by 5:30PM.
There will not be Afterschool programs on Friday for JWMS.

Boy's Night Out Boys Grade 6-8
Do you need a night away with just the guys? We'll have activities like the Hodag Hunt, science experiments, sumo wrestling, sledding, ice-skating, and so much more! Special thanks to United Way sponsorship. RHS
\$10 members for entire school year
\$20 general public for entire school year
Every other Tuesday 6:30-8:30PM

Girl's Night Out Girls Grades 6-8
A program just for girls! Is everything around you changing; your appearance, the way you feel, the things you like and don't like? The Y is offering girls night out - to help you survive the changes in and all around you! Special thanks to United Way sponsorship. RHS
\$10 members for entire school year
\$20 general public for entire school year
Every other Thursday 5:30-7:30PM

Teen Nights All teens
Looking for somewhere to hang out with your friends? Meet your friends at the YMCA of the Northwoods for dancing, great snacks swimming, playing in the gym, and so much more! YMCA Saturdays - Jan 14, Feb. 11, March 10, April 14, May 12 7:00-11:00PM
\$3 members/\$5 general public

FOR HEALTHY LIVING

Improving the nation's health and well-being

ACTIVE OLDER ADULTS

Health & Well-Being Programs

Seniors On The Move January Challenge
Any members 65+ years old are invited to participate in the January Challenge. Work out at the Y 10 times during January and you will receive a prize. Punch cards are available at the Welcome Center. Each time you come to the Y the Welcome Center staff will punch your challenge card. Return completed card by February 5 and receive your prize. Prizes provided by Humana.

SMART Weight Loss for Seniors Winter & Spring 1 only

This 7 week weight loss education and support program will address the unique weight loss issues of older adults over 55 years of age and struggling to lose or maintain a healthy weight. Weekly weigh-ins, nutrition education and discussion of self-management skills will provide you with the tools to lose weight and keep it off.
\$ 50 member/\$65 general public
Thursdays 1:00-2:30PM

Arthritis Foundation Walk With Ease Program SM

The Arthritis Foundation Walk With Ease 6 week program is designed for people with or without arthritis - young and old, male and female, fit and not-so-fit. It is a program to help people living with arthritis better manage their pain and is also ideal for people without arthritis who want to make walking a regular habit. Led by a certified leader this class is shown to reduce pain and increase balance and walking pace. Taught in collaboration with the Oneida County

Department on Aging.
Monday-Wednesday
January 11-February 13 2:15-3:15PM
\$15 member/\$20 general public

Hate to Cook-Cooking School!
Tired of the same meals and really don't like to cook? Join others with similar feelings for a class that will teach you some simple delicious things to make. This is a hands-on class with taste testing following the class.
\$15 member/\$20 general public

Simple Egg Rolls
Monday, January 23 12:00-1:30PM

Make Your Own English Muffins
Monday, February 27 12:00-1:30PM

Cooking with Herbs
Monday, March 26 12:00-1:30PM

Monthly Events

Lunch & Brain Games Free-members
1st Wednesday of the month (Jan 4, Feb 1, March 7, April 4, May 2 & June 6)
11:30AM-1:30PM

Join others for homemade food and a guest speaker or a challenging brain game (Trivia Pursuit, Pictionary, Mensa, Sudoku, Euchere, Rebus, etc.) Each month there is a theme pot luck and a different speaker or game.

Cribbage Tournaments
Open to all ages and ability levels, the tournaments are friendly competition and educational. Cash prizes awarded based on number of players. Saturdays
Singles - January 14, March 10, & May 12
Doubles - February 11 & April 14
\$3 member/\$5 general public

Golden Adventurers 1:00PM
3rd Tuesday of the Month
Want to get together with other active adults for hiking, kayaking, snowshoeing or other adventures? Members carpool from the Y or meet at the different sites. Check website or bulletin board for adventure information.
Yearly dues \$15 member/\$20 general public or \$5 each adventure
January 17 - Snowshoeing; February 21 - Ice Fishing; March 20 - Visit to Northwoods Children's Museum; April 17 - Local Bird Watching Hike; May 15 - TBA

Y Stitchers Noon-3PM
Bring your latest sewing project to the Y to work on or dust off one of your UFO's to finish. Whether it is quilting, cross stitch, embroidery, knitting or other craft projects, each person will work on their own project. But be prepared to share your skills and ideas. Spacious room will allow you to layout quilts and assemble other projects.
4th Tuesday of the Month January 24, February 28, March 27, April 24, May 22

Trip/Outings

"Stomp" Coming to the Grand Theater, Wausau

Take a mixing bowl, a box of Grape Nuts, a shopping cart, an empty water jug, a biscuit tin, two coffee cups, one bell, one stool, one cake tray, a green plastic garbage bin, and a milk crate, add a few members of the cast of Stomp and what have you got? A concert like no other! Date to be determined.

Personal Training

Available for mature members. Personal trainers with the knowledge to work with seniors are available to work one-on-one or in small groups to address your specific needs. It's never too late to feel good and maintain your independence.

Recreational Opportunities

Open Play
Volleyball - Thursdays 12:00PM
Basketball (half court) - Tues. & Fri. 8:00AM
Table Tennis - Mon., Wed., Fri. 8:00AM

LIVESTRONG AT THE YMCA

The LIVESTRONG at the YMCA fitness program is for adult cancer survivors who have become de-conditioned from recent cancer treatment.

The 12-week program provides survivors the opportunity to rebuild strength and stamina under the guidance of a highly trained YMCA instructor. Using a combination of individual instruction and group activities, survivors

can participate in resistance training, cardio and functional activities as well as flexibility exercises.

We are committed to helping all participants develop their own fitness program to continue healthy lifestyle habits, not only as part of recovery, but as a way of life.

Please contact the YMCA at 715-362-9622 for more information.

Camp Manito-wish

www.manito-wish.org

View full ad at www.ymcaofthenorthwoods.org

P.O. Box 246
Boulder Junction, WI 54512
715-385-2312

Experience Manito-wish

Aspirus

www.aspirus.org

View full ad at www.ymcaofthenorthwoods.org

1630 Chippewa Drive
Rhinelander, WI 54501
715-361-5480

Excellence has no boundaries



FOR HEALTHY LIVING

Improving the nation's health and well-being

WINTER/SPRING 2012 Sessions

Winter Session - January 1 - February 18

Registration

Member Dec. 19/General Public Dec. 21

Spring 1 Session - February 19 - April 14

Registration

Member - Dec. 19/General Public - Feb. 8

Spring 2 Session - April 15 - June 2

Registration

Member - Dec. 19/General Public - April 4

HEALTH, WELL-BEING & FITNESS

Wellness Center

Must be 18 to use Wellness Center

Equipment

We have a wide variety of cardio and strength training equipment to help you reach your health and fitness goals.

Cardio

LifeFitness Treadmills, Ellipticals, Summit Trainer
StarTrac Treadmills, CrossTrainers, Incline Trainers, Bicycles, Recumbent Bicycles
Precor Elliptical Trainers
Concept2 Rowers
Nu-Step Recumbent Steppers
SciFit Recumbent Stepper
Airdyne Bicycles

Selectorized Strength

We have two complete lines of selectorized strength training equipment. Our FreeMotion and Epic lines offer a variety of ways to get a complete total body workout.

Free Weight Area

Our free weight area offers everything you need to make the most of your resistance training. Dumbbells, bench press, sled, drop platform, squat cage, half rack and a variety of benches.

Flexibility and Core Training

We are committed to ensuring that everyone can practice flexibility and core training on a regular basis. We have a large stretching mat, physioballs, medicine balls, foam rollers, leg weights and bosu.

Indoor Golf Hitting

The YMCA of the Northwoods is proud to introduce indoor golf hitting cages to help keep your golf game on par this winter. We will have two cages, with 30 minute hitting reservations. This program will be provided free of charge to our members. We will also open this opportunity to the general public for a fee.

Swing away this winter and keep those golf scores down next spring.



Orientations

New Members and Guest Quick Overview

If you are new to our facility please plan to take 5 minutes to meet with a fitness coach. We will go over the basic rules and policies so you feel like a regular part of our Y family.

Adult Orientation

A Y fitness coach will provide a fitness orientation with your annual membership to familiarize you with the strength training and cardio machines. Time slots are available at various times throughout the day. Schedule an appointment at the fitness coach desk. Free for Y members/\$35 general public

Family Orientation

Families can participate in an orientation to familiarize themselves with fitness equipment and review basic policies of the wellness center. Free for Y members/\$27 general public

Family Fitness Time

Youth ages 9-11 who have taken an orientation with their parents may workout in the Wellness Center when directly supervised by an adult:
Thursdays 6:00-8:30PM
Fridays 6:00-7:30PM
Saturdays 10:00AM-1:00PM

Teen Certification-MVP Ages 12-17

Teen members must receive their certification before being able to use the Wellness Center. Register with a fitness coach. Free for Y members/\$27 general public

Personal Training

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

- Learn how to efficiently workout on your own
- Break through plateaus and improve your overall fitness
- Reach or maintain a healthy weight
- Stay on a steady routine

Free 10 minute consultation to learn more

Individual Personal Training

30 minute sessions \$25 members/\$35 general public

10 or more 30-minute sessions \$22 per session (members only)

1-hour sessions \$40 members/\$60 general public

10 or more 1-hour sessions \$35 per session (members only)

1-hour sessions \$40 members/\$60 general public

10 or more 1-hour sessions \$35 per session (members only)

1-hour sessions \$40 members/\$60 general public

10 or more 1-hour sessions \$35 per session (members only)

1-hour sessions \$40 members/\$60 general public

10 or more 1-hour sessions \$35 per session (members only)

1-hour sessions \$40 members/\$60 general public

10 or more 1-hour sessions \$35 per session (members only)

1-hour sessions \$40 members/\$60 general public

10 or more 1-hour sessions \$35 per session (members only)

1-hour sessions \$40 members/\$60 general public

10 or more 1-hour sessions \$35 per session (members only)

1-hour sessions \$40 members/\$60 general public

10 or more 1-hour sessions \$35 per session (members only)

1-hour sessions \$40 members/\$60 general public

10 or more 1-hour sessions \$35 per session (members only)

1-hour sessions \$40 members/\$60 general public

10 or more 1-hour sessions \$35 per session (members only)

1-hour sessions \$40 members/\$60 general public

10 or more 1-hour sessions \$35 per session (members only)

1-hour sessions \$40 members/\$60 general public

10 or more 1-hour sessions \$35 per session (members only)

1-hour sessions \$40 members/\$60 general public

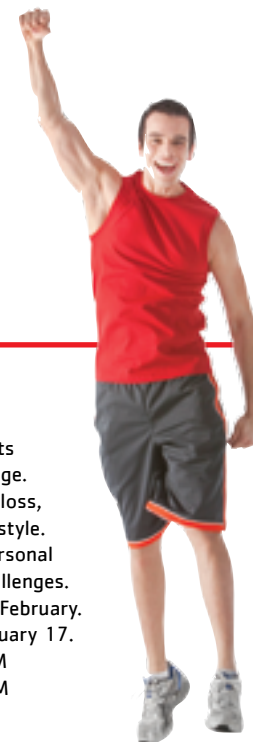
10 or more 1-hour sessions \$35 per session (members only)

1-hour sessions \$40 members/\$60 general public

10 or more 1-hour sessions \$35 per session (members only)

Fit For Life

The 4th Annual Fit for Life program is here. Last years participants lost nearly 400lbs and now it is your chance to accept the challenge. This extensive twelve week program will focus not only on weight loss, but provide you with resources to implement a healthy and fit lifestyle. The program will offer AM and PM Bootcamps, run by certified personal trainers, educational lectures, weigh ins, weekly workouts and challenges. Applications will be available in January and will be accepted into February. Interviews: February 6-10 and the 4th Annual Kickoff will be February 17.
Bootcamp - Monday and Wednesday 5:30-6:30PM
Bootcamp - Tuesday and Thursday 5:30-6:30AM
\$299 members/ \$399 general public



Program Training

Member Only

With program training you meet one-on-one with an experienced Training Coach to develop a workout program to meet your needs. You can choose from a single meeting where your coach can give you a fresh new twist to your current routine, or purchase more and your coach can help you develop new routines each month. 1 hour sessions - \$20 per session member only

GROUP FITNESS PROGRAMS

Class schedules will be posted online and at the Y one month prior to session.

All classes are 55 minutes unless otherwise noted

MVP Classes

MVP /\$35 general public

Registration is required. Free to members. General public may register if space permits for \$35 fee.

Healthy Heart Circuit

Health Seekers will be encouraged to get on a routine exercise program and to try other classes. Moves are basic, but still get your heart rate up and challenge you. Weights will be used, mat is required.

Cardio Kick/Core Strength

This class uses kick-boxing moves in a dance style format for a full body cardiovascular workout. We use a variety of equipment for toning and strengthening.

Circuit Challenge

Move through a variety of stations for a minute at a time to push yourself physically! Stations include things like: toe taps on step, jumping rope, playing catch with an 8 lb. medicine ball and running relay races. Make fitness fun again!

Women on Weights

To gain overall strength and flexibility and speeding up metabolism; therefore losing weight. Intensity is varied by size of weights and bands and by levels and amounts of reps preformed. Mat required.

Tai Chi

A Chinese system of physical exercises that is believed to facilitate the flow of Qi (life force) in the body, promoting good health and vitality. Tai Chi utilizes movements that are Yin Yang opposites: softness and strength, forwards and backwards, action and calm.

Total Body Strength

Fitness levels can expect to increase their total body strength and muscle endurance. We use a variety of equipment from hand held weights, elastic bands, fitness balls, or your own body weight. We will incorporate circuits, cardio blasts and combination moves to increase your heart rate throughout the class.

Yoga Express

In this 45 minute yoga class experience community, breathe deep, and have fun following the flow of breath through cycles of interweaving poses that change from class to class. This class will challenge and refine your flexibility, strength, and balance as you learn to move intelligently, honoring what your body needs in each moment. *Appropriate for beginners and continuing students.

FIT Card Classes

\$15 members/\$45 general public

You may attend any of the Fit Pass classes with the purchase of a Fit Pass. Classes are first come first serve to all with a Fit Pass.

Indoor Cycling

A heart pounding, low impact workout. All fitness levels welcome! Speed, endurance and overall fitness will be improved. Instructors will lead class through various "team" activities and "relay races" to keep you engaged and moving.

ZUMBA® Fitness

Zumba® is an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party that blends red-hot international music and contagious steps to form a "fitness-arty" that is downright addictive. Fun and challenging for any fitness level!

Hatha Yoga

Traditional yoga class includes pranayama, warm ups, active and restorative asanas, shavasana, and simple meditation. (Translates to breath

Rhinelander Ice Arena

www.rhinelanderice.com

View full ad at www.ymcaofthenorthwoods.org

2021 East Timber
Rhinelander, WI 54501
715-369-1416

School District of Rhinelander-Community Education Program

www.rhinelander.k12.wi.us

View full ad at www.ymcaofthenorthwoods.org

665 Coolidge Avenue-Suite B
Rhinelander, WI 54501
715-365-9700

Committed to Excellence

awareness exercises, warm ups, yoga postures, warm down exercises, relaxation and absorption, and meditation closure.)

Cardio and Core

A "back to basics" class that touches on various forms of exercise including but not limited to floor work, step, and kick boxing. The class will conclude with a blast of Core work to strengthen and tone!

Pilates

A body conditioning routine that seeks to build flexibility, strength, endurance, and coordination without adding muscle bulk. Pilates increases circulation and helps to sculpt the body and strengthen the body's "core" or "powerhouse" (torso). Have better posture, be less prone to injury and experience better overall health.

Step Conditioning

This class is great for veterans of Step or first-time steppers. If you love new choreography and fun moves while working up a sweat, this class is for you! Participants will use basic step moves along with adding exciting and energetic choreography. Expect to improve cardiovascular endurance and tone muscles, while moving to energetic music.

Step/Core/Plyo

Take your fitness to the next level by combining aspects of Step, Power to the Core and Plyo Training.

Club Moves

During a 60 minute Club Moves class participants will slowly learn moves to a "secret" song to be revealed in the last 10 minutes of class. Other songs with simple moves will also be featured throughout the class to get your heart rate up and feeling like a ROCK STAR.

Roster Classes

\$10 member/\$35 general public unless otherwise noted

You need to register at the Welcome Center or online for these classes prior to attending. These are classes that have a space or equipment cap and often fills up. Members receive a discount on registration fees and it opens early to our members. **If a roster class is not full you can try the class for a drop in fee. \$3 members/\$6 general public, there is no charge to observe.**

Ballroom and Swing Dance- Spring 1

Get ready to dance at that wedding or family get together. Come learn the foxtrot and waltz, the cha-cha and tango, the jitterbug or swing dance. Practice the basic steps as you learn how to lead or follow a partner. Sign up with a partner, or you may sign up as a single but be prepared to dance as a single for part of the class. Single \$15 member/\$40 general public Couple/Family: \$20 member/\$45 general public

Body Burn

Group strength training pumped up a notch. Using the principles of muscle endurance, this class is designed to challenge your body and muscles while working on core strength and balance. We build on a basic movement, such as a squat or lunge, and by varying types of times of muscle contractions give it a new twist. A mat is required as we do quite a bit on the

floor. Previous strength training experience is not required, but some level of conditioning is expected as we can go for 5-10 minutes of non-stop activity.

Total Body Cycling

Participants will be encouraged to become stronger and more fit by following a progression of exercises. They will learn cycling "lingo" and become more proficient at cycling. Participants will work on cadence and resistance.

Power Beats

Using fitness balls on step riser to make "drums", and drumsticks participants will be led through a variety of energizing beats that will work the upper and lower body. Squats and lunges are included.

TRX

Come by and check out the new TRX and Functional training studio at the YMCA. TRX, Total Resistance Exercise, is now here, and we will be offering a functional strength training class. We will be using the TRX straps as well as implementing other core and cardio intensity movements for a total body, total system workout.

SPORTS & REC

Leagues

Men's A Basketball

This league is designed for the advanced basketball players. This league will end with a tournament. Registration Deadline Wednesday, January 11, Games begin Wednesday January 11. Late fees apply. Wednesday 6:00-9:00PM Registration Fee \$235 Late Fee \$50

Men's B Basketball

This league is designed for the intermediate basketball players. This league will end in a tournament. Registration Deadline Thursday, January 12, Games begin Thursday January 5. Late fees apply. Thursday 6:00-9:00PM Registration Fee \$235 Late Fee \$50

Coed A Volleyball

This league is designed for the advanced volleyball players. Co-ed rules do apply. Number of players on the floor can consist of as few as four and no more than six. Jump serving is legal. Registration Deadline Monday, January 2. Games Begin Monday January 9. Late fees apply. Monday 6:00-9:00PM Registration Fee \$235 Late Fee \$50

Coed B Volleyball

This league is designed for the intermediate players and people looking to enjoy a night of just playing volleyball. Number of players on the floor can consist of as few as four and no more than six. Co-ed rules apply. No jump serving and not as many hard hitters. Registration Deadline Monday, January 2. Games begin Monday, January 9. Late fees apply. Monday 6:00-9:00PM Registration Fee \$235 Late Fee \$50

ACTIVE OLDER ADULTS SILVER SNEAKERS

MVP/ \$35 general public

Muscular Strength & Range of Movement

Move to the music through 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 a ball are offered for resistance and a chair is used for seated and/or standing support.

Cardio Circuit

Combine fun and fitness to increase your cardiovascular and muscular endurance

power with a standing circuit workout. Upper-body strength work using hand-held weights, elastic tubing with handles, and a ball is alternated with non-impact aerobic choreography. A chair is offered for support, head-to-toe stretching, and complete relaxation in a comfortable position.

Total Body for Senior

Goals are to improve participant's cardiovascular and pulmonary function through aerobics and strength training. This class differs from silver sneakers in that it doesn't have the same specific restrictions and is not chair based.

AQUATICS EXERCISE

Shower is required before entering pool/hot tub

Water Fitness Classes

\$10 members/\$30 gen. public unless noted

Class schedules will be posted online and at the Y one month prior to session.

Arthritis Foundation Aquatic Program

The Arthritis Foundation Aquatic Program is designed for those who suffer from Arthritis, Fibromyalgia, Parkinson's or serious back problems. Water walking and range of motion exercises are done in shallow water. This is not a cardiovascular workout.

Aqua Boot Camp/FIT Card 60 minutes

Very high-energy water class with lots of swimming! Great for cross training! Must be able to swim 25 non-stopping yards.

Water Exercise 60 minutes

A great way to exercise your entire body without straining your back or joints. This class will improve your cardiovascular fitness, muscular strength, endurance and flexibility.

Water Aerobics 60 minutes

This class provides a great cardiovascular workout for participants of all fitness levels while using the natural properties of water to alleviate much of the stress associated with land programs.

Power H2O 60 minutes

Get your high intensity workout in and head to work! Cardio training will include water running as well as swimming. Strength training, use of water dumbbells, and core work will be part of this class. Beneficial for cross training.

WATER SAFETY

CPR/AED Challenges and Reviews

Challenges and reviews are available for CPR/AED and Lifeguard Courses. Contact Aquatic Director, Melissa Nieman at 715-362-9622.

Life Guarding 15 or older

Learn the skills and knowledge required to become a lifeguard, including how to recognize, prevent and respond quickly to aquatic emergencies. Learn CPR for the Professional Rescuer, AED, Oxygen Administration and First

Aid. Participants will receive certifications after attending all class sessions, passing all written exams, water skills and tests. **Prerequisites:** Ability to pass pretest which consists of 300-yard swim using front crawl and breast stroke without stopping. Must swim 20 yards using either stroke, perform a surface dive and retrieve a ten pound brick in 7-10 feet of water, then return the brick 20 yards. Girls/woman require one piece suit. Spring Break Course April 2-7 \$180 members/\$230 non members

Adult, Child & Infant CPR American Red Cross

Teach participants the knowledge and skills necessary to provide care for breathing and choking emergencies, and perform CPR for victim of cardiac arrest. The course includes textbook and breathing barrier. Certifications issued upon successful completion of course. Recertification-\$31 members/\$39 general public Full Course-\$62 members/ \$77 general public Classes will be held every month at the Y! Please call Melissa Nieman for class times and dates!

Lifeguarding for Pool and Waterfront

American Red Cross Waterfront Lifeguarding is ideal for lifeguards working at non-surf, open-water environments such as lakes and rivers, as well as traditional pools. The course teaches professionalism, patron and facility surveillance, rescue board techniques, emergency preparedness, and more. This course includes certification for pools.

Prerequisites

- Minimum age of 15
- Pre-course Swim Test
- Swim 550 yards (about 500 meters) continuously
- Starting in the water, swim 20 yards using front crawl or breaststroke, surface dive 7-10 feet, retrieve a 10-pound object, return to the surface, swim 20 yards back to the starting point with the object and exit the water without using a ladder or steps, within 1 minute, 40 seconds
- Swim 5 yards, submerge and retrieve three dive rings placed 5 yards apart in 4-7 feet of water, resurface and swim 5 yards to the side of the pool

May 29-June 1
\$210 member/\$270 general public

Northwoods National Bank

www.baraboonational.com

View full ad at www.ymcaofthenorthwoods.org

1255 Lincoln Street
Rhineland, WI 54501
715-362-7878

Serving you and your family with
quality community banking

Schmidt Orthodontics

Visit us on Facebook

View full ad at www.ymcaofthenorthwoods.org

550 E. Timber Drive
Rhineland, WI 54501
(800) 481-4395

Quality Orthodontic Care

YMCA OF THE NORTHWOODS WINTER/SPRING PROGRAM GUIDE



FOR SOCIAL RESPONSIBILITY

Giving back and providing support to our neighbors

SPECIAL EVENTS

Dance the Night Away with the 50's Fair Play Band

Friday, January 6
Northwoods Banquet Center
6:30-9:30PM
\$10 per person \$15 couple

Family Nights!

5:30-7:30PM all year long!
Every Friday the Y holds its weekly family night! Come and enjoy our gym and pool as a Family! Every 2nd Friday the Northwoods Children's Museum will sponsor the Ys Family Night with crafts, games, snacks and other fun family centered activities! Every 4th Friday of the Month is Potluck and Bounce House night! You may bring a dish to pass for our "family style" dinner starting at 5:30PM. Then its time to have some fun in our Bounce House!

January Potluck: A-M may bring main dish, N-Z may bring a side dish or dessert

February Potluck: A-M- may bring side dish or dessert, N-Z may bring main dish.

Free to members/\$8.50 for general public family

Snowshoe Races and Demo

In conjunction with the 36th Annual Rhinelander Lions Club Fisheree and Winter Festival, the Y will be hosting a snowshoe race on Saturday February 11 at Hodag Park. Come on down and check out this revamped event, including the ice fishing tournament, snowshoe baseball, and broomball. There will be fun for the entire family.

Harry Potter Afternoon

Saturday February 25 1:00-4:00PM
Come and visit the magical world of Harry Potter and his friends. Become a student at Hogwarts and enjoy many activities including: Your Wand Choosing You, Potions Class and a

visit with Hagrid!

Register by February 10
\$10 per member participant
\$15 member family
\$15 per general public participant
\$25 general public family

Pirates in the Pool

Friday March 16 5:00-7:00PM
Come one and all! The lifeguards have turned into pirates! Swim teachers are swimming in the seaweed as mermaids. Kids and whole families have to walk the plank. They're sword fighting with "noodle swords" and the who crew is playing tug o' war. You may row to safety in a rubber raft and there's a treasure chest and gold coins filled with chocolate. Children under age 6 must have an adult in the water within arm's reach at all times. Children under age 10 must have an adult on the pool deck.

Individual Rate: \$5 member/\$9 general public

Family Rate: \$10 member/\$19 general public

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.

The 2nd Annual Richard C. Willette Memorial Swim-a-thon

Saturday, April 21 8:00-10:00AM
How many laps can you swim in an hour? Join us as we remember one of our great YMCA of the Northwoods swim instructors Rich Willette. All of the money raised will be used for scholarships for swim lessons in Rich's memory. Sign up and get a pledge packet from the Welcome Center. All you need is a minimum of \$20 in pledges to participate.

Dance the Night Away

Love to dance and rock out? The Y will hold monthly dances for people of all ages. The tunes will range from waltzes, swing, rock and roll to more current music. So grab a partner (or come singly) and enjoy the music and fun. A live band or DJ will be used. Check the website for the band and DJ and location.

AFAP leader/Instructor Training

April 21 8:30AM - 4:30PM
Become certified by the Arthritis Foundation to lead their special aquatic exercise program for people who live with arthritis and other conditions that affect joints and muscles. Call the aquatics department for information about pre-requisites and fees.

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! Join us and start a change with your family today.

COMMUNITY CENTER

Generation Center

FREE
Come play pool, ping pong, darts, foosball, air hockey, Nintendo Wii, Guitar Hero and much more! Snacks and pizza are available for purchase. Funds raised are used to enhance the Generation Center.

Geocaching at the Y

FREE
Geocaching is a high-tech treasure hunting game played throughout the world by adventure seekers equipped with GPS devices. Geocaching is enjoyed by people from all age groups with a strong sense of community and support for the environment. The YMCA of the Northwoods has its own geocache - the coordinates are N45 degrees 38.836 W 089 degrees 22.680. Happy hunting!

Hiking at the Y

FREE
The Y offers a 3/4 of a mile red granite Stoney Pine Trail which runs through beautiful tall pines, beginning and ending at the Y. The trail is stroller friendly. The Kiwanis donated the manpower, material and time and dedicated it to Hal Berndt. Local Cub Scout Pack 672 planted a certified Monarch Garden. The Rhinelander Women's Club donated the labyrinth which is located at the front of the Y.

Birthday Parties

Celebrate your child's birthday at the Y. Let us do the work and you enjoy your child's special day. We have several different party packages available on Saturday and Sunday afternoons. Please book your party 3

weeks in advance. Parties are for up to 12 children.

Deluxe Packages

- Trigs birthday cake, Papa Murphy's Pizza & juice
- Theme parties: Pirate, Hawaiian, Princess or Sports
- Our staff takes care of all set up and clean up
- Pool time or gym time
- For an additional charge you may add on the bounce house

Deluxe Party Rates

\$150 members
\$200 general public
\$3 each additional child

Basic Party

We also offer a basic party for individuals that would like to handle the details themselves

- Multi-purpose room
- Pool time or gym time
- You will be responsible for clean-up

Basic Party Rates

\$55 members
\$95 general public
\$3 each additional child

We do not provide goodie bags.

Summer Day Camp

Registration starts April 9
Camp starts June 11
7:00AM-5:30PM

\$10 deposit per week is required
\$120 per week members
\$140 per week general public
Daily drop-in \$32 per day (up to 2 days per week). Only upon availability.

Camp Discover Grades K-2

Camp Discover helps children develop positive identities, values, and social skills.

Camp Explorer Grades 3 & up

Camp Explorer develops positive values of caring, honesty, respect, and responsibility and challenges and inspires each child to their fullest potential.

FATHER & DAUGHTER DANCE

"You Are My Sunshine"



Saturday, March 24, 2012

Join us for a special night just for dads and their daughters. 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. Please register by March 9.

Dinner 5:30-6:15PM

Dance Tutorial 6:15-6:40PM

Dance and other activities 6:45-8:30PM

\$30 per couple for members

\$40 per couple for general public

\$15 for each additional daughter



Trigs

Visit us on Facebook

View full ad at www.ymcaofthenorthwoods.org

232 South Courtney Street
Rhinelander, WI 54501
715-369-2993

Fresh For You Is What We Do

Friendship House

friendshipouserhineland.com

View full ad at www.ymcaofthenorthwoods.org

2260 Lincoln St.
Rhinelander, WI 54501
715-362-5765

Where you're treated like family