



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



# SUMMER IS CALLING

**Programs and Services for June – August 2017**  
**YMCA OF THE CEDAR RAPIDS METROPOLITAN AREA**

# BRANCHES

The YMCA in your neighborhood

## HELEN G. NASSIF (HGN) YMCA

207 7th Ave. SE, Cedar Rapids 319-366-6421

Monday – Friday 5:00am-9:00pm\*  
Saturday 7:00am-5:00pm  
Sunday 10:00am-4:00pm

**M-F: 11:30am-1:00pm open to ages 18 and older ONLY and MEMBERS ONLY**

\*Summer hours May – September

## MARION YMCA

3100 10th Ave., Marion 319-377-7361

Monday – Thursday 5:30am-9:00pm  
Friday 5:30am-7:00pm\*  
Saturday 7:00am-3:00pm\*  
Sunday Closed\*

\*Summer hours May – September

## MARION INDEPENDENT SCHOOL DISTRICT FITNESS CENTER\*

675 S 15th St., Marion

Visit our **Wellness Center only** site. Your YMCA membership allows you use of this facility as well as all four other YMCA branches.

Closed on school holidays. Summer hours in effect June – August:

Monday – Thursday 6:30-9:30am 4:00-7:00pm  
Friday 6:30-9:30am  
Saturday 6:30-10:30am

\*MISD only Memberships are available.

## STONEY POINT YMCA

300 Stoney Point Rd. SW, Cedar Rapids 319-390-3488

Monday – Thursday 5:30am-9:00pm  
Friday 5:30am-7:00pm\*  
Saturday 7:00am-3:00pm\*  
Sunday Closed\*

\*Summer hours May – September

## YMCA AT MERCY HEALTH PLAZA

5264 Council St. NE, Suite 600 Cedar Rapids 319-378-5955

Monday – Friday 5:30am-9:00pm  
Saturday 7:00am-4:00pm  
Sunday 10:00am-2:00pm

## YMCA CAMP WAPSIE

2174 Wapsie Y Rd., Coggon 319-435-2577

## BRANCH HOLIDAY HOURS

The YMCA branches will be open on a limited schedule or closed on the following holidays to allow staff to spend time with their families:

**Memorial Day** CLOSED  
**Fourth of July** CLOSED  
**Labor Day** CLOSED

Look for updates, cancellations and notices on Facebook and Twitter.

 Cedar Rapids/Marion Area YMCA

 @crmetroymca

For information on membership, policies and other branch-specific benefits, see [Basics of Membership](#).

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## CHILD WATCH

Children ages 6 months to 11 years old can play in our Child Watch room, supervised by trained Y staff, in our Helen G. Nassif, Marion and Stoney Point branches. Adult guardian must remain in the facility. Hours of operation: Check Child Watch Schedules on website. **Service is free to members and costs \$3/hour/child for Community members.**

## STAY UP-TO-DATE

Get the Y app for online pool, gym and group exercise schedules. Search for CR Metro YMCA in iTunes or the Google Play store.

If the YMCA cancels a class, registrants will receive a full credit. Should a registrant cancel prior to the first class, a full program credit will be provided. If a monetary refund is needed, a **\$5 service fee** will be incurred. No credit will be given after the first class.

# YOUTH DEVELOPMENT

Teaching skills and self-confidence through guided discovery

## CHILD CARE

### SCHOOL AGE CHILD CARE – REGISTER ONLINE

#### Registration for 2017/2018 school year opens at the end of May.

The YMCA Before & After School program is designed to activate your child's imagination and encourage lifelong values of Caring, Honesty, Respect and Responsibility. A dedicated and well-trained staff plans diverse activities from team sports to community service projects. Children have the opportunity to provide input into the program, too! **NOTE:** Minimum number of registrants for program to run.

#### Locations and Times

Echo Hill in Marion	6:30am-6:00pm
Truman & Van Buren in Cedar Rapids	6:30am-6:00pm

#### Pricing is for 2017/2018 School Year

#### OPTION 1: YEAR-ROUND PAYMENT

**(8.23.17-8.23.18. Registration closes 10.31.17)** This year-round payment plan includes both before & after school, Summer Day Camp and all in-service and late starts/early release days.

**Cost Per Month: Member: \$300 Community: \$320**

#### OPTION 2: SCHOOL YEAR ONLY

**(8.23.17-5.31.18)**

This payment plan includes before & after school, all in-service and late starts/early release days.

**Cost Per Month: Member: \$280 Community: \$300**

#### OPTION 3: SCHOOL DAYS ONLY

**(8.23.17-5.31.18)**

Includes before & after school on regular school days only.

No in-service/early out/late start days.

**Cost Per Month: Member: \$240 Community: \$260**

#### OPTION 4: CHOICE OF "BEFORE ONLY" OR "AFTER ONLY"

**(8.23.17-5.31.18)** "Before School Only" includes late starts. "After School Only" includes early release days.

**Cost Per Month: Member: \$190 Community: \$210**

#### OPTION 5: DROP IN/EMERGENCY CARE

**(8.23.17-5.31.18)**

This is an emergency option for those not needing regular care. Discounts not available with Drop In/Emergency Care. You must be preregistered in our system before calling the site to make a reservation. Drop-ins are accepted only until facility reaches state-license determined capacity. Not eligible for second-child discount.

**Cost: \$40 full day \$20 half day \$15 before or after school**

**WEATHER POLICY:** ALL of the YMCA Child Care locations will CLOSE if SCHOOL CLOSES. We will provide late start/early release care unless weather conditions are so hazardous as to endanger staff and/or participants. Those incidents will be posted on our web page, Facebook page and Twitter messages. We will attempt to get site closings listed on KCRG closing/delay list as well.

## HOW TO REGISTER FOR CHILD CARE

### REGISTER ONLINE

1. Visit [www.crmetroymca.org](http://www.crmetroymca.org)
2. Click on Programs & Registration – School Age Child Care
4. Click here to register online
5. You must create a user ID to register online (or login if you are already in the system.)
6. If you are not a member (and not in the system), you must register at a YMCA branch before you can register online. Simply visit any branch Welcome Center and our staff will set up the details.

**Financial assistance resources**, including a 20% second child discount, are available until resources run out. Contact Child Care Services Director at [henricksen@crm metroymca.org](mailto:henricksen@crm metroymca.org).

## SCHOOL AGE SUMMER DAY CAMP – REGISTER ONLINE!

The YMCA of the Cedar Rapids Metropolitan Area's Summer Day Camp program provides children ages 5-12 with summer activities which promote healthy body, mind and spirit. Adventures include: recreational swimming, crafts, sports, outdoor education, theme related programming and field trips every Thursday.

Weekly fees include breakfast, afternoon snack, camp T-shirt and field trips.

#### To ensure a spot the following items must be completed:

1. Online registration and a paid registration/swim fee of \$85. If your account has a balance due, it may not let you register. If you are unable to pay, contact Lynelle: [henricksen@crm metroymca.org](mailto:henricksen@crm metroymca.org)
2. Submission of any hard-copy forms that are required including a copy of your child's immunization card prior to the start of camp.

#### Day Camp Sites, Dates and Time: . . . . . 6:30am – 6:00pm

Echo Hill . . . . . 6.12.17-8.18.17

Truman (at Coolidge) & Stoney Point. . . . . 6.12.17-8.18.17

#### Summer Day Camp Payment Options

##### Full Summer

Member - \$145/week Community Member - \$165/week

(If you do not attend every week, your registration will be switched to the Summer-Select option unless payment for the missed week is paid.)

##### Summer Select/choose weeks to attend

Member - \$160/week Community Member - \$180/week

##### Year Round Option 1 Participants:

Your spot is guaranteed, however, you must register online and pay the registration/swim fee and supply any required hard copy forms such as a copy of your child's immunization card.

##### Parent Meetings 2017

Truman (at Coolidge) - Monday, May 8, 2017 from 6:00-7:00pm

Stoney Point - Monday, May 15, 2017 from 6:30-7:30pm

Echo Hill - Monday, May 22, 2017 from 6:00-7:00pm

**Detailed Activity/Trip Calendars will be released at or after the specific site meeting.**

**Note:** Discounts (second child & financial assistance) are adjusted AFTER registration.

# SWIM, SPORTS, PLAY

## YOUTH SPORTS – Registration is easy online!

### YOUTH SPORTS & ACTIVITIES

#### MIGHTY MITES

This program introduces a variety of sports and allows kids to interact with others. Parent/guardian may watch or join in. This class will meet once per week for 6 weeks at the Marion or Stoney Point Ys.

**Ages:** 3–5 year olds  
**Where:** Marion or Stoney Point YMCA  
**Day and Time:** Tuesday 9:30–10:15am  
**Session:** 9.05.17–10.10.17  
**Register by:** 8.28.17  
**Cost:** Member–\$22      Community Member–\$55

#### MIGHTY SLUGGERS

Program focuses on teaching the fundamentals of baseball to 4 and 5 year olds. Mighty Sluggers meets on Mon/Wed and participants need to pick the location they want when registering. Space is limited so sign up early. No practices/games week of July 4th.

**Ages:** 4–5 year olds  
**Where:** Stoney Point or Marion YMCAs  
**Day and Time:** Mon/Wed 6:00–6:45pm  
**Session 2:** 6.05.17–7.19.17  
**Register by:** 5.22.17  
**Cost/Session:** Member–\$30      Community Member–\$60

#### T-BALL/BASEBALL/SOFTBALL

Designed to teach basic skills such as throwing, catching, hitting, base running and game rules. Players will play a variety of positions. The emphasis is on sportsmanship, teamwork and FUN! Players will be assigned to teams and will practice/play games once or twice a week. Grades based on 2016–2017 school year. No practices/games week of July 4th.

**Ages:** AK/K (t-ball)  
1st/2nd grade (baseball/softball)  
**Where:** Stoney Point or Marion YMCAs  
**Day & Time:** Chosen by volunteer coaches  
**Session Date:** 5.22.17– 7.27.17  
**Register By:** 5.08.17  
**Cost:** Member – \$35      Community Member – \$80



### Youth Sports Late Fee Policy:

Please register by the listed deadline!  
 Any participant registering after the deadline will be charged a \$5.00 late fee.

#### KICKBALL FOR ALL AGES K-12

Looking for something fun this summer? Join the Y for kickball games for kids of varied ages. Games will be divided into age groups. Morning session is for K–8th grade. Evening session is for 9th–12th grade.

**Ages:** K–12th Grades  
**Day and Time:** K–8th Grades: Monday & Thursday Mornings, 10:00–11:00am  
9th–12th Grades: Monday & Thursday Evenings, 7:30–8:30pm  
**Where:** Stoney Point YMCA  
**Session:** 6.13.17–7.28.17  
**Register by:** 6.05.17  
**Cost:** Member \$15/for 6 weeks  
Community Member \$20/for 6 weeks

Drop-In Fee – \$2 per day (must register at Stoney Point Welcome Center)

#### STONEY POINT STUNNER FUN RUN & MINI-OBSTACLE COURSE

Training program and kids Fun Run featuring obstacles of all sorts including tire run, hay bales, low crawl, slip & slide and more! Registrants can participate in just the race OR training sessions plus race. Cost is the same. Training sessions are for kids in Kindergarten–5th grade.

**Ages:** All ages welcome on race day!  
**Where:** Stoney Point YMCA  
**Training Sessions:** Tuesday, 8.15.17 & 8.22.17 from 5:30–6:15pm  
Saturday, 8.19.17 from 10:00–10:45am  
**Stoney Stunner Race Day:** 8.26.17  
**Time:** 9:00am  
**Register for Stoney Stunner By:** 8.22.17  
**Cost:** Member – \$15      Community Member – \$20

#### INSTRUCTIONAL SOCCER

We'll introduce your children to the basic fundamentals and rules of soccer as well as improve social interaction with peers. Volunteer coaches will hold practices/games at your chosen location. Space is limited, so sign up early.

**Ages:** 4–5 year olds  
**Where:** Marion or Stoney Point YMCAs or Garfield Elementary  
**Day and Time:** Mon/Wed from 5:30–6:15pm  
**Session:** 9.06.17–10.16.17  
**Register by:** 8.21.17  
**Cost/Session:** Member–\$30      Community Member–\$65

## YOUTH SOCCER

Girls and boys have separate leagues. Practices are once a week at locations chosen by volunteer coaches. Games are played on Saturday mornings at various sites. All participants are divided by grade.

**Ages:** AK/K - 5th grade  
**Where:** Helen G Nassif, Marion or Stoney Point YMCAs  
**Day and Time:** Practice locations are chosen by volunteer coaches and games are played on Saturdays  
**Fall Session:** 8.14.17-10.07.17  
**Games Begin:** 9.02.17  
**Register by:** 7.31.17  
**Cost:** **Both Fall 2017 & Spring 2018**  
**Member-\$60**      **Community Member-\$105**  
**Fall 2017 Only**      **Member-\$40**      **Community Member-\$85**  
**Spring Soccer 2018:** 3.20.18 - 5.20.18 weather permitting

## YOUTH VOLLEYBALL

This program is designed to introduce and teach the basic fundamentals and game rules. Choose program location when registering.

**Ages:** 3rd - 6th grade  
**Where:** Helen G Nassif, Marion or Stoney Point YMCAs  
**Day and Time:** Mon/Wed from 5:00-6:00pm  
**Session:** 8.28.17-10.11.17  
**Register by:** 8.14.17  
**Cost/Session:** **Member-\$40**      **Community Member-\$85**  
**Spring Volleyball 2018:** 3.19.18 - 5.02.18

## FLAG FOOTBALL 101

Learn the basics of football in this program designed specifically for our little friends. Space is limited, so sign up early.

**Ages:** 4-5 year olds  
**Day and Time:** Meets T/Th at chosen location from 5:30-6:15pm  
**Where:** Arthur Elementary, Marion or Stoney Point YMCAs  
**Session:** 9.05.17-10.12.17  
**Register by:** 8.21.17  
**Cost:** **Member-\$30**      **Community Member-\$65**

## YOUTH FLAG FOOTBALL

Practices are once a week. This league is designed to teach the fundamentals of football and emphasizes good sportsmanship.

**Ages:** 1st-5th grades  
**Day and Time:** Practice locations are chosen by volunteer coaches and games are played on Saturdays.  
**Session:** 8.14.17-10.07.17  
**Games Begin:** 9.02.17  
**Register by:** 7.31.17  
**Cost:** **Member-\$40**      **Community Member-\$85**

## YOUTH RACQUETBALL CLASSES

Learn the basic fundamentals of racquetball starting with the multi-bounce rules and moving up to the 2 bounce rules. Basic stroke mechanics and court positioning will be touched upon with the emphasis being on lots of game time and fun! Equipment will be provided if necessary.

**Ages:** 7-9 years old  
**Day and Time:** Sat - 8:00am, year-round  
**Cost:** **Member - \$15**      **Community Member - \$40**

Learn the rules and basic fundamentals of racquetball. Stroke mechanics, court positioning, and strategy with plenty of game time.

**Ages:** 10 and up  
**Day and Time:** Sat - 9:00am  
**Cost:** **Member - \$15**      **Community Member - \$40**



# YMCA Annual Golf Classic

**Monday, August 28, 12:00pm**  
**Hunters Ridge Golf Course**

Join us for our largest fundraiser of the year for 18 holes of golf in this best shot tournament. Special prizes are given away at every hole.

**Cost:** \$175 per Person/ \$700 per Team  
Add \$20 per Team for the Skins Contest  
Add \$300 for a Hole Sponsorship

# SWIM LEVEL DESCRIPTIONS & REGISTRATION

Register online or at any Y branch. If you or your child are currently enrolled in lessons, please wait until you receive their progress report before registering to ensure placing them in the proper level. Our goal is to produce confident, capable and safe swimmers! **Please note:** Actual class offerings may be adjusted to reflect enrollment needs or trends.

## SWIM STARTERS

Parent Child Lessons 30 minute class (ages 6 mon-3yrs) - Develops water enrichment and aquatic readiness in children.

**Stage A: Water Discovery** – Parents accompany children in this stage, which introduces infants and toddlers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about the water. If not yet potty-trained, children need to wear swim-type diapers.

**Stage B: Water Exploration** – In this stage, parents work with their children to explore body positions, floating, blowing bubbles and fundamental safety and aquatic skills.

## SWIM BASICS

Preschool (3-5 yrs), Youth (6-12 yrs) 30 minute class - Develops personal water safety and basic swimming skills in students of all ages.

**Stage 1: Water Acclimation** – This stage lays the foundation that allows students future progress in swimming. Students focus on exploring the aquatic environment and developing personal skills with instructor help. They learn basic skills to propel and glide through the water and basic aquatic safety.

**Stage 2: Water Movement** – Students focus on body position and control, directional change, and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water.

**Stage 3: Water Stamina** – Students learn how to swim to safety from a longer distance than in previous stages in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action.

## SWIM STROKES

Preschool (3-5 yrs), Youth (6-12 yrs) 45 minute class - Introduces and refines stroke technique in older students.

**Stage 4: Stroke Introduction** – Students in this stage develop stroke technique in front crawl and back crawl and learn the breaststroke kick and butterfly kick. Water safety is reinforced through treading water and elementary back stroke.

**Stage 5: Stroke Development** – Students in this stage work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading water and sidestroke.

**Stage 6: Stroke Mechanics** – In this stage, students refine stroke technique on all major competitive strokes, learn about competitive swimming and discover how to incorporate swimming into a healthy lifestyle.

# LEARNING TO SWIM AT THE Y

Classes for all ages and swim stages

## HELEN G. NASSIF YMCA

30 minute classes

**Option 1:** Two classes per week (Tues - Thurs)

Four week sessions with 8 lessons per session

**Session 1:** 6.06.17 - 6.29.17

**Session 2:** 7.11.17 - 8.03.17

**Cost: Members \$40 Community: \$78**

**Option 2:** One class per week (Saturdays)

**Cost: Members - \$40 Community - \$78**

**Session:** 6.10.17 - 7.29.17

## SWIM STARTER - PARENT/BABY

**Water Discovery**

Saturday 9:00am

**Water Exploration**

Saturday 9:35am

## SWIM BASICS - PRESCHOOL

30 minute classes

**Stage 1 - Water Acclimation**

Tues/Thurs 4:45pm 5:20pm

Saturday 10:10am 10:45am

**Stage 2 - Water Movement**

Tues/Thurs 4:45pm 5:20pm

Saturday 10:45am 11:20am

**Stage 3 - Water Stamina**

Tues/Thurs 5:55pm

Saturday 9:00am 9:35am

## SWIM STROKES - PRESCHOOL

30 minute classes

**Stage 4 - Stroke Introduction**

Tues/Thurs 6:30pm

Saturday 10:10am

## SWIM BASICS - YOUTH

30 minute classes

**Stage 1 - Water Acclimation**

Tues/Thurs 4:45pm 5:55pm

Saturday 9:00am 9:35am

**Stage 2 - Water Movement**

Tues/Thurs 4:45pm 5:55pm

Saturday 9:00am 9:35am

**Stage 3 - Water Stamina**

Tues/Thurs 5:20pm 6:30pm

Saturday 10:10am

## SWIM STROKES - YOUTH

30 minute classes

**Stage 4 - Stroke Introduction**

Tues/Thurs 5:20pm 6:30pm

Saturday 10:10am

**Cost: Members - \$60 Community - \$117**

45 minute classes

**Stage 5 - Stroke Development**

Saturday 10:45am

**Stage 6 - Stroke Mechanics**

Saturday 10:45am

## STONEY POINT YMCA

4 week sessions featuring one class per week. Preschool classes are 30 minutes. Youth classes are 45 minutes.

### Cost:

Preschool: Members - \$20 Community - \$50

Youth: Members - \$25 Community - \$60

Session 1: 6.05.17 - 7.01.17

Session 2: 7.10.17 - 8.05.17

## SWIM STARTER - PARENT/BABY

### A - Water Discovery

Tuesday	5:20pm
Thursday	4:30pm
Saturday	9:20pm

### B - Water Exploration

Monday	4:30pm
Saturday	10:45am

## SWIM BASICS - PRESCHOOL

### Stage 1 - Water Acclimation

Monday	10:00am	4:30pm
Tuesday	10:00am	5:20pm
Wednesday	10:00am	
Thursday	10:00am	4:30pm
Saturday	9:20am	10:45am

### Stage 2 - Water Movement

Monday	10:00am	4:30pm
Tuesday	10:00am	5:20pm
Wednesday	10:00am	
Thursday	10:00am	4:30pm
Saturday	9:20am	10:45am

### Stage 3 - Water Stamina

Monday	10:00am	4:30pm
Tuesday	10:00am	5:20pm
Wednesday	10:00am	
Thursday	10:00am	
Saturday	9:20am	10:45am

## SWIM STROKES - PRESCHOOL

### Stage 4 - Water Stamina

Monday	10:45am	
Tuesday	10:45am	
Wednesday	10:45am	
Thursday	10:45am	4:30pm
Saturday	9:20am	

## SWIM BASICS - YOUTH

### Stage 1 - Water Acclimation

Monday	11:30am	5:10pm
Tuesday	11:30am	4:30pm
Wednesday	11:30am	
Thursday	11:30am	5:10pm
Saturday	8:30am	9:55am

### Stage 2 - Water Movement

Monday	10:45am	5:10pm
Tuesday	10:45am	4:30pm
Wednesday	10:45am	
Thursday	10:45am	5:10pm
Saturday	8:30am	9:55am

### Stage 3 - Water Stamina

Monday	10:45am	5:10pm
Tuesday	10:45am	4:30pm
Wednesday	10:45am	
Thursday	10:45am	5:10pm
Saturday	8:30am	9:55am

## SWIM STROKES - YOUTH

### Stage 4 - Stroke Introduction

Monday	11:30am	5:10pm
Tuesday	11:30am	
Wednesday	11:30am	
Thursday	11:30am	
Saturday	8:30am	9:55am

### Stage 5 - Stroke Mechanics

Monday	11:30am	
Tuesday	11:30am	4:30pm
Wednesday	11:30am	
Thursday	11:30am	
Saturday	9:55am	

### Stage 6 - Stroke Development

Thursday	5:15pm
Saturday	8:30am

## MARION YMCA

4 week sessions featuring one class per week. Preschool classes are 30 minutes. Youth classes are 45 minutes.

### Cost:

Preschool: Members - \$20 Community - \$50

Youth: Members - \$25 Community - \$60

Session 1: 6.05.17 - 7.01.17

Session 2: 7.10.17 - 8.05.17

## SWIM STARTER - PARENT/BABY

### A - Water Discovery

Monday	6:30pm	
Thursday	9:30am	
Saturday	9:00am	10:20am

### B - Water Exploration

Monday	6:20pm
Tuesday	5:00pm
Saturday	11:30am

## SWIM BASICS - PRESCHOOL

### Stage 1 - Water Acclimation

Monday	10:00am	5:00pm	6:20pm
Tuesday	5:00pm		
Thursday	5:00pm		
Saturday	9:40am	11:00am	

### Stage 2 - Water Movement

Monday	10:00am	5:00pm	5:40pm
Tuesday	5:30pm		
Thursday	5:30pm		
Saturday	10:20am	11:30am	

### Stage 3 - Water Stamina

Monday	10:30am	5:40pm
Thursday	5:00pm	
Saturday	11:00am	

## SWIM STROKES - PRESCHOOL

### Stage 4 - Stroke Introduction

Monday	10:30am
Tuesday	5:30pm
Thursday	5:30pm
Saturday	9:00am

## SWIM BASICS - YOUTH

### Stage 1 - Water Acclimation

Monday	4:00pm
Tuesday	5:00pm
Thursday	5:00pm
Saturday	9:00am

### Stage 2 - Water Movement

Monday	5:00pm	
Tuesday	5:00pm	
Thursday	5:00pm	
Saturday	9:00am	10:00am

### Stage 3 - Water Stamina

Monday	5:00pm
Tuesday	6:00pm
Saturday	10:00am

## SWIM STROKES - YOUTH

### Stage 4 - Stroke Introduction

Monday	6:00pm
Tuesday	6:00pm
Saturday	10:00am

### Stage 5 - Stroke Development

Monday	6:00pm
Thursday	6:00pm
Saturday	11:00am

### Stage 6 - Stroke Mechanics

Thursday	6:00pm
Saturday	11:00am

## ADULT LESSONS

Saturday	12:00pm
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Knowledgeable, skilled and experienced aquatics professionals are based at the Helen G. Nassif, Marion and Stoney Point YMCAs.

## PRIVATE SWIM LESSONS

The Y offers private swim lessons to youth and adults who desire one-on-one swim instruction. This program is an extra offering and is based on instructor availability. To sign up or get more information, please contact the Aquatics Director at your branch of choice.

Helen G Nassif YMCA ..... 366-6421  
 Marion YMCA ..... 377-7361  
 Stoney Point YMCA ..... 390-3488

**Cost:** \$20 per 30 minutes - Member  
 \$25 per 30 minutes - Community Member  
 \$30 per 45 minutes - Member  
 \$37.50 per 45 minutes - Community Member

## SUMMER/DEVELOPMENTAL SWIM TEAM

Have fun in the water this summer while you build skills that will last for a lifetime. This Helen G. Nassif and Stoney Point YMCA summer swimming teams competes in the Cedar Rapids Recreation Department's summer competitive program. All teams in the program are in the Cedar Rapids area. Swimmers that participate only in this summer swim team will have a season that begins in early June and concludes in mid-July. There are no specific skills required to participate, but it is recommended to have a swim evaluation to ensure proper program placement. Please schedule an evaluation by calling Paul Brown at 319-366-6421 ext. 310 or David Wandrey at 319-390-3488. The actual swim meet schedule will not be available until May 2017. The season will conclude on the Saturday of the All City Swimming Meet, which will tentatively be held on July 22. The program is suitable for participants between the ages of 6 and 17. Ages (for purposes of the Recreation Department league) are as of June 1, 2017.

### Helen G Nassif YMCA

**Registration Begins:** 5.01.17  
**Session Begins:** 6.05.17  
**Days and Times:** Mon/Wed/Fri 4:00-5:00pm  
**Cost:** Member - \$135 Community Member - \$190

### Stoney Point YMCA

**Registration Begins:** 5.01.17  
**Session Begins:** 6.05.17  
**Days and Times:** Tues/Thurs/Fri 8:00-9:00am  
 Mon/Wed 7:00-8:30pm  
**Cost:** Member - \$135 Community Member - \$190

## ROOKIE WEEK SWIM CAMP\*

New to swim team? Welcome to Swim Team 101. Come join us as our coaches explain all the new terms you will hear and explain the fundamentals of competitive swimming in an environment filled with newbies like you!

### Helen G Nassif YMCA

**Ages:** 6-12 yrs  
**Session:** 9.05.17-9.08.17  
**Day and Time:** Tuesday - Friday, 5:00-6:00pm  
**Register by:** 9.01.17  
**Cost:** Member - FREE Community Members - FREE

\*Please note: Rookie Swim Week is not swimming lessons. For the best experience, participants should be able to do the following:

- 25 yards of Freestyle with breathing pattern
- 25 yards Backstroke
- Standing dive from the side of the pool

## PERSONAL COMPETITIVE SWIM TRAINING

Competitive swim training designed to work on all aspects of the sport. From turns to starts to stroke technique, this half hour program offers its participants the opportunity to work with some of the area's most accomplished competitive coaches.



### Helen G Nassif and Stoney Point YMCAs

**Cost:** Member - \$25\* Community Member - \$30\*  
 \*30 minute sessions

**Cost:** Member - \$37.50\*\* Community Member - \$45\*\*  
 \*\*45 minute sessions

To sign up or to get more information please contact Paul Brown at HGN or David Wandrey at Stoney Point.

## USA COMPETITIVE SWIMMING - YEAR ROUND SWIM TEAM

Helen G Nassif YMCA - MACR Sharks

**Summer Season:** April - July  
**Fall/Winter Season:** September - February

For further information, please see our team website at: [www.sharksswimming.org](http://www.sharksswimming.org)

**You can also call:**

**Donald Pirrie/Head Coach:** 319-573-9492  
**Paul Brown/Aquatic Director:** 319-366-6421 ext. 310

\*New swimmers to the MACR Sharks program will be required to take a swim evaluation. Please contact Paul Brown at the number above for an appointment.

## TEEN AND ADULT SWIM LESSONS

Note: Consistency of instructor assignments is not guaranteed.

Branch	Level	Day	Time
HGN	Beginner	Sat	8:00am
HGN	Intermediate	Sat	8:30am
Marion	Beginner/Intermediate	Sat	12:00pm

### Helen G Nassif YMCA

Classes are 30 minutes in length. One for beginners and one for intermediate swimmers.

**Session 1:** 6.10.17-7.29.17  
**Cost:** Member - \$40 Community Member - \$78

### Marion YMCA

Classes are 45 minutes in length and can be for beginning or intermediate swimmers, depending on ability.

**Session 1:** 6.05.17-7.01.17  
**Session 2:** 7.10.17-8.05.17  
**Cost:** Member - \$32 Community Member - \$77

## COMMUNITY SWIM FOR EVERYONE

Marion and Stoney Point YMCAs

Enjoy the pool together, Members and Community Members alike, on Friday nights at the Marion and Stoney Point YMCAs. Adults MUST accompany children in the pool. See monthly pool schedule for times. (Can be found online at [crmetroymca.org](http://crmetroymca.org) or at your local branch.)

**Cost:** Community Member - Adult \$4  
 Child \$3



# HEALTHY LIVING

Activities for every age to keep you healthy and lively!

## HEALTH, WELL-BEING & FITNESS

### WELLNESS ORIENTATION

Free with membership. Schedule at the Welcome Center of any branch.

### WATER EXERCISE CLASSES

<b>Cost:</b>	<b>Member</b>	<b>FREE</b>
	<b>Community Member</b>	<b>\$60 for 10 class punch card (Good 2 months from purchase) \$ 110 for 20 class punch card (Good 3 months from purchase)</b>

Schedules online at [crmetroymca.org](http://crmetroymca.org) or at any branch Welcome Center or can be found on the Y app.

**Aqua Blast:** Low-impact class focuses on muscle toning and cardiovascular conditioning.

**Aqua Express:** It is a high intensity water exercise class. It will push your fitness level across the board.

**Aquacise Class:** Designed for those who desire a little easier-paced workout. It will improve circulation, flexibility and muscular strength.

**Arthritis Water Exercise:** Designed to help arthritis sufferers keep joints flexible, muscles strong and reduce pain. Taught by a certified instructor through the Arthritis Foundation.

**Deep Water:** Cardio workout using buoyancy belts, with zero impact on your joints. Simple movements using water as resistance.

**Early Bird Aqua:** Medium intensity workout includes cardio, stretching, weights, aerobics.

**Low Intensity Water Exercise:** Increase muscle tone, flexibility and range of motion. It is slow and gentle, perfect for cardiac-rehabilitation patients, arthritis sufferers and those recovering from surgery.

**Low Impact Water Exercise:** Use minimum resistance to get a cardio workout that's easy on the joints.

**Stretch & Flex:** Flexibility improves through various stretching techniques. Great for participants with Arthritis!

**Water Aerobics:** Great cardio workout to the rhythm of song.

**Water Exercise:** Increase muscle tone, flexibility and range of motion. It is slow and gentle, perfect for cardiac-rehabilitation patients, arthritis sufferers and those recovering from surgery.

## WELLNESS ORIENTATIONS

A lot of exercise equipment can seem intimidating if you don't know how to use it. You never have to feel that way at the Y. Schedule a free wellness orientation and let our coaches show you exactly what to do. Contact any branch to schedule an orientation.

### GROUP EXERCISE & AEROBICS CLASSES

We have more than 180 land and water aerobic and wellness classes available. Class schedules are updated each month. Classes are FREE to members. Community Members can buy a punch card to attend classes. Punch cards can be used for both land and water classes. Fitness classes run on a monthly basis and schedules change on the 1st of each month.

<b>Cost:</b>	<b>Member</b>	<b>FREE</b>
	<b>Community Member</b>	<b>\$60 for 10 class punch card (Good for 2 months from purchase) \$ 110 for 20 class punch card (Good for 3 months from purchase)</b>

Schedules are featured online at [crmetroymca.org](http://crmetroymca.org) or at any Y branch Welcome Center or can be found on the Y app.

### CYCLING REGISTRATIONS

Be sure you get your space in class! You can reserve your spot in any Cedar Rapids Metro YMCA cycling class up to ONE WEEK in advance. Otherwise, reserve your spot up to 30 minutes before class at any Welcome Center for FREE.

**Cost:** \$2/reservation

### PERSONAL TRAINING

If you're not working out the way you would like, it's a weight on your mind. Maybe it's just hard to make the time to work out. Perhaps it seems boring or painful. Maybe you don't know what you should or could be doing to improve your strength, health or fitness level. We have trainers who can offer help in various areas:

- Strength/cardio
- Cycling
- Pilates/yoga
- Racquetball

<b>Cost:</b>	<b>Y Members</b>	<b>Community</b>
1 Hour Package*	\$45	\$55
3 Hour Package	\$130	\$155
6 Hour Package	\$245	\$300
10 Hour Package	\$385	\$470
15 Hour Package	\$550	\$660

\*One Hour sessions can be broken into two 30 minute sessions.

### MASSAGE THERAPY

Come enjoy a spa-like setting and some of the best rates in town! Call YMCA at Mercy Health Plaza 319.378.5955 to schedule an appointment.

<b>Member Cost:</b>	<b>30 min</b>	<b>60 min</b>
1 Session	\$35	\$60
3 Sessions	\$98	\$170
6 Sessions	\$190	\$330
10 Sessions	\$295	\$510
<b>Community Cost:</b>	<b>30 min</b>	<b>60 min</b>
1 Session	\$40	\$65
3 Sessions	\$110	\$185
6 Sessions	\$215	\$360
10 Sessions	\$340	\$585

## FITNESS MILEAGE CLUB

Free member rewards program! Record the miles you bike, walk, run, swim or any combination of each along with any aerobics classes you take at any of the Y branches. Activity can be inside the Y at any branch or outside too. We aren't picky, we just want to see you get healthy and keep healthy! Win prizes for three separate challenges throughout the year and a T-shirt for meeting the year-long challenge. Challenge goals are listed [online](#). To enroll in the program, just fill out a form at the Welcome Center, contact any branch or [mileage@crmetroymca.org](mailto:mileage@crmetroymca.org).

## FAMILY NIGHT@THE Y

Swim, play in the gym and enjoy the Y as a family the second Saturday of every month. We rotate between locations, see dates below. We'll have popcorn, open gym and basketball in addition to open swim. No child will be admitted without a parent, but youth members can bring their parents to enjoy our FREE Family Night@The Y. Share the Y with your friends! Do you have a Family Membership to the Y? You can bring a guest family to our FREE Family Night@The Y.

**Marion Y..... June 10**

**Stoney Point Y ..... July 8**

**Helen G. Nassif Y ..... August 12**

## LIVESTRONG AT THE YMCA

Cancer is a life-changing disease that takes a tremendous physical and emotional toll on those affected. The Y and the LIVESTRONG® Foundation have joined together to create LIVESTRONG® at the YMCA, a research-based physical activity and well-being program designed to help adult cancer survivors reclaim their total health.

### UPCOMING LIVESTRONG AT THE YMCA SESSIONS

**Session:** June 6 - August 31 (No classes the week of July 4)

**Day and Time:** Tuesday/Thursday 9:45-11:00am

#### This program includes:

- Free 12-week YMCA Family Membership
- Two 90 minute classes per week
- A combination of individual instruction and group activities
- Workouts include cardiovascular exercise, strength training, stretching and balance work.
- Access to all Cedar Rapids Metropolitan Area YMCA branches.

To learn more about the program, please contact Dave at YMCA at Mercy Health Plaza at 319-378-5955 or [baker@crmetroymca.org](mailto:baker@crmetroymca.org).

## YMCA'S DIABETES PREVENTION PROGRAM

Based on effective efforts researched by the National Institutes of Health, the YMCA's Diabetes Prevention Program will help you learn about and adopt the healthy eating and physical activity habits that have been proven to reduce the risk of developing type 2 diabetes. Through the program you will receive support and encouragement from both a trained lifestyle coach and fellow classmates as you develop a plan for improving and maintaining your overall well-being. How it works:

The 12 month group-based program consists of 16 one-hour weekly sessions, followed by monthly sessions led by a trained lifestyle coach. Topics include healthy eating, increasing physical activity, reducing stress, problem solving and more.

**Information session:** Wednesday, May 10, 7:00pm

**Location:** YMCA at Mercy Health Plaza

**Session starts:** Wednesday, May 17, 7:00pm

**Location:** YMCA at Mercy Health Plaza

To register please contact Emmaly Renshaw, Diabetes Prevention Program Coordinator, at 319-378-5955 or [dpp@crmetroymca.org](mailto:dpp@crmetroymca.org).

## ENHANCE®FITNESS - TREATING ARTHRITIS THROUGH FUN, LAUGHTER AND FRIENDS

Be more active, energized and empowered! Join us for EnhanceFitness, a proven senior fitness and arthritis management program that improves your endurance, strength, balance and flexibility. It reduces your arthritis symptoms with safe, low-impact exercises led by certified instructors in a relaxed atmosphere that promotes fun, laughter, friendship and smiles. EnhanceFitness has been recognized by the CDC and other national organizations committed to improving the health of older adults. Of all these multiple benefits, the one that matters most is it's a great time.

### MARION YMCA

**Days:** Mon/Wed/Fri

**Time:** 9:15-10:15am

### YMCA AT MERCY HEALTH PLAZA

**Days:** Mon/Wed/Fri

**Time:** 11:30am - 12:30pm

### STONEY POINT YMCA

**Days:** Mon/Wed/Fri

**Time:** 11:00am-12:00pm

There is no need to pre-register. Just show up to class! The instructor will ask you to fill out some paperwork and take a brief assessment.

**Cost:** Member - Free      Community: 10 punch card for \$60  
20 punch card for \$110

For more information contact: Lynn Block 319-377-7361  
[block@crmetroymca.org](mailto:block@crmetroymca.org) or check schedules on [crmetroymca.org](http://crmetroymca.org).



## MARTIAL ARTS TRAINING

### AMERICAN KENPO

Class covers all aspects of American Kenpo Karate and is appropriate for ages 16 and up. This self-defense based martial art, taught by Josh Meredith, (3rd Degree Black Belt) applies rules and principles of motion in a system of forms, sets and techniques. Class teaches confidence, flexibility, conditioning and health. Session dates run monthly and payment is due by the 1st of the month.

#### STONE POINT YMCA

**Days and Times:** Mon/Thurs 7:45-8:45pm  
Sat 10:30-11:30am

**Cost:** Member - \$32 Community Member - Punch card Only

### TAE KWON DO

Tae Kwon Do is a Korean martial art. It combines combat and self-defense techniques with sport and exercise. This is an outstanding sport teaching balance and coordination while improving flexibility, strength and more!

#### HELEN G NASSIF YMCA

Master Mark Andersland (2nd Degree Black Belt).

**Register by:** The 1st of each month  
**Ages:** 5 and up  
**All belts:** Mon/Wed 7:00-8:00pm  
**Cost:** Members - \$32 Community - \$64

#### MARION YMCA

Master Steve Griffin (6th Degree Black Belt) and assistant instructors include all 2nd Dan Black Belts or higher. Orientation is offered May & September. There is a \$10 late fee if you register after the first week of classes.

**Register by:** The 1st of each month  
**Ages:** 5 and up  
White-Green belts Tue/Thu 6:30-7:30pm  
Blue and above belt Tue/Thu 7:30-8:30pm  
**Cost:** Member - \$32 Community Member - \$64

## SPORTS AND RECREATION

### ADULT FLAG FOOTBALL

The Marion YMCA will have leagues on Thursday nights for 5-on-5 teams. Eight games will be played and players must be 19 or older to participate.

**Session:** 9.07.17-10.26.17  
**Register By:** 8.28.17  
**Cost:** \$200 per team

### HANDBALL/RACQUETBALL COURTS

#### Helen G Nassif YMCA

Same-day phone-in and walk-in court reservations will be taken starting at 5 a.m., Monday through Friday, 7 a.m. on Saturday and Noon on Sunday. Only YMCA members age 18 and up may make reservations. The YMCA member who reserves the court MUST be playing on the reserved court. Call 319-366-6421 to make your reservation. For lessons, contact 319-366-6421 to schedule. Must be a member.

**Cost:** \$15/hr one player

### RACQUETBALL TRAINING

A step beyond the introductory lesson, these one-on-one sessions focus on shots, conditioning and strategy. Contact Johnny Reimers at 319-366-6421 to get started.

**Cost:** Member - \$45/session  
Community Member - \$55/session

\*\*Multiple Sessions available - same as Personal Training Packages

## ADULT BASKETBALL

Players must be 19 or older to play. Players call their own fouls. There are 10 games in each session. Must register as a team.

#### SUNDAYS - Stoney Point YMCA

**Session Dates Register By:**  
6.25.17-8.27.17 6.17.17  
9.03.17-11.05.17 8.27.17

#### TUESDAYS - Helen G. Nassif & Stoney Point YMCAs

**Session Dates Register By:**  
6.06.17-8.15.17 5.23.17  
8.29.17-11.07.17 8.15.17

#### WEDNESDAYS - Marion YMCA

**Session Dates Register By:**  
6.14.17-8.23.17 5.31.17  
9.06.17-11.08.17 8.23.17

\*\*Cost: \$200/Team

## ADULT VOLLEYBALL

Register now for YMCA Co-Ed Volleyball. The YMCA offers three divisions - AA, A and B - with AA being the most competitive. (Max 8 person teams unless otherwise specified; at least 3 women and 3 men)

#### SUNDAY LEAGUE

**Divisions:** A & B  
**Location:** Helen G Nassif  
**Session 1:** 10.08.17-12.03.17  
**Register By:** 10.02.17  
**Session 2:** 12.10.17-2.18.18  
**Register By:** 12.03.17  
**Session 3:** 2.25.18-4.22.18  
**Register By:** 2.18.18

#### MONDAY LEAGUE

**Divisions:** AA, A & B  
**Location:** Helen G Nassif and/or Stoney Point  
**Session 1:** 10.09.17-12.27.17  
**Register By:** 10.02.17  
**Session 2:** 12.04.17-2.05.18  
**Register By:** 11.27.17  
**Session 3:** 2.12.18-4.02.18  
**Register By:** 2.05.18

#### WEDNESDAY LEAGUE

**Divisions:** AA, A & B  
**Location:** Helen G Nassif and/or Stoney Point  
**Session 1:** 10.11.17-12.06.17  
**Register By:** 10.02.17  
**Session 2:** 12.13.17-2.07.18  
**Register By:** 12.06.17  
**Session 3:** 2.21.18-4.11.18  
**Register By:** 2.07.18

#### THURSDAY LEAGUE

**Divisions:** 4 on 4, A & B  
**Location:** Helen G Nassif and/or Stoney Point  
**Session 1:** 10.12.17-12.07.17  
**Register By:** 10.02.17  
**Session 2:** 12.14.17-2.08.18  
**Register By:** 12.07.17  
**Session 3:** 2.15.18-4.05.18  
**Register By:** 2.08.17

**Cost:** \$180/team 4 on 4: \$125/Team

**A \$25 late fee is charged after registration deadline.**

# CAMP WAPSIE

Giving life changing experiences since 1918

YMCA Camp Wapsie is the resident camp facility of the Cedar Rapids YMCA. Located about one half-hour north of Cedar Rapids, in rural Coggon on the backwaters of the Wapsipinicon River. Our natural setting provides the perfect getaway for summer camp programs, group retreats or business meetings in a relaxed atmosphere.

## UPCOMING YMCA CAMP WAPSIE CALENDAR

May 7	Open House: 1-4pm
May 19-21	Mother / Daughter Weekend
May 27-29	Memorial Day Family Camp
June 11 - Aug 12	Summer Camp 2017
Sept 2-4	Labor Day Family camp
Oct 28-29	Halloween Camp
Dec 28-30	Winter Camp
Jan-Dec	Host your retreat at Camp Wapsie

## SUMMER RESIDENT CAMP

Camp Wapsie Offers Day and Resident camps for all school aged children. Programs focus on personal growth and fun with trained staff leadership.

Programs	Grades	Program Type	Length
Teepee Half Week	1-3rd	Resident Introductory	½ wk
Teepee Village	1-3rd	Resident	1 wk
Campers	4-10th	Resident Traditional	1 wk
Ranger Camp	8-11th	Resident Outdoor Skills	1 wk
Wilderness Education	6-10th	Resident Outdoor Living	1 wk
Adventure Trips	7-12th	Resident Off-Site Adventures	1 wk
Leadership Program	10-12th	Resident Leadership	3-4 wks
Day Camp	1-4th	Day Camp	5 days
Day Trekkers	5-8th	Teen Day camp	5 days

Session	Date	Theme
1	June 11-17	Robots
2	June 18-24	Super Hero
3	June 25-July 1	Star Wars
4	July 2-8	Medieval
5	July 9-15	Wapsie Musical
6	July 16-22	Nickelodeon
7	July 23-29	Outer Space
8	July 30-Aug 5	Wapsie Throwback
9	Aug 6-12	Wild West

## WILDERNESS EDUCATION CAMP

July 16-22, August 6-12

Sixth through tenth graders learn outdoor living skills and wilderness ethics. They'll take the certified Hunter Safety course, sleep in new seasonal sleeping structures and participate in camp-wide activities such as campfires and games.

## FAMILY TIME AT CAMP

### MOTHER DAUGHTER WEEKEND AT CAMP WAPSIE

May 19-21

YMCA Camp Wapsie invites you to escape the hustle and bustle of everyday life for a weekend. COME TOGETHER for conversations and campfires. GROW TOGETHER while enjoying arts & crafts, tie-dye, and climbing the tower. Strengthen your bond with the important females in your life. Bring all the important females in your lives, mothers, daughters, aunts, grandmas and friends.

**Days and Times:** 5.19.17, 7:00pm to 5.21.17, 1:00pm

**Register by:** 5.17.17

**Cost:** \$78 per person

Contact Camp Wapsie at 319-435-2577 or visit us online at [www.campwapsie.org](http://www.campwapsie.org) to register for this wonderful and relaxing retreat.

## FAMILY CAMP WEEKENDS

Enjoy activities, meals and lodging all close to home with a great family getaway to Wapsie's Family Camp Memorial and Labor Day weekends. We provide the cooking, lodging, and the whole family can enjoy some of the traditional Wapsie camp activities as well as some special family activities. Contact camp for more information or to check availability.

## ADVENTURE GUIDES AND ADVENTURE EXPEDITIONS

Both the Adventure Guides and the Adventure Expeditions programs focus on the parent's roll in the lives of their children including building confidence, forming bonds and creating lifelong memories. The example the parents lead through fun games or activities parallels the example parents set for children on their path through life. In the early years of a child's life, the Adventure Guides (Grades AK-3) begin as a side-by-side journey for the parent and child. As children grow, Adventure Expeditions (4th grade and higher) launch into more advanced, independent activities supported by their parent.

Throughout the school year, Guides and Expeditions meet in small groups twice a month with one large group activity each month. Together parents and children will enjoy adventures including campouts at Camp Wapsie, Derby Car Races and sporting events. For more information on the Adventure Guide and Adventure Expedition programs contact YMCA Camp Wapsie at 319-435-2577 or visit [www.marionadventureguides.org](http://www.marionadventureguides.org). You can register at any time.

## RETREATS, OUTDOOR EDUCATION & TEAMBUILDING

Wapsie is open year round to serve and support your group. We offer 172 scenic acres of woodlands and wetlands all just a short drive from Cedar Rapids. Students experience what they have learned in the classroom with hands-on activities in beautiful and natural surroundings. Bring your youth group or craft club to grow, develop, brainstorm or be creative in year-round heated buildings. Wapsie teambuilding provides personal and team growth for your corporate leaders or leaders of any age. We will customize your visit to meet your needs. Fun, learning and growth merge at Camp Wapsie! Contact Camp Wapsie at 319-435-2577 or visit us online at [www.campwapsie.org](http://www.campwapsie.org) for more information.

## WILDERNESS FIRST AID FOR ALL AGES

Attention Outdoor Enthusiasts. If you are planning a weekend getaway this summer, are you properly trained for the ifs or the possible mishaps on the trail? YMCA Camp Wapsie is teaming up with the American Red Cross to offer and host the course you will need to get you prepared. Pre-requisite: CPR certification.

**Days and Times:** June 5, 9:00am-9:00pm

**Register by:** Contact Camp Wapsie to register at 319-435-2577

**Cost:** \$40 per person includes course fees and materials. For lodging, fee is additional \$15/night.

# SOCIAL RESPONSIBILITY

## Building a strong community

### GIVE

“To put into the possession of another for his or her use.”

- Merriam-Webster Dictionary

There are so many ways to GIVE in today's world and no lack of opportunities. It is why we are so appreciative of your commitment to the YMCA of the Cedar Rapids Metropolitan Area. Yes, we are a membership organization but we are also a charitable organization. A gift above your membership dues opens the safety of the YMCA doors and programs to others.

You know the challenges that we face in our community. More and more children face seemingly insurmountable learning gaps. Families find it difficult to spend quality time together.

But where society falls short, the Y - and donors like you - steps in. After more than 145 years of serving our community, the Y understands what Linn County needs to be its best. Everything our Y does is in service of making us, as individuals and as a community, better.

Keeping our communities great is a full-time job. YMCA donors, volunteers, members and partners like you make the difference. When you give to the Y, every dollar donated stays local and has a lasting impact on the people we serve. Your gift has a meaningful, enduring impact right in your own neighborhood. All donations made are used to support our local community. Through the generous support of our 2016 Annual Campaign donors, the YMCA of the Metropolitan Cedar Rapids Area raised more than \$200,000 to ensure that everyone in our community has access to life-changing programs and services at our local YMCA.

Did you know that a gift of \$50 can help one child learn safety skills in the water? A cancer survivor can participate in the 12 week LIVESTRONG program to regain their strength and mobility for just \$250 and for \$500 two teams of children can play YMCA youth soccer.

We are grateful every day for our members and also to those that have given beyond their membership dues to help others with the opportunity to experience being a part of the YMCA family.

Every year the YMCA of the Cedar Rapids Metropolitan Area solicits funds for the Annual Campaign and these funds make it possible to keep our promise of making YMCA programs and services available to all, regardless of ability to pay. Your GIVING can be at any time of the year. Don't forget to ask if your employer has a matching gift program. Thank you for investing in our community. If you prefer to [GIVE online](#), just follow the link. All gifts are tax deductible and you will receive a receipt for your records.

Mark your calendars and register online for these popular YMCA events where all proceeds benefit the Annual Campaign and support our programming and scholarships.

### YMCA FUNDRAISERS AND SPECIAL EVENTS

#### YZY TIME PREDICTION RUN

**Day:** Sunday, May 7, 2017

**Time:** 7:30-10:15am

Race distance approximately 8 miles

Scenic route along Cedar Valley Nature Trail

Proceeds benefit LIVESTRONG at the YMCA

#### YMCA ANNUAL GOLF CLASSIC

Monday, August 28, 2017

Hunters Ridge Golf Course

Four-person best-shot tournament

Starts at NOON, dinner following

Foursome: \$700

Individual: \$175

Hole Sponsor: \$300



#### STONE POINT CAR SHOW

Sunday, September 9, 2017

Stoney Point YMCA

All cool cars, trucks and motorcycles welcome

FREE to the Community

\$15 Car Entrance Fee

Trophy Awards at 1:00pm

#### YMCA TRIVIA NIGHT

TBD in February 2018

Hotel Kirkwood, 7725 Kirkwood Blvd. SW, CR

Every year in February we host an evening of trivia, based on 10 rounds of trivia and teams of 10 people per table. In addition to the trivia contest, we award prizes for a costume contest and hold a 50/50 raffle. The cost is \$500 per table or \$50 per person. Buy one table and get the 2nd 20% off!