



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



FALL FUN STARTS HERE.

Programs and Services for September - December 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–Thursday	5:00am–10:00pm* (Oct–Apr)
Friday	5:00am–9:00pm
Saturday	7:00am–5:00pm
Sunday	10:00am–4:00pm

*After 9:00pm, open to ages 18 and older ONLY. Closes at 9pm May–Sep.
M–F: 11:30am–1:00pm ages 18 and older ONLY in pool and fitness center.

MARION YMCA

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

Monday–Friday	5:30am–9:00pm
Saturday	7:00am–4:00pm
Sunday	Noon–4:00pm

Fall hours Oct–Apr. Check online for summer hours.

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.

Summer hours** end Aug 21. Academic year hours:

Monday–Thursday	3:00–7:00pm
Saturday	8:00–11:00am

*MISD only Memberships are available.

**Please visit www.crmetroymca.org for hours.

STONE POINT YMCA

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

Monday–Friday	5:30am–9:00pm
Saturday	7:00am–4:00pm
Sunday	Noon–4:00pm

Fall hours Oct–Apr. Check online for summer hours.

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:

Labor Day	CLOSED
Thanksgiving Day	HGN open 7am–11pm
Christmas Eve	CLOSED
Christmas Day	CLOSED
New Year’s Eve	Regular Sunday Hours
New Year’s Day	HGN open 10am–2pm

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

 Cedar Rapids/Marion Area YMCA

 @crmetyoymca

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STAY UP-TO-DATE

Download the YMCA app onto your mobile device for schedules and updates. Search “CR Metro YMCA” in the Apple App Store and Google Play store.

For information on membership, policies, Child Watch hours and other branch-specific benefits, see our

[Basics of Membership Guide](#) and [Member Handbook](#). Pool, gym and group exercise schedules are available online at www.crmetroymca.org/en/schedules/

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

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.

20% second-child discount is available to all families. This and any other discount will be applied after registrations are complete.

HOW TO REGISTER FOR CHILD CARE

Registration is online only.

For detailed registration instructions, go to www.crmetroyymca.org and click on the Child Care tab to find the School Age Child Care brochure. Instructions are on the second page. [Direct link here.](#)

Financial assistance resources are available until resources run out. Contact Child Care Services Director at henricksen@crmetroyymca.org.

FALL FAMILY NIGHTS:

MEMBER ONLY EVENTS

****ALL KIDS MUST BE ACCOMPANIED BY AN ADULT****

MONSTER MASH

Come dressed as your favorite ghost or goblin! Participate in the Monster Dash and Costume Contest. Make creepy crafts and monster paws. Enjoy a spooky swim, cake walk and more!

STONE POINT YMCA

Day and Time: Saturday, October 14
6:00-8:00pm

LET'S GO TO THE MOVIES

Join us to watch a movie in the Gym! Bring blankets and lawn chairs. Popcorn, snacks and water available for purchase. You can also bring your own goodies. No alcohol or smoking allowed on YMCA grounds.

HELEN G. NASSIF YMCA

Day and Time: Saturday, November 18
6:00-9:00pm

Movie to be announced at later date.

HOLIDAY PARTY

Decorate cookies for the holidays, create ornaments for your tree or to give as a gift, Holiday Bingo, Family Swim and a special visit from Santa.

MARION YMCA

Day and Time: Saturday, December 16 6:00-8:00pm

PARENTS' NIGHT OUT

Enjoy a night out while your child (age 4-5th grade) has an evening of fun and games with qualified YMCA Staff! Each night includes pizza for dinner, games, crafts and a movie. Please dress your child(ren) in comfortable clothing and athletic shoes. Children are welcome to bring PJs and a sleeping bag if desired. Registration begins 1st of each month.

MARION YMCA

Days: 9.16.17, 10.21.17, 11.18.17, 12.16.17

Time: 4:30-8:30pm

Register by: 4:00pm Fri before the event

Cost: Member-\$12 first child \$9.50 add'l children
Community Member-\$22 first child \$17 add'l children



YOUTH DEVELOPMENT

Teaching skills and self-confidence through guided discovery

KINDERGARTEN BASKETBALL

Introduce kids to the basic fundamentals of basketball skills and rules in a relaxed competitive environment. No practices/games during Thanksgiving week. Locations chosen during sessions.

Ages: AK/Kindergarten
Where: Helen G. Nassif, Marion or Stoney Point YMCAs
Day and Time: Tue/Thu from 5:30-6:15pm
Session 1: 10.24.17-12.12.17
Session 2: 1.23.18-3.01.18
Register by: Session 1: 10.10.17 Session 2: 1.09.18
Cost One Session Only: Member-\$30 Community Member-\$70
Cost BOTH Sessions: Member-\$50 Community Member-\$110

YOUTH BASKETBALL

Volunteer coaches emphasize team work, fair play and equal participation but most of all, FUN. Teams practice once/week at area schools. Games will be played on Friday evenings and/or Saturday mornings at any of the YMCA branches. Players are divided into teams by grade. No practices/games during Thanksgiving week.

Ages: 1st-6th graders
Where: Helen G. Nassif, Marion or Stoney Point YMCAs
Day and Time: Games Friday evenings/Saturday mornings
Session 1: Practices begin week of 10.09.17
Session ends week ending 12.09.17
Session 2: Practices begin week of 1.15.18
Session ends week ending 3.17.18
Coaches Meeting: 1: 10.05.17 2: 1.11.18
Games begin: 1: 10.27.17 2: 2.02.18
Register by: 1: 9.25.17 2: 12.26.17
Cost One Session Only: Member-\$40 Community Member-\$85
Cost BOTH Sessions: Member-\$70 Community Member-\$150

BOYS AND GIRLS BASKETBALL TEAM LEAGUE

This program is designed for boys or girls in 1st through 6th grades. Rules are designed to accommodate players at a more advanced skill level and enhance learning of the game. Teams play six games at the YMCA on Friday nights (3rd-6th graders) and Saturday mornings (1st-2nd graders). Teams provide their own uniforms, equipment and practice sites. Referees stress sportsmanship and fun. All teams are welcome! Be sure to provide a complete roster at registration.

Ages: 1st/2nd, 3rd/4th & 5th/6th graders
Where: Helen G. Nassif, Marion or Stoney Point YMCAs
Day and Time: Games Friday evenings/Saturday mornings
Session 1: 10.27.17-12.09.17
Session 2: 2.02.18-3.10.18
Register by: 1: 9.25.17 2: 12.26.17
Cost: \$250/team



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.

YOUTH CHEERLEADING

YMCA emphasizes the fundamentals of cheerleading in a non-competitive setting. Participants will be learning age-appropriate cheers and routines. We will be cheering for our YMCA youth basketball games. More information to be given at practice.

Ages: 2nd-5th graders
Where: Stoney Point Studio
Day and Time: Practice on Mondays at 4:30pm
Session 1: 10.09.17-12.08.17
Session 2: 1.15.18-3.09.18
Register by: 1: 9.26.17 2: 12.26.17
Cheering and Performing for Games on Friday nights at Stoney Point beginning 11.03.17 for Session 1 2.09.18 for Session 2
Cost*: Member-\$40 Community Member-\$75
*Cost includes cheer shorts and shirt. Sizes collected on first day of practice.

YOUTH VOLLEYBALL

This program introduces and teaches 3rd-6th graders the basic fundamentals and rules of volleyball. Space is limited so register early!

Ages: 3rd-6th graders
Where: Helen G. Nassif, Marion or Stoney Point YMCAs
Day and Time: Meets M/W from 5-6pm
Session 1: 8.28.17-10.11.17
Session 2: 3.19.18-5.02.18
Register by: 1: 8.14.17 2: 3.09.18
Cost/Session: Member-\$40 Community Member-\$85

KIDS ZUMBA®

The Zumba Kids program is the ultimate dance-fitness party for young Zumba fans ages 6-13, where they can play it loud and rock with friends to their own rules! This program features age-appropriate music and moves that get kids movin' to the beat. It's all about feeling fearless on the dance floor, reinforcing the idea that it's okay to just be yourself and dance like no one's watching!

MARION YMCA

Ages: 6-13 years
Day and Time: Tuesdays & Thursdays, 4:15-5:00pm
Dates: 9.19.17-11.07.17
Cost: Members-Free Community Member-\$75

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: 9.12.17 - 10.05.17

Session 2: 10.17.17 - 11.09.17

Session 3: 11.14.17 - 12.14.17*

Cost: Members \$40 Community: \$78

Option 2: One class per week (Saturdays)

Cost: Members - \$30 Community - \$60

Session 1: 9.16.17 - 10.21.17

Session 2: 11.04.17 - 12.16.17*

*No classes held during Thanksgiving week

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 10:10am 10:45am

Stage 3 – Water Stamina

Tues/Thurs 5:55pm

Saturday 9:00am 11:20am

SWIM STROKES – PRESCHOOL

30 minute classes

Stage 4 – Stroke Introduction

Tues/Thurs 6:30pm

Saturday 9:35am

SWIM BASICS – YOUTH

30 minute classes

Stage 1 – Water Acclimation

Tues/Thurs 4:45pm

Saturday 10:10am 10:45am

Stage 2 – Water Movement

Tues/Thurs 5:20pm

Saturday 10:45am

Stage 3 – Water Stamina

Tues/Thurs 5:55pm

Saturday 9:00am 11:20am

SWIM STROKES – YOUTH

30 minute classes

Stage 4 – Stroke Introduction

Tues/Thurs 6:30pm

Saturday 9:35am 11:20am

45 minute classes

Stage 5 – Stroke Development

Tues/Thurs 5:00pm

Saturday 9:00am

Stage 6 – Stroke Mechanics

Tues/Thurs 6:00pm

Saturday 9:50am

Cost:

Tues/Thurs: Members-\$60 Community-\$100

Sat: Members-\$45 Community-\$75

LEARNING TO SWIM AT THE Y

Classes for all ages and swim stages

STONEY POINT YMCA

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

Cost:

Preschool: Members - \$30 Community - \$60

Youth: Members - \$45 Community - \$75

Session 1: 9.11.17-10.21.17

Session 2: 10.30.17-12.16.17

SWIM STARTER - PARENT/BABY

A - Water Discovery

Tuesday 5:10pm
Thursday 4:30pm
Saturday 9:20pm

B - Water Exploration

Monday 4:30pm
Saturday 10:50am

SWIM BASICS - PRESCHOOL

Stage 1 - Water Acclimation

Monday 4:30pm
Tuesday 5:20pm
Thursday 4:30pm
Saturday 9:20am 10:50am

Stage 2 - Water Movement

Monday 4:30pm
Tuesday 5:20pm
Thursday 4:30pm
Saturday 9:20am 10:50am

Stage 3 - Water Stamina

Monday 4:30pm
Tuesday 5:20pm
Saturday 9:20am 10:50am

SWIM STROKES - PRESCHOOL

Stage 4 - Water Stamina

Thursday 4:30pm
Saturday 9:20am 10:50am

SWIM BASICS - YOUTH

Stage 1 - Water Acclimation

Monday 5:10pm
Tuesday 4:30pm
Thursday 5:10pm
Saturday 8:30am 10:05am

Stage 2 - Water Movement

Monday 5:10pm
Tuesday 4:30pm
Thursday 5:10pm
Saturday 8:30am 10:50am

Stage 3 - Water Stamina

Monday 5:10pm
Tuesday 4:30pm
Thursday 5:10pm
Saturday 8:30am 10:50am

SWIM STROKES - YOUTH

Stage 4 - Stroke Introduction

Monday 5:10pm
Saturday 8:30am 10:50am

Stage 5 - Stroke Mechanics

Thursday 5:10pm
Saturday 10:50am

Stage 6 - Stroke Development

Tuesday 4:30pm
Saturday 8:30am

MARION YMCA

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

Cost:

Preschool: Members - \$30 Community - \$60

Youth: Members - \$45 Community - \$75

Session 1: 9.11.17-10.21.17

Session 2: 10.30.17-12.16.17

SWIM STARTER - PARENT/BABY

A - Water Discovery

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

B - Water Exploration

Monday 4:30pm 6:20pm
Saturday 11:30am

SWIM BASICS - PRESCHOOL

Stage 1 - Water Acclimation

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

Stage 2 - Water Movement

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

Stage 3 - Water Stamina

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

SWIM STROKES - PRESCHOOL

Stage 4 - Stroke Introduction

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

SWIMMING LESSON REGISTRATION PROCEDURE

Registering for swim lessons has never been easier! Register online or at any Branch Welcome Center. However, if you or your child is currently enrolled in lessons, we recommend you register AFTER they complete their current lessons. Our goals are: 1) to ensure EVERY student is properly placed according to their skill level and 2) to ensure every student receives the best instruction for their progression.

Please note: Actual class offerings may be adjusted to reflect enrollment needs or trends. If currently enrolled, please wait to register until receiving your progress report. For more information, please contact the Aquatics Director at your branch of choice.

SWIM EVALUATIONS

New to YMCA swim lessons? Has your child been out of lessons for some time? It's helpful to make sure your child is signed up for the correct level. You can have your child's swimming level evaluated by one of our instructors so you can sign them up for the best "fit." Please contact the Aquatic Director at the YMCA branch of your choice to schedule an evaluation.

LEARNING TO SWIM AT THE Y

Classes for all ages and swim stages

PRIVATE SWIM LESSONS

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

Helen G. Nassif YMCA	Paul Brown	366-6421
Marion YMCA	Zac Hornung	377-7361
Stoney Point YMCA	David Wandrey	390-3488

Cost:

30 minutes	1-3 Participants	Member - \$20 Community Member - \$25
45 minutes	1-3 Participants	Member - \$30 Community Member - \$37.50

PERSONAL COMPETITIVE SWIM TRAINING

HELEN G. NASSIF YMCA

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

Cost:	Members - \$25/30 min Community Members - \$30/30 min
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To sign up or to get more information, contact Paul Brown at 319-366-6421.

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 old
Session:	9.05.17-9.08.17
Day and Time:	Tuesday-Friday, 5pm-6pm
Register by:	9.02.17

Cost: Member-FREE Community Member-FREE

*Please note: Rookie Week Swim Camp is designed for swimmers who have not previously swam for the MACR Sharks. For the best experience, participants must be able to:

- Swim 25 yards of Freestyle with breathing pattern
- Swim 25 yards Backstroke
- Perform a standing dive from the side of the pool

Contact: Paul Brown at 319-366-6421, ext 310 for questions.



COMPETITIVE SWIM TEAMS

One of the things that makes the YMCA the YMCA is its aquatics programs. Some of the things that make competitive swimming a great activity for our youth are promoting goal setting, skills improvement, healthy living, and learning important life skills. Put the two together and you have a tremendous venue for teaching kids about life through aquatic programming.

The YMCA's of the Cedar Rapids area have two winter competitive swim teams for our young members. Both teams compete in the Iowa YMCA Competitive Swim League. The Stoney Point YMCA team practices at the Stoney Point Y and the Helen G. Nassif YMCA team will practice

at the Helen G. Nassif Y. Please see the links to both swimming teams' web sites located at the YMCA web site for further information about each program.

New swimmers to either program should contact the Aquatic Director at the team of their choice's YMCA. Typically a swimming evaluation will need to be completed to assure proper placement within that YMCA's aquatic programs.

Call the Aquatic Director at the site you are interested in joining.

Helen G. Nassif YMCA	Paul Brown	366-6421
Stoney Point YMCA	David Wandrey	390-3488

General Requirements If eight years old or younger THEN: Swim 25 yards of both freestyle (front crawl) and backstroke/other competitive stroke. If nine years or older THEN: Swim at least 50 yards (2 lengths of the pool) of both freestyle (front crawl) and backstroke/other competitive stroke. **For new swimmers to MACR Sharks, please call to schedule a swimming assessment to ensure proper placement within the program.**

HGN - MACR Sharks (www.sharksswimming.org)

Registration:	Begins 10.02.17 online or in-person
Practice:	Begin 10.30.17 (schedule pending-check website)
Days and Times:	Weekday evenings
Cost:	\$275* (other fees such as membership apply)

*Certain discounts are available. Only one discount will be applied - whichever single discount provides the best value:

- Multi-Swimmer Family discount
- High School Boys Swimmer discount
- Employee discount

Stoney Point Stingrays

Registration:	Begins 9.11.17
Practice:	Begins 10.09.17
Days and Times:	Weekday evenings
Cost:	\$275 REGISTRATION FEE*

*Certain discounts are available. Only one discount will be applied - whichever single discount provides the best value:

- Multi-Swimmer Family discount
- High School Boys Swimmer discount
- Employee discount

LEARNING TO SWIM AT THE Y

Classes for all ages and swim stages

DEVELOPMENTAL SWIM TEAM

This program is designed for anyone between the ages of 6 and 15 who is nearly or completely finished with the regular progressive swim lesson classes but needs a little tune-up before trying competitive swimming. Grounded in the fundamentals of the sport, this program teaches and reinforces proper technique in each of the competitive strokes. Perfect for those who wish to learn about competitive swimming before joining a team.

HELEN G. NASSIF YMCA

Session 1: 9.11.17-10.18.17

Session 2: 10.30.17-12.13.17*

*No lessons during Thanksgiving week.

Days and Times: Mon/Wed 4:30-5:30pm

Cost: Member-\$90 Community Member-\$150

USA COMPETITIVE SWIMMING

HELEN G. NASSIF YMCA

Along with a YMCA competitive swimming club, the Helen G. Nassif YMCA also offers age group swimmers the opportunity for further training and competition with a USA competitive swimming club. As with the YMCA club, all participants must be members of the YMCA during periods of participation. Swimmers that swim for the USA branch of the MACR Sharks are also automatically members of the YMCA club, if they choose to be. Conversely, YMCA club members are NOT automatically USA club members. Pricing for the USA club is different than pricing for the YMCA club. If you are interested in USA swimming, please call Paul Brown at the Helen G. Nassif YMCA for further information. New swimmers to the MACR Sharks will be asked to perform a swim evaluation for proper placement within the swimming program offerings. Further information can be found at www.sharksswimming.org under the Parent/Athlete Information tab.

USA Competitive Seasons:

Fall/Winter September-February

Spring/Summer April-July

COMPETITIVE STROKE DEVELOPMENT

HELEN G. NASSIF YMCA

Classes will now have new names, but the focus will be the same. These classes are designed to teach swimmers proper stroke technique and help to develop mechanics and endurance. All four competitive strokes will be worked on as well as starts and turns. Classes are offered in either a four week session with two classes per week OR a six week session with one class per week. Please see swim lesson session dates on page 5. Classes are 45 minutes in length.

1) Swim Strokes - Youth - Stroke Development

Tues/Thurs 5:00pm

Saturday 9:00am

2) Swim Strokes - Youth - Stroke Mechanics

Tues/Thurs 5:45pm

Saturday 9:50am

Cost:

2 day/week Member-\$60 Community Member-\$100

1 day/week Member-\$45 Community Member-\$75

LIFEGUARD TRAINING

Lifeguarding books and CPR pocket masks are required and are included in the cost of the class. Successful completion of course will earn participants a 2-year Lifeguard and First Aid certification and a 2-year CPR for the professional rescuer/AED certification. Each participant must pass a swimming test (300 yd swim & timed brick retrieval) at the beginning of the course in order to continue with training. Registration fees are not refundable if swimming test is not successfully completed.

HELEN G. NASSIF YMCA

Ages: 15 and up

Register by: 10.19.17

Days and Time: 10.21.17 Noon-5pm

10.22.17 Noon-4pm

10.23.17-10.27.17 6:00pm-10pm

Times may be adjusted to fit instructor and participant schedules.

Cost: Member-\$140 Community Member-\$175

MARION YMCA

Ages: 15 and up

Register by: 12.22.17

Days and Time: 12.26.17-12.30.17 8:00am-8:00pm

Times may be adjusted to fit instructor and participant schedules.

Cost: Member-\$140 Community Member-\$175

STONE POINT YMCA

Ages: 15 and up

Register by: 12.09.17

Days and Time: 12.14.17-12.17.17 8:00am-9:00pm

Cost: Member-\$140 Community Member-\$175

TEEN AND ADULT SWIM LESSONS

Session 1: 9.16.17-10.21.17

Session 2: 11.04.17-12.16.17*

*No lessons during Thanksgiving week.

HELEN G. NASSIF YMCA

Classes are one 30 minutes in length and are divided into beginner or intermediate levels.

Teen/Adult Beginners Sat 8:00am

Teen/Adult Intermediate Sat 8:30am

Cost: Member-\$30 Community Member-\$60

MARION YMCA

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

Teen/Adult Sat 12:00pm

Cost: Member-\$45 Community Member-\$75

COMMUNITY SWIM

MARION AND STONEY POINT YMCAS

Enjoy the pool together, members and nonmembers 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 www.crmetroymca.org.)

Cost: Adult-\$4 Child-\$3 Family-\$15

HEALTHY LIVING

Staying active will keep you healthy and happy

AQUA EXERCISE

WATER FITNESS CLASSES

Cost:	Member	FREE
	Community Member	\$60 for 10 class punchcard \$110 for 20 class punchcard

Please see the monthly Pool Schedules for branch locations, days and times of the water exercise classes listed below. Schedules are updated the first of each month and can be found online at www.crmetroymca.org. (class times are subject to change)

Aqua Blast – Marion Y

Low Impact, moderate to high intensity class focusing on toning and cardiovascular conditioning using a variety of equipment and water levels. Medium intensity.

Aquacise – Marion Y

This class is designed for those who desire a little easier-paced workout. Stretching, cardio, flotation, equipment and muscle group isolation work together to improve circulation, flexibility and muscular strength. Easy-medium intensity.

Aqua Zumba® – Stoney Point Y

An integration of the Zumba® formula and philosophy into traditional aqua fitness disciplines to create a challenging, safe and invigorating aqua workout. Improve aerobic endurance, muscular resistance, flexibility and joint mobility, with Latin flavor and international zest.

Arthritis Water Exercise – Stoney Point Y

This class is designed to help arthritis sufferers keep joints flexible, muscles strong, & reduce pain. This class is taught by a certified instructor through the Arthritis Foundation.

Deep Water Exercise – Marion Y, Stoney Point Y

Get a total body workout with high resistance & zero impact!

Early Bird Aqua – Marion Y

Incorporates weights, aerobics and stretching to directly improve all aspects of physical fitness: muscular strength, muscular endurance, flexibility, cardiovascular conditioning and body composition. Experience a variety of exercises and workouts in the water such as running, biking, weight lifting, aqualates, tai chi and aquabox, without wear and tear on the joints. Easy to medium intensity.

Stretch & Flex – Marion Y

Geared for improving flexibility for all muscle groups through various stretching techniques. This recreational exercise program is for participants with or without arthritis and has a small cardio workout. Easy intensity.

Water Exercise – Low Intensity – HGN

Increase your muscle tone, flexibility and range of motion. This is an excellent workout for those who need to exercise slowly and gently. It is also perfect for cardiac-rehabilitation patients, arthritis sufferers and those recovering from surgery.

Water Exercise – Low Impact – HGN

This cardiovascular and resistance workout is gentle on the joints and designed to increase flexibility and general range of motion. Intervals are faster than those in the low-intensity class.

Water Exercise – Stoney Point Y

Increase your muscle tone, flexibility, and range of motion. This is an excellent workout for those who need to exercise slowly and gently. It is also perfect for cardiac rehabilitation patients, arthritis sufferers, and those recovering from surgery.

MARTIAL ARTS TRAINING

TAE KWON DO

Tae kwon do means: "The art of unarmed combat." The sport was founded in Korea and is one of the popular modern martial arts. It is characterized by fast, high and spinning kicks. The objectives of Tae Kwon Do are to improve self confidence and self esteem; help to gain composure and self control; to improve concentration; to learn discipline and goal orientation; and to learn respect towards self and others.

At the YMCA, participants never come in full, aggressive contact with one another. They practice short, abrupt movements while standing away from each other. Participants will learn how to strike with their feet, an open hand and closed fists. Sessions run monthly.

HELEN G. NASSIF YMCA

Ages:	5 and up
Register by:	The 1st of each month. \$10 late fee assessed after the 10th of each month.
Day and Time:	Mon/Wed 7:10-8:10pm
Cost:	Member – \$32 Community Member – \$64

MARION YMCA

Master Steve Griffin is a 6th Degree Black Belt and assistant instructors include all 2nd Dan Black Belts or higher. Orientation is offered in September & November.

Register by:	The 1st of each month. \$10 late fee after the 10th
White-Green belts	Tue/Thu 6:30-7:30pm
Blue and above belt	Tue/Thu 7:30-8:30pm
Open Class:	Schedule set at beginning of each month. Check for exact dates:
Cost:	Member-\$32 Community Member-\$64

MINI TIGER

This class provides activities to help young children develop the coordination, focus, group safety skills and spirit to excel in Martial Arts and mainstream sports. Classes are noncompetitive, emphasizing safety, respect and mastery of skills.

Cost:	Member – \$11 Community – \$22
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AMERICAN KENPO

Class covers all aspects of American Kenpo Karate and is appropriate for ages 12 and up. This self-defense based martial art applies rules and principles of motion in a system of forms, set and techniques. Class teaches confidence, flexibility, conditioning and health. Session dates run monthly and payment is due by the 1st of the month.

STONEY POINT YMCA

Cost:	\$32 per month for Members and Community		
Days and Times:	Mon	7:45-8:45pm	
	Thu	7:45-8:45pm	
	Sat	10:30-11:30am	

HEALTHY LIVING

Staying active will keep you healthy and happy

HEALTH, WELL-BEING & FITNESS

WELLNESS ORIENTATION

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.

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. Or maybe you don't really know what you should or could be doing to improve your strength, health or fitness level. We have trainers who can offer help in a variety of areas:

- Strength/cardio
- Cycling
- Pilates/yoga
- Racquetball
- Sports specific training for youth

For Personal Training at the YMCA at Mercy Health Plaza contact:

Naomi Engelken, Director of Healthy Living
319-378-5955 engelken@crmetroymca.org

For Personal Training at Helen G. Nassif YMCA contact:

Wendy Thompson, Strength Coordinator
319-366-6421 ext. 400 wthompson@crmetroymca.org

At Marion or Stoney Point YMCAs, ask at the Welcome Desks for more information.

Cost:	Members	Community Members
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

MASSAGE THERAPY

Come enjoy a spa-like setting and some of the best rates in town! To schedule, call 319-378-5955. Massage available at **YMCA at Mercy Health Plaza**

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

YMCA'S DIABETES PREVENTION PROGRAM

Based on effective efforts researched by the National Institute 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 and reducing risk of developing diabetes.

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. YMCA membership included in program fee. For more information or to register, please contact 319-378-5955 or DPP@crmetroymca.org.

Next Session: Sept 6, Helen G. Nassif YMCA

TBD Evening Session: Oct, Mercy

Cost: \$429 Scholarships available

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.

This program includes:

- Two physical activity classes per week
- A combination of individual instruction and group activities
- Workouts include cardiovascular exercise, strength training, stretching and balance work
- Free 12-week YMCA Family Membership

Fall session starts Sept 19:

Tues/Thurs 9:45-11am 6:15-7:15pm

To qualify & enroll:

Participants must commit to attending 80% of classes and may bring a support person to the program. To learn more, call 319.378.5955.

GROUP EXERCISE & AEROBICS CLASSES

We also 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.

Cost: Member-FREE

Community Member-\$60 for 10-class punch card, good for 2 months from purchase; \$110 for 20-class punch card, good for 3 months from purchase

Schedules are featured online at crmetroymca.org, any Y branch or on our mobile app.

HEALTHY LIVING

Staying active will keep you healthy and happy

SPORTS AND RECREATION

HANDBALL/RACQUETBALL COURTS

HELEN G. NASSIF YMCA

Same-day phone-in & walk-in court reservations will be taken starting at 5 a.m., Monday through Friday, 7 a.m. on Saturday & 10 a.m. 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 319-241-6898 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 319-241-6898 to get started.

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

Multiple Sessions available - same as Personal Training Packages

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 Ages 10 and up

Day and Time: To Be Announced this Fall

Cost: Member-\$15 Community Member-\$40

ADULT BASKETBALL

Player must be 19 or older to play. Players call their own fouls. There are 10 games in each session.

Cost: \$200/per team

TUESDAY-OPEN LEAGUE

Location: Helen G. Nassif & Stoney Point Ys
Session 1: 9.12.17-11.21.17 Register by 8.29.17
Session 2: 12.05.17-2.13.18 Register by 11.21.17

WEDNESDAY-OPEN LEAGUE

Location: Marion Y
Session 1: 8.30.17-11.01.17 Register by 8.16.17
Session 2: 11.15.17-1.31.18 Register by 11.01.17

SUNDAY-35 AND OVER

Location: Stoney Point Y
Session 1: 10.01.17-12.10.17 Register by 9.17.17
Session 2: 12.17.17-2.11.18 Register by 11.26.17

ADULT FLAG FOOTBALL

The YMCA Adult Flag Football league is 5-on-5 with a maximum of 10 players on a roster. All players MUST be at least age 19. Teams play eight games at the Marion and/or Stoney Point YMCAs. Each team must turn in a completed roster and \$200/team fee at the time of registration (NO EXCEPTIONS!). Space is limited and entries will be taken on a first-come, first-served basis.

Day: Thu
Location: Marion and/or Stoney Point YMCAs
Season: 9.07.17-10.26.17
Register By: 8.31.17
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: 10.09.17-11.27.17 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: Power, 4-on-4
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 2.08.18
Cost: \$180/Team 4 on 4 - \$125/Team



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

SOCIAL RESPONSIBILITY

Building a strong community

JOIN. GIVE. VOLUNTEER.

Our doors are open to all. We work every day to connect people from all backgrounds across the Cedar Rapids area, supporting those who need us most.

Through the generosity of donors, we're able to offer income-based memberships to those who are struggling financially. We have many volunteers who make a difference every day by coaching youth sports, helping maintain our facilities at Camp Wapsie and joining our committees and boards. If you're interested in volunteering, please contact the branch director at the facility nearest you. Interested in donating? You can [donate online](#) or in person at any branch.

The Y is a leading 501(C)(3) nonprofit committed to strengthening communities through youth development, healthy living and social responsibility. Every day, we work side-by-side with our neighbors to make sure that everyone, regardless of age, income or background, has the opportunity to learn, grow and thrive. The YMCA of the Metropolitan Cedar Rapids Area, comprised of 5 membership locations and one resident camp at Camp Wapsie, engages approximately 25,000 men, women and children annually. Deeply rooted in the community for more than 145 years, our organization has the long-standing relationships and physical presence not just to promise, but to deliver, lasting personal and social change.

As Member, your dues cover the cost of maintaining and operating our facilities. However, every year we raise money through our Annual Campaign to ensure the Y is available for everyone. Your donated dollars are used to provide membership and program assistance for individuals and families who could not afford to participate otherwise. We don't turn away any child, family or adult from participating at the Y because of inability to pay.

When you give to the Y, your gift has a meaningful, enduring impact right in your own neighborhood. All donations made to the YMCA of the Metropolitan Cedar Rapids Area are used to support our local community.

YMCA MISSION:
to put Christian principles into
practice through programs
that build healthy spirit, mind
and body for all.

6th Annual YMCA Car Show Sunday, September 10, 2017



9 a.m. – 1 p.m. at Stoney Point Y
FREE to Community
\$15 Car Entrance Fee

YMCA FUNDRAISERS AND SPECIAL EVENTS

All proceeds benefit the Annual Campaign

Stoney Point Car Show

Sunday, September 10, 2017
Stoney Point YMCA
All cool cars, trucks and motorcycles welcome
FREE to the Community
\$15 Car Entrance Fee
Trophy Awards at 1 p.m.

YMCA TrivYa Night

Friday, February 23, 2018
DoubleTree Hotel and Convention Center
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.

YMCA Annual Golf Classic

Monday, August 27th, 2018
Hunters Ridge Golf Course
Four-person best-shot tournament
Starts at NOON, dinner following
Foursome: \$700
Individual: \$175
Hole Sponsor: \$300
Event Sponsor: \$1000

CAMP WAPSIE

Giving life-changing experiences since 1918

YMCA CAMP WAPSIE

The Resident Camp facility of the Cedar Rapids YMCA is located about one half-hour north of Cedar Rapids in rural Coggon next to the Wapsipinicon River. Our natural setting provides a perfect getaway for summer camp, group retreats or business meetings. Our facilities include a large meeting and dining hall, additional meeting areas, overnight cabin accommodations, food service, outdoor recreation areas and much more...

HALLOWEEN CAMP

Our annual fall event provides opportunities for kids to experience a shortened taste of summer camp with a Halloween theme including a haunted trail and costume dance. This two-day special camp provides opportunities to participate in the activities of the fun summer to come. Come meet our summer counselors and experience some of the favorite summer camp activities, such as cabin cheers, arts & crafts and the climbing tower. It's all served up with a touch of Halloween magic!

Ages: 6-17 years old
Days: 10.28.17-10.29.17
Register by: 10.26.17
Cost: \$63
Contact: 319-435-2577 or visit www.crmetroymca.org.

WINTER CAMP

Kids can enjoy a camp experience in the winter with a holiday theme plus many of the traditional camp activities, campfire, games and much more. If the weather permits we will enjoy winter activities including sledding.

Ages: 6-17 years old
Days: 12.28.17-12.30.17
Register by: 12.23.17
Cost: \$85
Contact: 319-435-2577 or visit www.crmetroymca.org.

UPCOMING CAMP WAPSIE CALENDAR

Halloween Camp: October 28-29
Winter Camp: December 28-30
Retreats at Camp: January-December



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 our 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!

For more information, contact 319-435-2577 or email wiersig@crmetyomca.org. Visit us online at www.campwapsie.org for more information.

ADVENTURE GUIDES & ADVENTURE EXPEDITIONS

(PARENT/CHILD WEEKENDS)

Join us for fun activities where you'll create memories, spend quality time with your child/ren and strengthen your bonds. This parent/child program provides activities and support to help you develop meaningful relationships and help prepare your child/ren for the future. You'll love the opportunities to teach, model and discuss important values with your child/ren, giving them the tools they need to thrive.

The group meets once a month for activities including educational events, bowling, derby car race and Wapsie Campouts. Adventure Guides is for families with elementary-school age children. Families with older children can join Adventure Expeditions.

To get connected or for more information, call YMCA Camp Wapsie at 319-435-2577 or visit www.marionadventureguides.org.