



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Southern Prairie YMCA

November 2018

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



CHILD WATCH

Care for your children while you are in the facility. *Children ages 10 and under cannot be left unattended in the YMCA.*
Cost: Free for YMCA members
Mon-Thursday 8:00-9:00 AM; 4:00-7:00 PM
Friday 8:00-9:00 AM

Why the Y?

- * Unlimited **FREE** fitness classes—Yoga, Pilates, Zumba, Tai Chi, Water Fitness, Circuit Classes, HIIT classes and much more!
- * Family Fun Nights
- * Open Swim
- * Free childcare
- * Reduced fee for sports programs

Join the Y today!

New monthly fitness schedules!

Check our website for the current class schedule. Most classes are **FREE** with a YMCA membership!

PICKUP BASKETBALL

WHEN: Tuesday evenings 7:00-8:30 PM
COST: Free for Y members
\$2/person for non-members
(Adult Men's Basketball League will start sometime after the new year. Info will be available soon.)



YOGA

Free for YMCA members

DON'T LET THE HOLIDAYS STRESS YOU OUT. FIND RELAXTION WITH YOGA

T,Th 4:30-5:15pm and T,Th 5:45-6:15pm (Yoga Stretch)

with Mia

M,W 6:45-7:45am

with Lynn

SOUTHERN PRAIRIE YMCA

1201 W Townline, Creston

641-782-9622

www.southernprairieymca.com

This program / event is NOT sponsored by the Creston Community School district. It is parent information only and parents should contact the Southern Prairie YMCA at 782-9622 for details.

NERF WARS

NERF WARS FAMILY FUN NIGHT Friday, December 7

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

FREE for members

Participants: day pass rates
(\$11 family)

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 is not responsible for lost or damaged Nerf guns or ammo. It will be wise to identify what you bring with tape or a marker. The Y will provide cardboard boxes and tape so kids and families can create forts and shields.

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



→ **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
Checee Downing at 641-782-9622 or cdowning@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 ↗

SOUTHERN PRAIRIE YMCA

1201 W TOWNLINE, CRESTON, IA 50801

641-782-9622

WWW.SOUTHERNPRAIRIEYMCA.COM