BRING ON THE SUMMER FUN
Programs and Services for June – August 2019
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 6/10 - 8/16
Monday - Thursday  7:00-9:00am  4:00-6:00pm
Friday  7:00-9:00am
Saturday - Sunday Closed
*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

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
Independence Day  CLOSED
Labor Day  CLOSED

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

CHILD CARE .................................................. 3
School Age Summer Day Camp
School locations and sign-up .................................. 3, 4

YOUTH SPORTS & ACTIVITIES ............................. 5
Mighty Sluggers
T-ball, baseball, softball
Kickball
Stoney Point Stunner
Soccer
Volleyball .......................................................... 6
Flag Football
Youth Strength & Conditioning Camp
Racquetball

SWIM PROGRAM ............................................ 7
Helen G. Nassif Swim Lessons ................................ 7
Stoney Point & Marion Swim Lessons .................... 8
Additional Swim Options ...................................... 9
Private Lessons
Competitive Options
Adult & Teen Lessons

HEALTHY LIVING
Group Exercise, Water & Land ................................ 10
Personal Training .................................................. 10
Massage Therapy ................................................. 10
Group Training ...................................................... 10
Fitness Mileage ..................................................... 11
Specialized Health & Well-Being ............................ 11
Family Nights
Livstrong at the YMCA
Diabetes Prevention
EnhanceFitness
Martial Arts Training ............................................ 11
Adult Sports & Recreation ..................................... 12

CAMP WAPSIE .................................................. 13
Calendar
Summer Resident Camp
Teepee Village Renovations
New Experiences at Camp Wapsie
Family Camps
Adventure Guides
Retreats
Centennial .......................................................... 14
Centennial Open House

Social Responsibility .................................................. 14
YMCA Fundraisers and Special Events

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.
DAY CAMP
Stoney Point YMCA; Truman Elementary; Echo Hill Elementary

YOUNG ADVENTURERS – CHILDREN AGES 5-8
*Children who are 8 and can swim may register for the Adventure Day Campers group.

Younger campers will be introduced to the day camp experience. Swimming will be lessons at the YMCA with some free swim time included. Two alternate trips will be taken by this group – You will have the option to have your child attend the older group trip if he/she is going into First Grade in the fall. Weekly fees include breakfast, afternoon snack, camp t-shirt and field trips. Stoney Point qualifies for the Summer Lunch Program and will also offer free pre-ordered lunches.

NEW PRICING! Full Summer – Includes all TEN weeks of camp but it must be PAID in FULL at registration. The registration fee is included in the price!

Cost:
Member: $150 per week ($1500) Sibling rate: $1200
Non-member: $170 per week ($1700) Sibling rate: $1360
(This rate is not eligible for any discounts. If you qualify for any other type of discount, please register for the Summer Select Option.)

CURRENT Year Round Child Care Participants in Option 1 – Complete registration process and pay the $90 registration/swim lesson fee.

Summer Select: Choose from one to ten weeks of camp. At registration, the fee of $90 is due and weekly fees will be automatically scheduled to come out on the Monday of each week of registration.

Cost:
Member: $165/week
(All discounts-sibling or scholarship, will be adjusted AFTER registration is complete)
Non-member: $185/week
(All discounts-sibling or scholarship, will be adjusted AFTER registration is complete)

Note: If you will be or are already approved for any child care block grants, please email the director. They will assist with the registration once a Notice of Decision is received in the child care office.

ADVENTURE DAY CAMPERS – CHILDREN AGES 9-12
*Children who CAN SWIM at age 8 may register

Older campers will participate in activities which promote healthy body, mind, and spirit. Adventures include outdoor recreational swimming; crafts, sports, outdoor education, theme related activities and field trips every Thursday. Weekly fees include breakfast, afternoon snack, camp t-shirt and field trips. Stoney Point qualifies for the Summer Lunch Program and will also offer free pre-ordered lunches.

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Cost:
Member: $150 per week ($1500) Sibling rate: $1200
Non-member: $170 per week ($1700) Sibling rate: $1360
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Member: $165/week
(All discounts-sibling or scholarship, will be adjusted AFTER registration is complete)
Non-member: $185/week
(All discounts-sibling or scholarship, will be adjusted AFTER registration is complete)

Note: If you will be or are already approved for any child care block grants, please email the director. They will assist with the registration once a Notice of Decision is received in the child care office.
**SCHOOL AGE SUMMER DAY CAMP - HOW TO REGISTER ONLINE**

1. Visit [www.crmetroymca.org](http://www.crmetroymca.org)
2. Click on Programs & Registration - School Age Child Care
3. Click here to register online
4. You must create a user ID to register online (or login if you are already in the system.)
5. 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.

For financial assistance information, Contact Child Care Services Director at [phelps@crmetroymca.org](mailto:phelps@crmetroymca.org).

To ensure a spot the following items must be completed:
1. Online registration and a paid registration fee of $90.
   If your account has a balance due, it may not let you register.
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:**
- **Echo Hill:** 6:30am - 6:00pm
- **Truman & Stoney Point:** 6:30am - 6:00pm

**Year Round Option 1 Participants:**
Your spot is guaranteed, however, you must register online and pay the registration fee and supply any required hard copy forms such as a copy of your child’s immunization card.

**Parent Meetings 2019**
- **Truman - Monday, April 29, 2019 from 6:00-7:00pm**
- **Stoney Point - Monday, May 6, 2019 from 6:30-7:30pm**
- **Echo Hill - Monday, May 13, 2019 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.

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**CHILD CARE**

**SCHOOL AGE CHILD CARE - REGISTER ONLINE**

Registration for 2019/2020 school year opens at the end of June. 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 2019/2020 School Year**

**OPTION 1: YEAR-ROUND PAYMENT**
(8.22.19-8.22.20 Registration closes 10.30.19)
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:** $320
  - **Community:** $340

**OPTION 2: SCHOOL YEAR ONLY**
(8.22.19-5.30.20)
This payment plan includes before & after school, all in-service and late starts/early release days.

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

**OPTION 3: SCHOOL DAYS ONLY**
(8.22.19-5.30.20)
Includes before & after school on regular school days only.
No in-service/early out/late start days.

- **Cost Per Month:**
  - **Member:** $260
  - **Community:** $280

**OPTION 4: CHOICE OF “BEFORE ONLY” OR “AFTER ONLY”**
(8.22.19-5.30.20)
“Before School Only” includes late starts.
“After School Only” includes early release days.

- **Cost Per Month:**
  - **Member:** $210
  - **Community:** $230

**OPTION 5: DROP IN/EMERGENCY CARE**
(8.22.19-5.30.20)
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:**
  - $45 full day
  - $25 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. We will vacate the schools if the school districts deem it necessary for us to leave.
YOUTH SPORTS & ACTIVITIES

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 YMCA
- Day and Time: Mon/Wed 6:00-6:45pm
- Session 2: 6.03.19-7.17.19
- Register by: 5.20.19
- Cost/Session: Member-$35 Community Member-$65

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 2018-2019 school year. No practices/games week of July 4th.
- Ages: AK/K (t-ball) 1st/2nd grade (baseball/softball)
- Where: Stoney Point or Marion YMCA
- Day & Time: Chosen by volunteer coaches
- Session Date: 5.13.19-7.18.19
- Register By: 4.29.19
- Cost: Member - $40 Community Member - $80

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: 6.17.19-7.25.19
- 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)

SLIP N’ SLIDE KICKBALL
It’s Kickball with a twist—the coolest new summer activity! The base paths are slip n’ slides with the bases being inflatable catch pools. The games will consist of nine innings or a 75-minute time limit. Each team will have eight players. Players sign up individually and will placed on teams. Regular “kickball” rules apply with a few changes. Bring your swimsuit and a towel.
- Ages: Must be 8 years old to participate
- Where: Marion YMCA
- Day and Time: Wednesday 6.12.19, 6.26.19, 7.10.19, 7.24.19, & 8.7.19 at 12:30pm and 2:30pm
- Cost: Member-$10 Community Member-$15

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 YMCA or Garfield Elementary
- Day and Time: Mon/Wed from 5:30-6:15pm
- Register by: 8.19.19
- Cost/Session: Member-$32 Community Member-$67

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 YMCA
- Day and Time: Practice locations are chosen by volunteer coaches and games are played on Saturdays
- Fall Session: 8.12.19-10.05.19
- Games Begin: 8.31.19
- Register by: 7.29.19
- Cost: Both Fall 2019 & Spring 2020
Member-$70 Community Member-$115
- Fall 2019 Only
Member-$50 Community Member-$85
- Spring Soccer 2020: 3.16.20-5.16.20 weather permitting

SWIM, SPORTS, PLAY
YOUTH SPORTS – Registration is easy online!

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.

Late Fee Policy:
Please register by the listed deadline!
Any participant registering after the deadline will be charged a $5.00 late fee.
YMCA Annual Golf Classic

Monday, August 26, 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
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.

**SWIM PATHWAYS**

**Aquatic Conditioning** – This program is designated for anyone between the ages of 6-12 that are finished with the regular progressive swimming lesson classes, but who need a tune-up before joining a competitive swim team. If you do not want to lose the form and skills they have already learned. Grounded in the fundamentals of swimming, this program teaches and reinforces proper techniques in each of the competitive strokes with particular emphasis on FRONT CRAWL and BACK CRAWL. It will also focus on the correct turns that are to be performed while swimming laps, which will help to push endurance for the swimmer.

**Adapted Aquatics—Special Needs Swim Lessons—only at Marion** – This program is open to all individuals with cognitive and/or physical disabilities and is designed to provide a positive recreational and educational experience for participants. Existing YMCA Swim Lesson Programs will be adapted to meet the individual needs. This program is for all levels of swimmers. An adult may accompany in the water if needed.

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**LEARNING TO SWIM AT THE Y**

**Classes for all ages and swim stages**

**HELEN G. NASSIF YMCA**

5-week sessions featuring one class per week

- **Session 1:** 6.04.19–7.06.19*
- **Session 2:** 7.16.19–8.17.19
- **Cost:** Members-$25 Community-$50

*Thursday Session – Lessons will be prorated to reflect July 4th holiday.

**SWIM STARTER – PARENT/BABY**

30 minute classes

- **Water Discovery**
  - Saturday 9:00am
- **Water Exploration**
  - Saturday 9:35am

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**SWIM BASICS – PRESCHOOL**

30 minute classes

- **Stage 1: Water Acclimation**
  - Tues or Thurs 4:45pm 5:20pm
  - Saturday 10:10am 10:45am
- **Stage 2: Water Movement**
  - Tues or Thurs 4:45pm 5:20pm
  - Saturday 10:10am 10:45am
- **Stage 3: Water Stamina**
  - Tues or Thurs 5:55pm
  - Saturday 9:00am 11:20am

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**SWIM STROKES – PRESCHOOL**

30 minute classes

- **Stage 4: Stroke Introduction**
  - Saturday 9:35am 11:20am

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**SWIM BASICS – YOUTH**

30 minute classes

- **Stage 1: Water Acclimation**
  - Tues or Thurs 4:45pm 5:20pm
  - Saturday 10:45am
- **Stage 2: Water Movement**
  - Tues or Thurs 4:45pm 5:20pm
  - Saturday 10:10am 10:45am
- **Stage 3: Water Stamina**
  - Tues or Thurs 5:55pm
  - Saturday 9:00am 11:20am

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**SWIM STROKES – YOUTH**

30 minute classes

- **Stage 4: Stroke Introduction**
  - Saturday 9:35am 11:20am
STONEY POINT YMCA
Summer sessions are five weeks long, featuring one class per week. Classes through Stage 4 are 30 minutes in length. Stage 5 and Stage 6 classes are 45 minutes in length.

Cost:
Preschool: Members - $25  Community - $50
Youth: Members - $38  Community - $75

Session 1: 6.03.19-7.06.19
Session 2: 7.15.19-8.17.19

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 - $40
Youth: Members - $30  Community - $60

Session 1: 6.03.19-6.29.19
Session 2: 7.08.19-8.03.19

SWIM STARTER – PARENT/BABY
A - Water Discovery
Monday 4:30pm

B - Water Exploration
Wednesday 9:30am
Saturday 8:30am

SWIM BASICS – PRESCHOOL
Stage 1 - Water Acclimation
Monday 10:00am
Wednesday 4:30pm
Saturday 8:30am

Stage 2 - Water Movement
Monday 10:00am
Wednesday 10:30am
Friday 10:00am
Saturday 8:30am 9:10am

Stage 3 - Water Stamina
Monday 10:00am 4:30pm
Wednesday 10:50am
Friday 10:00am
Saturday 9:10am

Stage 4 - Water Stamina
Monday 4:30pm
Wednesday 10:30am
Friday 10:00am
Saturday 9:10am

Stage 5 - Stroke Development
Monday 5:00pm
Tuesday 5:00pm
Thursday 9:40am
Saturday 9:40am

Stage 6 - Stroke Mechanics
Monday 5:00pm
Thursday 11:00am
Saturday 10:20am

AQUATIC CONDITIONING
Monday 5:45pm
Saturday 10:20am

ADAPTED AQUATICS – SPECIAL NEEDS SWIM LESSONS
Wednesday 5:00pm 5:40pm

ADULT LESSONS
Saturday 12:00pm

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: $25 per 30 minutes – Member
$30 per 30 minutes – Community Member
$37.50 per 45 minutes – Member
$45 per 45 minutes – Community Member

YMCA SUMMER 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 compete 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 Bruce Croy at 319-390-3488. The actual swim meet schedule will not be available until May 2019. The season will conclude on the Saturday of the All City Swimming Meet, which will tentatively be held on July 20. 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, 2019.

HELEN G. NASSIF YMCA
Registration Begins: 4.29.19
Session Begins: 6.03.19
Days and Times: See USA practice schedule for assigned practice group
Cost: Member $135 Community Member $190

STONEY POINT YMCA
Registration Begins: 4.29.19
Session Begins: 6.03.19
Days and Times: Mon/Tues/Wed/Thurs 6:00-7:30pm
Tues/Thurs 6:30-8pm
Friday TBD
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 1: 5.28.19–5.31.19
Session 2: 6.03.19–6.06.19
Day and Time: Tuesday–Friday, 5:00–6:00pm
Register by: Session 1: 5.24.19
Session 2: 6.03.19
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 YMCA
Cost: Member $30* Community Member $35*
*30 minute sessions
Cost: Member $45** Community Member $52.50**
**45 minute sessions

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

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 and practice schedule tabs.

USA Competitive Seasons:
Fall/Winter September-February
Spring/Summer April-July

SWIM CLINICS
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 a six week session with one class per week. Please see swim lesson session dates on page 7. Classes are 45 minutes in length.

Swim Strokes – Youth – Stroke Development
Tues 5:00pm
Saturday 9:00pm

Swim Strokes – Youth – Stroke Mechanics
Tues 5:50pm
Saturday 9:50am

Cost: 1 day/week Member $38 Community Member $75

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: 6.08.19–7.13.19
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.

Session 1: 6.03.19–6.29.19
Session 2: 7.08.19–8.03.19
Cost: Member $30 Community Member $60

COMMUNITY SWIM FOR EVERYONE
MARION AND STONEY POINT YMCA
Enjoy the pool together, Members and Community Members alike, on Friday nights at the Marion and Stoney Point YMCA. Adults MUST accompany children in the pool. See monthly pool schedule for times. (Can be found online at crnmetroymc.org or at your local branch.)

Cost: Community Member – Adult $4 Child $3
HEALTHY LIVING
Activites 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
Cost: Member FREE
Community Member $60 for 10 class punch card (Good 2 months from purchase)
$110 for 20 class punch card (Good 3 months from purchase)

Schedules online at 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.

GROUP EXERCISE & AEROBICS CLASSES
We have 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 released monthly and can be found online at crmetroymca.org, at any Y branch Welcome Center, or on the Y app.

PERSONAL TRAINING
Work out the way you would like – get expert advice and find the types of workouts you enjoy while meeting your personal goals.

For YMCA at Mercy Health Plaza, Marion and Stoney Point YMCAs, contact: Naomi Engelken, Director of Healthy Living 319.378.5955 or engelken@crmetroymca.org

For Helen G. Nassif YMCA contact: Wendy Thompson, Wellness Center Coordinator 319.366.6421 ext. 400 or wthompson@crmetroymca.org

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.

Member Cost:

<table>
<thead>
<tr>
<th>Member</th>
<th>Cost (30 min)</th>
<th>Cost (60 min)</th>
</tr>
</thead>
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<tr>
<td>1 Session</td>
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<tr>
<td>6 Sessions</td>
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Community Cost:

<table>
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<td>$360</td>
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<tr>
<td>10 Sessions</td>
<td>$340</td>
<td>$585</td>
</tr>
</tbody>
</table>
GROUP TRAINING
Interested in working out with a small group of 2-4 people? For details contact Naomi Engelken: 319.378.5955 or engelken@crmetroymca.org

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.

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
New session beginning September 3rd!
This program includes:
• Free family membership for the 12-week program
• 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.
Contact Naomi Engelken at 319-378-5955 or engelken@crmetroymca.org for more information and for session dates and times.

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.

Now covered by Medicare!
Contact Emmaly Renshaw, Diabetes Prevention Program Coordinator, at 319-378-5955 or dpp@crmetroymca.org for session dates.

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: Naomi Engelken 319-378-5955 engelken@crmetroymca.org or check schedules online.

CHRONIC DISEASE SELF-MANAGEMENT PROGRAM
This 6-week workshop helps you take charge of your health and feel better! Who is it for? Anyone with long term health issues and caregivers: Cancer, Arthritis, Heart Disease, Stroke, Asthma, Lung Disease, Diabetes, Parkinson’s, Osteoporosis and more! This workshop will cover how to successfully manage your symptoms, reduce frustration, fight fatigue, breathe better, reduce stress & anxiety, take control of your condition and communicate better with doctors, nurses or dietitians.

Session: 5.15.19-6.19.19
Day and Time: Wednesday 12:30-2:30pm
Location: YMCA at Mercy Health Plaza
Cost: Member – $15 Community Member – $35
(includes one month YMCA pass)
Email Emmaly Renshaw at renshaw@crmetroymca.org with questions. Register online here.
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.

STONEY 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, & November. There is a $10 late fee if you register after the 10th of the month.
Register by:  The 1st of each month
Ages:  5 and up
All belts:  Tue/Thu  6:30-8:00pm
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:  9.05.19-10.24.19
Register By:  8.26.19
Cost:  $200 per team

HANDBALL/RACQUETBALL COURTS

Helen G Nassif YMCA
Walk in or call 319-366-6421 to reserve a court. Equipment available at the front desk.

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

A $25 late fee is charged after registration deadline.
YMCA Camp Wapsie is the camp facility of the Cedar Rapids YMCA. Located one half-hour north of Cedar Rapids, near Coggon on the backwaters of the Wapsipinicon River. Our natural setting provides the perfect getaway for summer camp programs, group retreats or business meetings.

UPCOMING YMCA CAMP WAPSIE CALENDAR

May 5 Open House: 1-4pm
May 17-19 Mother / Daughter Weekend
May 25-27 Memorial Day Family Camp
June 9-Aug 10 Summer Camp
Aug 31-Sept 2 Labor Day Family camp
Oct 27-28 Halloween Camp
Dec 27-29 Winter Camp
Year-round Host your retreat at Camp Wapsie

SUMMER RESIDENT CAMP

Camp Wapsie offers Day and Overnight camps for all school aged children. Programs focus on personal growth and fun alongside trained staff in an outdoor environment.

<table>
<thead>
<tr>
<th>Programs</th>
<th>Grades</th>
<th>Program Type</th>
<th>Length</th>
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<tbody>
<tr>
<td>Teepee Half Week</td>
<td>1-3rd</td>
<td>Overnight Introductory</td>
<td>½ wk</td>
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<tr>
<td>Teepee Village</td>
<td>1-3rd</td>
<td>Overnight</td>
<td>1 wk</td>
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<td>Campers</td>
<td>4-10th</td>
<td>Overnight Traditional</td>
<td>1 wk</td>
</tr>
<tr>
<td>Wilderness Education</td>
<td>6-10th</td>
<td>Overnight Outdoor Skills, Hunter Safety</td>
<td>1 wk</td>
</tr>
<tr>
<td>Ranger Camp</td>
<td>8-11th</td>
<td>Overnight Outdoor Skills</td>
<td>1 wk</td>
</tr>
<tr>
<td>Adventure Trips</td>
<td>7-12th</td>
<td>Overnight Off-Site Adventures</td>
<td>1 wk</td>
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<td>Leadership Program</td>
<td>10-12th</td>
<td>Overnight Leadership</td>
<td>3-4 wks</td>
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<td>Day Troopers</td>
<td>1-4th</td>
<td>Grade School Day Camp</td>
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<tr>
<td>Day Trekkers</td>
<td>5-8th</td>
<td>Teen Day camp</td>
<td>5 days</td>
</tr>
</tbody>
</table>

Session       Date       Theme
1 June 9-15   Animal Planet
2 June 16-22  Wizards and Magic
3 June 23-29  Super Heroes
4 June 30-July 6 Stars and Stripes
5 July 7-13   Pirates of the Wapsie
6 July 14-20  Star Wars
7 July 21-27  Time Travelers
8 July 28-Aug 3 The Lion King
9 Aug 4-10    Wild West
10 Aug 11-14  Challenge

NEW EXPERIENCES AT CAMP WAPSIE

Wapsie is always looking ahead to meet the needs of our campers and families, which means constantly evolving programs and activities. Whether it’s an Adventure Trip, Wilderness Education, or Magic: The Gathering there’s something new and exciting each year at summer camp. Pick up a brochure at your local Y branch to learn more.

FAMILY TIME AT CAMP

FOREVER STRONG
FOREVER BEAUTIFUL
FOREVER LOVED
MOTHER DAUGHTER WEEKEND

We cordially invite you and the important females in your life to come to Mother Daughter Weekend. We offer time for you to celebrate your strength; it comes in all forms. Whether it’s climbing the tower or the quiet patience of arts and crafts. Beauty is everywhere, so take in the natural beauty of camp while rediscovering your beauty within. The time away allows you to be truly present and intentional in your interactions with the women you love.

When: Friday, May 17, 7:00pm – Sunday, May 19, 1:00pm

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 (PARENT/CHILD PROGRAM)

Are you looking for fun family time activities, ways to create great memories and strengthen the bonds between you and your child/ren? YMCA Adventure Guides provides opportunities, activities and support for parents to teach, role model and discuss important values with your child/ren. It is a fun way to pass in along the valuable tools your child/ren need to thrive. For more information, visit www.campwapsie.org or call camp at 319-435-2577.

RETREATS, OUTDOOR EDUCATION & TEAMBUILDING

Wapsie is open year round to serve and support your group. We offer 172 scenic acres of woodslands 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 for more information.
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.

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. All donations made are used to support our community. Through the generous support of our Annual Campaign donors, the YMCA of the Metropolitan Cedar Rapids Area is able to give over $1 million back each year to ensure that everyone in our community has access to life-changing programs and services at our local YMCA locations.

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.

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.

www.crmetroymca.org/donate

YMCA FUNDRAISERS AND SPECIAL EVENTS
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 ANNUAL GOLF CLASSIC
Monday, August 26, 2019
Hunters Ridge Golf Course
Four-person best-shot tournament
Starts at NOON, dinner following
Foursome: $700
Individual: $175
Hole Sponsor: $300
Register online at: https://give.classy.org/ymcagolfclassic

YMCA BIKE RIDE
Saturday, August 17, 2019
Starting downtown Cedar Rapids – ending in newbo
Various stops along the way for food and drinks
Cost: $20.00 per rider
Registration will be available online