



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



# SOMETHING FOR EVERYONE



## Program Guide Fall 2018 Southern Prairie YMCA

### YMCA Mission

To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

**FALL/WINTER BUILDING HOURS** starts Sept 4  
Mon-Thurs 5:30 AM–9:00 PM Fri 5:30 AM–8:00 PM  
Sat 7:30 AM–6:00 PM Sun 12:00 PM–6:00 PM  
Closed Labor Day, Thanksgiving,  
Christmas Day, New Year's Day

# JOIN US AT THE YMCA

Being a part of the Y family, you'll discover that you are part of a powerful nonprofit association of men, women and children joined together by a shared commitment to nurturing the potential of kids, promoting healthy living and fostering a sense of social responsibility. Any person regardless of race, religion or creed may become an active member by completing a written application and paying the membership dues.

MEMBERSHIP TYPE	ANNUAL	MONTHLY DRAFT
Youth (age 3-23)	\$240	\$20.50
Individual Adult	\$462	\$39.00
Couple	\$582	\$49.00
Single Parent Family	\$546	\$46.00
Family	\$702	\$59.00
Senior Citizen (62+)	\$336	\$28.50
Sr. Citizen Couple	\$420	\$35.50
6 month senior(62+):	\$269 (One time payment)	
6 month senior couple:	\$306 (One time payment)	
3 month Individual Adult:	\$174 (One time payment)	
Bank drafts have .50/month added service charge.		

## Payment Options

No contracts. Joining fee is applied to all new joins or re-joins after a 30 day lapse in memberships. Join fee for all membership types is \$45. Membership can be paid for by convenient monthly automatic bank draft (Electronic Funds Transfer or EFT) on the 25<sup>th</sup> of each month or by paying the full annual rate using cash, check, Visa, Discover or MasterCard. Payroll Deduction, where membership dues are withheld from employee paychecks and the employer pays the YMCA each month, is another option for some. Check with the YMCA to see if your employer participates in this program.

## Y MEMBERSHIP FINANCIAL ASSISTANCE

In keeping with our mission to serve the whole community, the YMCA turns no one away due to the inability to pay. Thanks to all who donated to our ANNUAL CAMPAIGN, need-based financial assistance is available using established guidelines. Applications may be picked up at the front desk. Requests are confidential.

Your Dues Operate the Facility  
Your Gift Changes Lives

YMCA Annual Campaign  
**CHANGE A LIFE!**

Give...Because Everyone Belongs

## INSURANCE MEMBERSHIPS

The Southern Prairie YMCA participates in the Silver Sneaker Program through Coventry or United Healthcare Medicare supplements and AARP Medicare supplemental insurance. Bring your insurance card to the front desk to verify eligibility.

## NATIONWIDE MEMBERSHIP

Nationwide Membership enables you to visit any participating Y in the United States through membership at your "home" YMCA. We offer this because we want to help you reach your health and wellness goals wherever you live, work or travel. This is an essential part of our cause of strengthening communities.

### What You Need to Know:

\*Valid for active, full facility YMCA members

\*Nationwide member visitors must use their home Y at least 50% of the time.

## MEMBERSHIP BENEFITS

Wellness Coaching	Five free guest passes per year
Fitness Room – 16 yrs and up	Weight Room Orientation
25 meter pool (32 laps/mile)	Full size gym
Racquetball Court	Indoor Track (17 laps/mile)
Reduced Rates for Programs	Lock and Towel service
Guest WiFi	FREE fitness classes

## PROGRAM REGISTRATION INFORMATION

To register at member rates, your membership must be current. Classes must be paid for at the time of registration using cash, check, Visa, MasterCard and Discover or a credit card by phone or in person at the YMCA welcome center. Online registration is also available at [www.southernprairieymca.com](http://www.southernprairieymca.com). Participants are individuals who are not members of the YMCA but participate in a class or program offered by the YMCA.

**Early registration is encouraged and a late fee may be charged.**

Class schedules are subject to change or cancellation due to enrollment numbers.

The YMCA facility is handicap accessible for the enjoyment of all members and guests. **Children under age 10 must be have an adult (18 years or over) with them in the building.**

## DAILY GUEST PASS RATES\*

Youth (3-15 years)	\$4
Yg Adult (16-23 yrs)	\$6
Adult (24-61 yrs)	\$8
Sr. Citizen (62+)	\$5
Family (1 or 2 parent)	\$11

\*Day passes are valid for the entire day.

Programs or organized events excluded.

## MEET THE SOUTHERN PRAIRIE YMCA STAFF

Dana Dodge	Executive Director ddodge@southernprairieymca.com
Raquel Linch	Office Manager rlinch@southernprairieymca.com
Joyce Baker	Welcome Center Coordinator jbaker@southernprairieymca.com
Mike Richardson	Facility Manager mrichardson@southernprairieymca.com
Hannah Kiehl	Youth Programs Coordinator hannah@southernprairieymca.com
Missy Wernli	Aquatics Coordinator mwernli@southernprairieymca.com
JR Hicks	Youth Sports Coordinator jrhicks@southernprairieymca.com
Candice Honnold	Fitness Coordinator chonnold@southernprairieymca.com

## YMCA BOARD OF DIRECTORS

Chris Eaton, Board Chair	Skip Kenyon, Vice Chair		
Kim Coen, Secretary	Mike Taylor, Treasurer		
John Schlaht	Jim Nelson	Lesla Downing	Jolene Frost
Paul Varner	Matthew Buck	Sandy Harris	



# YOUTH DEVELOPMENT



## OPEN GYM FOR TOTS

Toddlers get to rule the gym during this special time. Toys like toddler cruisers and other fun things are brought out and the kids can play. This is a great time for the kids to burn off that energy. Make Tot Town the twice a week playdate!

**Ages:** Toddlers along with their parent/ caregiver

**FREE for members (child or adult caregiver)**

**Participant Fee: \$1 per child**

**Days:** Tuesdays/Thursdays

**Time:** 9:30-11:00 AM



## YOUTH INDOOR SOCCER

This clinic-style program teaches fundamentals of passing, trapping, shooting, dribbling, stealing and goalkeeping.

**Ages:** Boys and Girls ages 3-12

**Dates:** Saturdays, October 6, 13, 20, 27

**Ages: 3-6** 10:30-11:00 AM      Members \$15    Participants: \$20

**Ages: 7-12** 11:00 AM-12:00 PM      Members \$20    Participants: \$25



## YOUTH BASKETBALL

This clinic-style program teaches fundamentals of passing, shooting and dribbling.

**Ages:** Boys and Girls ages 3-12

**Dates:** Saturdays, November 3, 10, 17, 24

**Ages: 3-6** 10:30-11:00 AM      Members \$15    Participants: \$20

**Ages: 7-12** 11:00 AM-12:00 PM      Members \$20    Participants: \$25

*Includes **Family Turkey Bowl** on Saturday, November 17. Thanksgiving potluck at noon. Families can play with the kids during the AM sessions*



## YOUTH BOXING

Kids will learn basic skills and techniques such as stance, guard, movement, jab, cross and hook. It increases strength and improves endurance. This will give self-defense tools as well as encourage self-confidence.

**Ages:** Boys and Girls ages 7-12

**Dates:** Saturdays, December 1, 8, 15, 22

**Ages: 7-12** 10:30-11:30 AM      Members \$20    Participants: \$25



## PROGRAM ASSISTANCE

Southern Prairie YMCA programs are offered at affordable rates. But still, some in our community require need-based financial assistance to participate. **ANNUAL CAMPAIGN FUNDS** will cover up to 40% of youth sports programs, swim lessons, day camp and afterschool for Y members who qualify for assistance.

Applications may be picked up at the front desk. Requests are confidential.



We offer a fun new type of party at the YMCA with Bubble Balls.

**A Bubble Ball Party is available at the YMCA for a half hour or hour for up to 10 people.**

Member rate: \$50/half hour and \$75/hour  
Participants: \$60/half hour and \$85/hour

Bubble Ball reservations need to be made at least 2 weeks in advance. Bubble Balls can be used for bubble ball soccer and just bouncing around. Five Bubble Balls can be used at one time. Availability dependent upon YMCA classes and program use.



# CELEBRATE WITH US BIRTHDAY PARTIES AT THE Y

**Bring the kids for a swim and gym birthday party.**

Come during open swim then play in the gym. The lobby is open for cake and presents. (Sorry, no private space is available.)

Groups with 10-20 people: Member rate \$60    Participant rate: \$75

Groups with 21-40 people: Member rate \$80    Participant rate: \$95

Gym and Swim Party reservations need to be made at least 2 weeks in advance. Groups over 40 must reserve private swim rental.



# YOUTH DEVELOPMENT

## AFTER SCHOOL ENRICHMENT PROGRAM

Partnership between the Southern Prairie YMCA and Creston Community Schools

**WHAT:** Afterschool program in collaboration between the YMCA and School  
**WHO:** Jr Kindergarten-5th Grade  
**WHEN:** Monday-Friday Dismissal of School-6pm  
**WHERE:** Creston Community School Elementary Mon/Wed/Fri and Southern Prairie YMCA Tues/Thurs  
**TRANSPORTATION:** Walk to YMCA Tuesday/Thursday



### SAMPLE AFTERSCHOOL ACTIVITIES

#### Mon/Wed/Fri (at School)

- Snacks
- STEM activity
- Games
- Fitness activity

#### Tues/Thurs (at YMCA)

- Snacks
- Swimming
- Gym Time

→ **YMCA MEMBERS WEEKLY RATE:** \$60 per student, \$50 each additional student; \$36 for 3 days  
*Need-based membership assistance available at YMCA.*  
*Allow 2 weeks for application process. Assistance is not retroactive.*

→ **PARTICIPANT WEEKLY RATE:** \$80 per student, \$70 each additional student in family; \$48 for 3 days

→ **SCHOOL REDUCED LUNCH QUALIFIED WEEKLY RATE:** \$45 per student

→ **SCHOOL FREE LUNCH QUALIFIED WEEKLY RATE:** \$25 per student

**REGISTRATION:** Register at the Southern Prairie YMCA. Registration fee \$10.  
**FOR MORE INFORMATION CONTACT:** YMCA Youth Programs Coordinator Hannah Kiehl  
 at 641-782-9622 or hannah@southernprairieymca.com



### NO SCHOOL DAYS at the YMCA

We have a great option for parents needing care on the scheduled no school days. Led by caring staff, you have peace of mind that your child is in good hands. Your child will swim, play sports and games, try their hands at art projects and more!

**Hours:** 7:00 AM-6:00 PM

**Cost:** Members \$50/day Participants \$70/day  
 Students enrolled full time in after school program \$30/day



### HERE'S WHAT THE KIDS ARE SAYING ABOUT OUR PROGRAM:

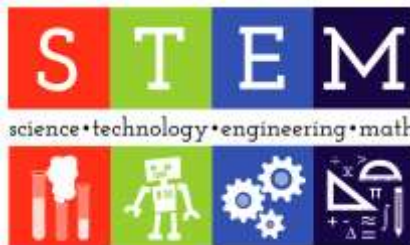
*"I like to swim in the pool.  
 I like to play in the gym.  
 I like to watch movies in child watch."*  
 -Michael

*"I like that we do experiments and go swimming."*  
 -Brooke

*"My favorite thing at the YMCA is craft projects."*  
 -Bailey

*"I love to color and paint."*  
 -Sophia

*"I like swimming in the pool."*  
 -Bently



**The age children can come to the Southern Prairie YMCA by themselves is age 10.**  
 Children age ten can use the pool, gym, racquetball court and track without supervision.  
 Children under this age must have an adult with them in the building.  
 Parents may enroll children in the YMCA afterschool program for a structured, supervised program.



## Come for a fun Family Fun Night at the Southern Prairie YMCA.

FREE for members Participants: day pass rates (\$11 family)



## Great Floating Pumpkin Patch Friday, Oct 26

\*Open Swim 6:00-7:30pm \*Pumpkin Pick 7:30pm  
\*Pumpkin decorating 7:30-8:30pm

Our pool will be filled with pumpkins at the end of open swim. Kids can jump back in to find their perfect pumpkin. Then they can take it to the decorating station to make it their own. Non-swimmers need an adult in the pool with them.

## NERF WARS FAMILY FUN NIGHT Friday, December 7

\*Open Swim 6:00-7:30pm \*Nerf Wars 7:30-9:00pm



### BRING YOUR GAME

Join us for a classic Nerf war in the gym! Test your skills and play against your friends. Open to all ages. Please bring your own Nerf guns and darts/bullets. Only bullets composed of foam or a similar soft material are permitted. The Y will provide cardboard boxes and tape so kids and families can create forts and shields.

## LIVE HEALTHY, LIVE HAPPY

*The YMCA has become a second family to many people in our community. We celebrate happy times and are together during tough times. The YMCA offers a place for people to come together. Join us for classes, member socials and more.*

**MEMBER SOCIALS**  
2nd Wednesday of the month  
9am - 12pm

*Bring treats to share during this monthly social at the Y*



## See You at the Pole (SYATP)

is an annual gathering of Christians of all ages at a flagpole for prayer, scripture-reading and hymn-singing, during the early morning. Meet at the YMCA rain or shine.

**Wednesday,  
Sept 26  
7:30 AM**

# YOUTH DEVELOPMENT



## GROUP SWIM LESSONS

Group Swim lessons run for eight lessons. Children will be placed in groups of the same swimming ability. Children must be ages 4 and up. Register early to guarantee your child a spot.

### Beginner Session – Ages 4, 5 & 6

Members: \$45 Participants \$65  
Class is limited to 6 children, minimum of 3

### Youth Session – Ages 7 & up

Members: \$50 Participants \$70  
Class is limited to 16 children, minimum of 4

### September Lessons: Monday-Thursday Sept 10-21

Beginner: 6:00-6:30 PM; Youth 6:00-6:45 PM  
Registration Deadline Sept 1

### November Lessons: Monday-Thursday Nov 5-15

Beginner: 6:00-6:30 PM; Youth 6:00-6:45 PM  
Registration Deadline Oct 30



## PRIVATE SWIM LESSONS for kids and adults

Southern Prairie YMCA private lessons are a great opportunity for swimmers to better their skills on a one-on-one basis. Lessons are available for ages 4 and up, including adults. Private lessons are scheduled through collaboration with the instructor and the participant's parents and are 30 minutes long for 5 sessions. Lessons are based on the American Red Cross standards.

**Cost:** Members: \$65 Participants: \$90  
**Semi-private lessons** are for 2-4 individuals at the same level.

Members: \$65 for first person, \$30 for each additional person  
Participants: \$90 for first person, \$50 for each additional person



## CO-ED STINGRAY SWIM TEAM

Swim Team is designed to encourage and motivate each swimmer to develop their competitive swimming skills and personal character. This includes quality instruction and building confidence through goal setting, promoting a positive work ethic and creating opportunities for achievement. We also seek to build relationships and create a community where every swimmer is valued, connected and supported.

**Requirements:** Participants must be able to swim 25m unassisted and be a YMCA member at time of registration. Boys and Girls ages 5-21 years

**Blue Group:** Younger and/or Recreational Swimmers  
**Practice:** Tues/Thurs 6:30-7:30pm  
**Monthly Fee:** \$35 (4 months)  
**Dates:** Oct 1-Feb 9

**Black Group:** Competitive Swimmers  
**Practice:** Mon/Tues/Thurs 5:30-7:30pm; Saturdays 8:45-10 (when scheduled)  
**Monthly Fee:** \$45 (5 months)  
**Dates:** Oct 1-March 17

**Meets:** 1-2 Saturdays/month (Nov-Jan), plus championship meets (Feb-Mar)  
Parents will need to provide transportation to/from meets.

**Cost:** Annual Registration Fee \$50 (Due at registration for both groups)  
(covers Team Registration, Meet Fees, Team Suit/Cap)  
Monthly Fee (Payable in full at registration or the 30th of each month)  
\*Family Discount: \$10 off monthly fee for additional swimmers in the same family  
\*Financial Assistance available for those who qualify.

**Parent Meeting:** Monday, September 24 at 6:30pm

**Coach:** Nicole Webber

**Questions?** Email Nicole at [stingrays@southernprairiemca.com](mailto:stingrays@southernprairiemca.com)  
Click on the Youth Development/Stingray tab at [www.southernprairiemca.com](http://www.southernprairiemca.com)  
Contact Missy Wernli, Aquatics Director at 641-782-9622



## STINGRAY STROKE CLINICS

For most swimmers, the greatest obstacle to performance is efficiency in the water. Skill development is vital to future success. Our Stingray clinics are designed to meet the needs of both newer swimmers needing an introduction to various skills as well as veteran swimmers looking to fine tune and further develop their technique. It's a great chance for veterans to get back in the water after a break and for those who may be interested but unsure about joining swim team, a chance to see what it's all about.

**Blue Group:** Introduction to Strokes, Turns, and Dives

**Black Group:** BOOT CAMP

### Dates:

Session 1 – Saturday, Sept 8  
8:30-11:30AM

Session 2 – Saturday, Sept 22  
8:30-11:30AM

**Cost:** Y Members \$20/session,  
Participants \$30/session

(Register for both clinics and save \$5)

**Requirements:** Ages 5-21

Participants must be able to swim 25m/1 length of the pool unassisted.

## GROUP WATER FITNESS CLASSES

### **Aqua Medley - M,W 8:15-9:00 AM**

Low impact water exercise class that focuses on a fusion of tai chi, yoga, pilates and range of motion. Great for beginners and anyone looking to increase their flexibility and core strength.

Instructor: Lynn Irr

### **Aqua Power II - M,W, F 9:00-10:00 AM**

High intensity interval workout. Cardio intensive. No swimming skills required. Instructor: Mia Williams

### **Deep Water Aqua - M,W 4:15-4:45 PM**

High intensity deep water workout. Deep water cardio and abs. Swimming skills required. Instructor: Kalian Smith

### **Aqua Power - M,W, F 10:00-11:00 AM**

Moderate intensity interval workout which primarily focuses on aerobic conditioning with some toning and strengthening exercises. No swimming skills necessary. Instructor: Mia Williams

### **Early Bird Aqua - M,W, F 6:00-6:45 AM**

Use water resistance to build muscle strength and work the cardiovascular system. Join us on Monday for Noodles, Wednesday for Water Tabata and Friday for Friday Flutters to Firm the Flabby Fanny! Plus we mix it up with fun water games. Instructor: Raquel Linch

### **Wet-N-Fit - M,W, F 4:15-5:00 PM**

Use the resistance of the water, aqua bells and noodles to give you a great water workout. Instructor: Eula Dolecheck

### **Arthritis Aqua - T, Th 9:15-10:00 AM**

Designed specifically to help with the aches and pains of arthritis and other limited mobility issues because water exercise relieves the excess strain on joints and muscles while allowing movement. Participants do gentle activities in the water with guidance from our certified instructor. Instructor: Lynn Irr

# HEALTHY LIVING

### **Aqua Interval - T, Th 10:00-11:00 AM**

Try this fun and motivating class focusing on strength, stabilization, posture, and cardio. Movements to challenge people of all ages and skill levels. Swimming skills not required. Instructor: Lynn Irr

### **Aqua Bootcamp T,Th 5:15-6:00 PM**

Get down to business with this all deep water class where several combinations of no impact exercises increase cardiovascular and muscular endurance, flexibility, and core strength. Flotation aides, as well as, other equipment are available to accommodate all levels. Instructor: Lynn Irr

### **Aqua Zumba- T,Th 4:15-5:00 PM**

Splash your way into shape with an invigorating low-impact aquatic exercise known as the Zumba "pool party". Integrating the Zumba philosophy with traditional aquatic fitness, Aqua Zumba is a workout that's cardio-conditioning, body-toning, and most of all, exhilarating beyond belief. Instructor: Jen Frakes



## MAKING WAVES WITH WATER FITNESS CLASSES

## FALL POOL SCHEDULE (starts September 4)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Early Bird Aqua 6:00-6:45 am	Lap/Exercise 6:00-7:30 am	Early Bird Aqua 6:00-6:45 am	Lap/Exercise 6:00-7:30 am	Early Bird Aqua 6:00-6:45 am	
Lap/Exercise 6:45-7:45 am		Lap/Exercise 6:45-7:45 am		Lap/Exercise 6:45-7:45 am	Lap/Exercise 7:45-8:45 am
Aqua Medley 8:15-9:00 am		Aqua Medley 8:15-9:00 am			Swim Team 8:45-10:00 am
Aqua Power II 9:00-10:00 am	Arthritis Aqua 9:15-10:00 am	Aqua Power II 9:00-10:00 am	Arthritis Aqua 9:15-10:00 am	Aqua Power II 9:00-10:00 am	
Aqua Power 10:00-11:00 am	Aqua Interval 10:00-11:00 am	Aqua Power 10:00-11:00 am	Aqua Interval 10:00-11:00 am	Aqua Power 10:00-11:00 am	
Lap/Exercise 11:00am-12:30pm	Lap/Exercise 11:00am-12:30pm	Lap/Exercise 11:00am-12:30pm	Lap/Exercise 11:00am-12:30pm	Lap/Exercise 11:00am-12:30pm	Lap/Exercise 11:00-1:00pm
	Open Swim 3:30-5:00 pm		Open Swim 3:30-5:00 pm		Open Swim 1:00-4:00 pm
Wet n Fit 4:15-5:00 pm	Aqua Zumba 4:15-5:00 pm	Wet n Fit 4:15-5:00 pm	Aqua Zumba 4:15-5:00 pm	Wet n Fit 4:15-5:00 pm	
Deep Aqua 4:15-5:00 pm		Deep Aqua 4:15-5:00 pm			
	Aqua Bootcamp 5:15-6:00 pm		Aqua Bootcamp 5:15-6:00 pm		SUNDAY Lap/Exercise 12:30-2:30 pm
Lap/Exercise 5:00-6:00 pm	Lap/Exercise 5:00-6:00 pm	Lap/Exercise 5:00-6:00 pm	Lap/Exercise 5:00-6:00 pm	Lap/Exercise 5:00-6:00 pm	Open Swim 2:30-5:30 pm
Swim Team 5:30-7:30 pm	Swim Team 5:30-7:30 pm		Swim Team 5:30-7:30 pm	Open Swim 6:00-7:30 pm	
		Open Swim 7:00-8:00 pm			

# HEALTHY LIVING

## ADULT OPEN SOCCER

6:00-7:30 PM

Sunday evenings starting October  
\$5/person

Bring your friends and play pick-up games to improve your soccer skills and have fun!



## BASKETBALL PICK-UP GAMES

7:00-8:30 PM

Tuesday evenings  
\$2/person for non-members



## Power Up and Restore

*If you are looking for that **power class that incorporates weights**, we have it:*

Try P45, Tabata, Morning Circuit, Boxing, Circuit Lift, Morning Jumpstart

*If you are looking to **relax, stretch, balance and restore your muscles**:*

Try Yoga Stretch, Chair Yoga, Tai Chi, Silver Sneakers Classic

*If you are looking for that **fun cardio workout that doesn't feel like a workout**, we have it:*

Try Zumba, Funky Bunch, Cycling

*If you are looking for that **non-impact cardio workout in the water**, we have several:*

Try Aqua Zumba, Aqua Power, Deep Water Aqua, Early Bird Aqua



**WELLNESS COACHING FREE FOR NEW MEMBERS!  
GET STARTED WITH A LITTLE HELP!**

### MEET OUR PERSONAL TRAINERS

**JR Hicks** is a certified Personal Trainer ready to help you navigate the weight room or other personal fitness goals. JR has a background in Mixed Martial Arts and teaches Boxing, P45, Circuit Lift, Fit N 30, Tabata and Power Walking.

**Blake Lacina** is a National Exercise Strength Training Association certified Personal Trainer ready to help you navigate the weight room or other personal fitness goals. Blake has a background in personal training and nutrition and teaches Power Walking, TRX, Fit N 30, Circuit Lift and Foam Rolling.

**Candice Honnold** is an ACE Certified Personal Trainer and USA Weightlifting Certified Sports Performance Coach. Candice has over 18 years of experience in the Health and Wellness Field. She has worked with a variety of clients including; cancer survivors, older adults, athletes, and beginner exercisers.

### WELLNESS COACHING

We can assist you as you discover successful ways to accomplish your goals. We offer personal consultations, equipment orientations, fitness assessments, body composition testing, goal setting consultations and so much more. Check with the front desk staff about scheduling your wellness coaching with our trainers.

### PERSONAL TRAINING

We won't promise an easy, instant transformation, but we will make sure you get a personalized program designed to help you achieve your goals. We focus on an approach that is safe, efficient, easy to follow and helps you stay motivated. Whether your goal is to lose weight, recover from injury, tone-up, bulk up, or simply just feel better, our expert personal trainers provide plans, coaching and motivation to help you succeed.

Members: \$20/session or 6 sessions for \$100 Participant: \$40/session or 6 sessions for \$200

### WEIGHT ROOM & CARDIO ROOM ORIENTATIONS

Learn the proper use of our fitness and cardio equipment after attending an orientation session (approximately 30 min). Open to anyone, especially our newest members. Required for 13-15 year olds who want to use the weight and cardio rooms. Check with front desk to schedule your appointment.





# HELPING YOU LIVE BETTER

## NEW THIS FALL-TRX!

M,W 11:15 AM-12:00 PM; T,Th 12:15-12:45 PM; T,Th 6:45-7:30 AM

This class focuses on technique, flexibility, balance and strength by developing basic foundational exercises through easy to follow progressions. This class will help with flexibility, mobility, stability and core strength. Instructors: Blake Lacina and JR Hicks



## NEW THIS FALL-ROCK STEADY BOXING!



**Rock Steady Boxing** T,Th 10:00-11:00 AM

Rock Steady is a non-contact boxing-based program designed to improve strength, balance, flexibility, endurance, speed, reaction time, and overall well-being of people living with Parkinson Disease. Using boxing equipment such as heavy bags, speed bags, gloves, and various other exercise equipment in a circuit training format, Instructor: Mandy Henderson

**FREE for Members! Participants: \$25/month**



## Balloon Days 5K Walk/Run

**Saturday, September 15  
McKinley Park 8:00 AM**



\*5k Early Bird Fee (before September 5): \$30 \*Race Fee (after September 5): \$35

# HEALTHY LIVING

## GROUP LAND FITNESS CLASSES

### **NEW! Rock Steady Boxing** T,Th 10:00-11:00 AM

Rock Steady is a non-contact boxing-based program designed to improve strength, balance, flexibility, endurance, speed, reaction time, and overall well-being of people living with Parkinson Disease. Using boxing equipment such as heavy bags, speed bags, gloves, and various other exercise equipment in a circuit training format, Instructor: Mandy Henderson

**FREE for Members! Participants: \$25/month**

### **NEW! TRX** M,W 11:15 AM-12:00 PM; T,Th 12:15-12:45 PM; T,Th 6:45-7:30 AM

This class focuses on technique, flexibility, balance and strength by developing basic foundational exercises through easy to follow progressions. This class will help with flexibility, mobility, stability and core strength. Instructors: Blake Lacina and JR Hicks

### **NEW! Saturday Cardio** Sat 9:00-9:45 AM

Don't skip a day exercising when you can come and get a great cardio workout in with JR. He'll push you to get that heart pumping. Instructor: JR Hicks

### **NEW! Circuit Lift** M,W 6:15-7:00 PM; Sat 8:00-9:00 AM

Proper lifting techniques will be taught so the average member can go to the weight room with confidence. Class size limited to 8. Class meets in the weight room. Instructors: JR Hicks & Blake Lacina

### **NEW! Foam Rolling** M,W 11:00-11:15 PM; T,Th 12:00-12:15 PM

Foam rolling is a form of self-myofascial release, or self-massage, that gets rid of knots in your muscles and connective tissue. It also increases blood flow to your muscles and creates better mobility, helping with recovery. \*Participants can bring their own foam rollers. Check with the Y for recommendations. Instructors: JR Hicks and Blake Lacina

### **NOW 4 NIGHTS! P45** M,T,W,TH 5:30-6:15 PM

A high intensity interval based exercise class that will push you to work hard for a great cardio and strength workout. Instructor: JR Hicks and Blake Lacina

### **LONGER TIME! Cycling** T,Th 10:15-11:00 AM

This class offers a combination of strength and endurance training through hill climbs, sprints, and athletic drills. Group cycling is a fun, energetic class that puts you in control of your own workout by allowing you to control your own intensity and speed. Class size limited to five riders. Instructor: Terry Ferris

### **IT'S BACK! Fit N 30** M,W 12:00-12:45 PM

30 midday minutes of high intensity interval training works all major muscle groups during a vigorous cardio workout using a mix of exercises to achieve endurance and strength for all fitness levels. Instructor: Blake Lacina

### **IT'S BACK! Morning Jumpstart** M,W 5:30-6:15 AM

Jumpstart your day with a combination of cardio and strength. This early morning wake up is designed to help you reach your fitness goals, get you energized, and keep burning calories well into your day. Instructor: Paula Jacobson

### **Yoga** M, W 6:45-7:45 AM; **PM Yoga** T,Th 4:30-5:15 PM

A flowing sequence of yoga poses to build strength, stamina, flexibility and balance along with breathing and relaxation techniques. You'll leave feeling energized and calmly focused. Mon/Wed Instructor: Lynn Irr; Afternoon Instructor: Mia Williams

### **Yoga Stretch** T,Th 5:45-6:15 PM

Great as your post workout routine. A series of yoga poses focused on deeper stretching and flexibility. Instructor: Mia Williams

### **Morning Circuit** T,Th, F 5:45-6:30 AM

Start your morning with friends in this class designed for strength training, cardiovascular exercise and core work in various interval and circuit-style formats. Instructor: Deb Peterson

### **Morning Zumba** M,W 8:15-9:00 AM

### **Zumba & Zumba Toning** M,W 4:15-5:00 PM

Burn calories, tone and shape, improve coordination, endurance and stamina. Body-sculpting exercises and high energy cardio create a fun calorie-torching session.

Instructor: Jen Frakes; Morning Zumba Instructor: Angie Marlin

### **Power Pilates** T,Th, F 8:15-9:00 AM

Pilates improves posture, mental and physical well-being, core strength, and flexibility through controlled movements. Bands, weights, kettle bells and more enticing "tools" power up your results. Instructor: Angie Marlin

### **Funky Bunch** M,F 9:00-10:00 AM

Your basic exercise class designed to building muscular strength, balance and cardio endurance. Keep the body young in this fun and funky class. Instructor: Lynn Irr

### **Power Walking** T,Th 9:15-10:00 AM

Walk with a buddy or a class full of friends in this two day a week class. It's a walking class with a focus on fat burning and cardio. Instructor: JR Hicks and Blake Lacina

### **Tai Chi Arthritis and Fall Prevention** T,Th, F 9:15-10:00 AM

Tai Chi teaches easy-to-learn, self-paced, exercises to help with balance and breathing while reducing the risk of falling. Balance deficits, arthritis mobility issues and stress reduction are addressed by adding tai chi to your weekly routine. Class meets on the stage. Instructor: Adonica Struhar

### **Chair Yoga** T,Th 8:30-9:15 AM

A flowing sequence of yoga poses to build strength, flexibility and balance. A chair is used in class to help with balance, helping to focus. Instructor: Mia Williams

### **Parkinson's and Limited Mobility** M,W 9:00-10:00 AM

Designed to help adults of all ages maintain an active lifestyle while focusing on cardiovascular conditioning, flexibility and balance. Certified instructor, Mandy, creates a fun and friendly atmosphere to tackle even your most difficult challenges!

Instructor: Mandy Henderson

**FREE for Members! Participants: \$25/month**

### **Silver Sneakers Classic** M,W 10:15-11:00 AM

Have fun and exercise to the music, on a chair or near one, to increase muscular strength, range of motion and balance needed for daily activities. Hand-held weights, elastic tubing with handles and a Silver Sneakers ball are offered for resistance.

Instructor: Jean Benoit

### **Boxing** M 4:30-5:15 PM; Th 4:30-5:00 PM

This non-contact, fitness-based class will use boxing fundamentals such as punch combinations, mitt work, and high intensity cardio intervals, as well as partner and technique work for a great, full-body workout. Instructor: JR Hicks

\*Participants must bring their own boxing gloves.

Check with the Y for recommendations.

### **Barre Intensity** M,W 4:45-5:45 PM

Inspired by ballet and strength training, this high intensity Barre class targets your arms, core, thighs and booty to help you create a long, lean dancer's body. Get ready to feel the Barre burn.

Instructor: Mia Williams

### **Tabata** T,Th 5:00-5:30 PM

This high intensity interval training inspired class works all major muscle groups and provides a great cardio workout. This class incorporates a mix of "tools" in order to achieve cardiovascular and muscular strength and endurance. Instructor: JR Hicks

# FALL FITNESS CLASS SCHEDULE (starts September 4)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30-6:15 am <b>Morning Jumpstart</b> Paula	5:45-6:30 am <b>Morning Circuit</b> Deb	5:30-6:15 am <b>Morning Jumpstart</b> Paula	5:45-6:30 am <b>Morning Circuit</b> Deb	5:45-6:30 am <b>Morning Circuit</b> Deb	8:00-9:00 am <b>Circuit Lift</b> JR
6:00-6:45 am <b>Early Bird Aqua</b> Raquel		6:00-6:45 am <b>Early Bird Aqua</b> Raquel		6:00-6:45 am <b>Early Bird Aqua</b> Raquel	9:00-9:45 am <b>Saturday Cardio</b> JR
6:45-7:45 am <b>Yoga</b> Lynn	6:45-7:30am <b>TRX</b> JR	6:45-7:45 am <b>Yoga</b> Lynn	6:45-7:30am <b>TRX</b> Blake	<div style="border: 1px solid black; padding: 5px; text-align: center;">                     CLASS SCHEDULE SUBJECT TO CHANGE                 </div>	
8:15-9:00 am <b>Aqua Medley</b> Lynn	8:30-9:15 am <b>Chair Yoga</b> Mia	8:15-9:00 am <b>Aqua Medley</b> Lynn	8:30-9:15 am <b>Chair Yoga</b> Mia		
8:15-9:00 am <b>Morning Zumba</b> Angie	8:15-9:00 am <b>Power Pilates</b> Angie	8:15-9:00 am <b>Morning Zumba</b> Angie	8:15-9:00 am <b>Power Pilates</b> Angie	8:15-9:00 am <b>Power Pilates</b> Angie	
9:00-10:00 am <b>Funky Bunch</b> Lynn	9:15-10:00 am <b>Power Walking</b> JR	9:00-10:00 am <b>Funky Bunch</b> Lynn	9:15-10:00 am <b>Power Walking</b> Blake		
9:00-10:00 am <b>Parkinson's Class</b> Mandy	9:15-10:00 am <b>Tai Chi</b> Adonica	9:00-10:00 am <b>Parkinson's Class</b> Mandy	9:15-10:00 am <b>Tai Chi</b> Adonica	9:15-10:00 am <b>Tai Chi</b> Adonica	
9:00-10:00 am <b>Aqua Power II</b> Mia	9:15-10:00 am <b>Arthritis Aqua</b> Lynn	9:00-10:00 am <b>Aqua Power II</b> Mia	9:15-10:00 am <b>Arthritis Aqua</b> Lynn	9:00-10:00 am <b>Aqua Power II</b> Mia	
10:00-11:00am <b>Aqua Power</b> Mia	10:00-11:00am <b>Aqua Interval</b> Lynn	10:00-11:00am <b>Aqua Power</b> Mia	10:00-11:00am <b>Aqua Interval</b> Lynn	10:00-11:00am <b>Aqua Power</b> Mia	
	10:00-11:00 am <b>Rock Steady Box</b> Mandy		10:00-11:00 am <b>Rock Steady Box</b> Mandy		
10:15-11:00 am <b>Silver Sneakers</b> Jean	10:15-11:00 am <b>Cycle</b> Terry	10:15-11:00 am <b>Silver Sneakers</b> Jean	10:15-11:00 am <b>Cycle</b> Terry		
11:00-11:15 am <b>Foam Rolling</b> Blake		11:00-11:15 am <b>Foam Rolling</b> Blake			
11:15am-12:00pm <b>TRX</b> Blake		11:15am-12:00pm <b>TRX</b> Blake			
	12:00-12:15pm <b>Foam Rolling</b> JR		12:00-12:15pm <b>Foam Rolling</b> Blake		
12:15-12:45 pm <b>Fit-N-30</b> Blake	12:15-12:45 pm <b>TRX</b> JR	12:15-12:45 pm <b>Fit-N-30</b> Blake	12:15-12:45 pm <b>TRX</b> Blake		
4:15-5:00 pm <b>Zumba</b> Jen	4:15-5:00 pm <b>Aqua Zumba</b> Jen	4:15-5:00 pm <b>Zumba</b> Jen	4:15-5:00 pm <b>Aqua Zumba</b> Jen		
4:15-5:00 pm <b>Deep Water</b> Kalian		4:15-5:00 pm <b>Deep Water</b> Kalian			
4:15-5:00 pm <b>Wet-N-Fit</b> Eula		4:15-5:00 pm <b>Wet-N-Fit</b> Eula	4:30-5:00 pm <b>Boxing</b> JR	4:15-5:00 pm <b>Wet-N-Fit</b> Eula	
4:30-5:15 pm <b>Boxing</b> JR	4:30-5:15 pm <b>PM Yoga</b> Mia		4:30-5:15 pm <b>PM Yoga</b> Mia		
4:45-5:45 pm <b>Barre Intensity</b> Mia	5:15-6:00 pm <b>Aqua Boot Camp</b> Lynn	4:45-5:45 pm <b>Barre Intensity</b> Mia	5:15-6:00 pm <b>Aqua Boot Camp</b> Lynn		
	5:00-5:30 pm <b>Tabata</b> JR		5:00-5:30 pm <b>Tabata</b> JR		
5:30-6:15 pm <b>P45</b> JR	5:30-6:15 pm <b>P45</b> JR	5:30-6:15 pm <b>P45</b> Blake	5:30-6:15 pm <b>P45</b> JR		
6:15-7:00 pm <b>Circuit Lift</b> JR	5:45-6:15 pm <b>Yoga Stretch</b> Mia	6:15-7:00 pm <b>Circuit Lift</b> Blake	5:45-6:15 pm <b>Yoga Stretch</b> Mia		



**Fitness classes are FREE to Y member to inspire and motivate healthier lifestyles. It costs the YMCA an average of \$25 per fitness class hour to offer these land and water opportunities to all. When YOU give to the Y- EVERYONE benefits.**

## CHILD WATCH

Care for your children while you are in the facility. Qualified, friendly staff provide fun, safe and enriching activities. FREE Child Watch for members!

**Mon-Thursday  
8:00-9:00 AM; 4:00-7:00 PM  
Friday 8:00-9:00 AM**





# SOCIAL RESPONSIBILITY

## INVEST - INSPIRE - ACHIEVE

Join us November 3

*Southern Prairie YMCA Annual Giving Campaign Kick Off Dinner*

**November 3**  
**Supertel Inn and**  
**Conference Center**

**SOCIAL 5pm**  
**DINNER 6pm**  
**PRESENTATION 7pm**  
**AUCTION 8pm**

**INSPIRE TO**  
**CHANGE LIVES**



**INVEST TO IMPACT**  
**YOUR COMMUNITY**



Dr. Deming, medical director of Mercy Cancer Center in Des Moines, will inspire every person in the room as he shares his ambition to encourage others to pursue lives of meaning, purpose, passion, and compassion. As the founder of Above + Beyond Cancer, a non-profit organization dedicated to elevating the lives of those touched by cancer, he has led cancer survivors on medical missions and inspirational mind-body-spirit pilgrimages to Mount Everest, Mount Kilimanjaro, and Machu Picchu.



**ABOVE+BEYOND CANCER**

### Single Mom

"I've been coming to the YMCA to workout and get in better shape not only for myself but for my 2 year old girl so I can keep up with her. I have lost weight and I'm feeling great. It's also a great stress reliever and after I'm done here I feel so much better and energized."

Amazing life-changing experiences can happen when a community comes together for a cause! The founders of the Southern Prairie YMCA had a similar vision to uplift the citizens of southwest Iowa with a facility for all to learn, grow and thrive.

**Together we are sustaining and growing the YMCA For a Better US!**

**YOUR participation in this YMCA fundraiser helps support YOUR COMMUNITY.**

\$40/Individual \$70/Couple \$280/Table (8 seats)

RESERVE YOUR SEAT BY CALLING THE YMCA AT 641-782-9622

Donations come in many forms: monetary, volunteer time, auction items.

Please call the YMCA with your support today!

**ACHIEVE A**  
**BETTER US**

# SOUTHERN PRAIRIE YMCA

1201 W Townline, Creston, IA 50801

641-782-9622

[www.southernprairieymca.com](http://www.southernprairieymca.com)