



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



# GROWING STRONGER TOGETHER

**Programs and Services for January - May 2020**  
**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 (Members Only)	10:00am–4:00pm

\*After 9:00pm, open to ages 18 and older ONLY.

**M–F: 11:30am–1:00pm ages 18 and older ONLY in pool.**

## 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](http://www.crmetroymca.org) for hours.

## 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:

<b>Thanksgiving Day</b>	<b>All branches are closed except HGN; Open 7:00am–11:00am</b>
<b>Christmas Eve</b>	<b>Open until Noon</b>
<b>Christmas Day</b>	<b>CLOSED</b>
<b>New Year's Eve</b>	<b>Open until 5:00pm</b>
<b>New Year's Day</b>	<b>HGN open 10:00am–2:00pm</b>
<b>Easter</b>	<b>CLOSED</b>
<b>Memorial Day</b>	<b>CLOSED</b>

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

 [Cedar Rapids/Marion Area YMCA](https://www.facebook.com/CedarRapidsMarionAreaYMCA)

 [@crmetroymca](https://twitter.com/crmetroymca)

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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/schedules/](http://www.crmetroymca.org/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

Enrollment is open until licensed capacity is reached.

#### Pricing is for 2019/2020 School Year

##### Option 1: YEAR-ROUND PAYMENT

**(8.23.19-8.14.20 Registration closes 10.31.19)** 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 PAYMENT (8.31.19-6.01.20)

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

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

##### Option 3: SCHOOL DAYS ONLY PAYMENT (8.23.19-6.01.20)

Includes before & after school on regular school days only.

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

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

##### Option 4: Choice of "BEFORE ONLY OR AFTER ONLY" (8.23.19-6.01.20)

"Before School Only" includes late starts. "After School Only" includes early release days.

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

##### Option 5: DROP IN/EMERGENCY CARE (8.23.19-6.01.20)

This is an emergency option for those not needing regular care.

You must be preregistered in our system before calling site to make a reservation. Drop Ins are welcome and accepted only until each facility reaches state-license capacity.

**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.

## HOW TO REGISTER ONLINE FOR CHILD CARE

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

Financial assistance resources are available until such time those resources run out. Contact the Child Care Services Director at [phelps@crmetroymca.org](mailto:phelps@crmetroymca.org).

Child Care rates are subject to change at any time.

Summer Day Camp registration for 2020 opens on March 1, 2020.

## SCHOOL AGE SUMMER DAY CAMP

The YMCA of the Cedar Rapids Metropolitan Area's Summer Day Camp program provides children ages 5-12 with summer activities which promote healthy body, mind and spirit. Adventures include: recreational swimming, crafts, sports, outdoor education, theme related programming and field trips every Thursday. Weekly fees include breakfast, afternoon snack, camp T-shirt and field trips.

### Summer Day Camp Registration will open on March 1, 2020.

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

1. Online registration and a paid registration/swim fee.
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.

**NOTE:** If your account has a balance due, it may not let you register. If you are unable to pay, contact Tanisha at: [phelps@crmetroymca.org](mailto:phelps@crmetroymca.org)

#### DAY CAMP SITES AND TIMES:

Echo Hill 6:30am-6:00pm  
Truman 6:30am-6:00pm  
Stoney Point 6:30am-6:00pm

## SUMMER DAY CAMP PAYMENT OPTIONS

### Full Summer

#### Prices – See Day Camp Flyers

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

### Summer – Select

Choose which weeks to attend

#### Prices Listed on Day Camp Flyers

### Year Round Option 1 Participants

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

### Parent Meetings 2020 TBD

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



# YOUTH DEVELOPMENT

Teaching skills and self-confidence through guided discovery

## KINDERGARTEN BASKETBALL

This program introduces kindergartners to the basic fundamentals of basketball in an environment that encourages fun! Choose from Helen G. Nassif, Marion or Stoney Point locations. This sign-up is for those who did not choose "BOTH" when signing up for the 1st session or did not play in the 1st session. \*Players are assigned teams and coaches on the start date of this program.

**Ages:** AK/Kindergarten  
**Where:** Helen G Nassif, Marion or Stoney Point YMCAs  
**Day and Time:** Tue/Thu from 5:30-6:15pm at chosen location  
**Session:** 1.21.20-2.27.20  
**Register by:** 1.05.20  
**Cost:** **Member-\$37** **Community Member-\$70**

## YOUTH BASKETBALL

Volunteer coaches teach basic fundamentals, and teamwork, they stress sportsmanship and keep the games FUN! Teams practice once a week at area schools. Games will be played on Friday evenings/Saturday mornings at any of the YMCA branches. All participants are divided according to grades.

**Ages:** 1st-6th graders  
**Where:** Helen G Nassif, Marion or Stoney Point YMCAs  
**Day and Time:** Games Fri evening and/or Sat morning  
**Session:** 1.13.20-3.07.20  
**Coach's Meeting:** 1.09.20  
**Games begin:** 1.31.20  
**Register by:** 12.30.19  
**Cost:** **Member-\$42** **Community Member-\$85**

## BOYS AND GIRLS BASKETBALL TEAM LEAGUE

This program is designed for girls and boys in 1st - 5th 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 Fridays/Saturdays. Coaches must provide a complete team roster and pay the \$250.00 fee at the time of registration. Teams provide their own uniforms, equipment and practice sites. Referees stress sportsmanship and fun! 10-player limit per team. All teams are welcome! Please remember, this is not a co-ed league.

3 Age group divisions - 1st/2nd graders, 3rd/4th graders & 5th/6th graders

**Where:** Helen G Nassif, Marion or Stoney Point YMCAs  
**Day and Time:** Friday Evenings/Saturday Mornings  
**Session:** 1.10.20-2.15.20  
**Games begin:** 1.10.20  
**Register by:** 12.27.19  
**Cost per session:** **\$250 per team**

## INSTRUCTIONAL SOCCER

This program introduces children to the basic fundamentals and rules of soccer while improving social interaction with peers. Volunteer coaches will hold practices/games at Marion or Stoney Point YMCAs & Garfield School.

**Ages:** 4-5 year olds  
**Where:** Marion or Stoney Point YMCAs or Garfield School  
**Day and Time:** Mon/Wed from 5:30-6:15pm  
**Session :** 3.30.20-5.06.20  
**Register by:** 3.16.20  
**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 locations. **If you registered for "BOTH" sessions in Fall 2019 you do not have to re-register.** This sign up is for those who did not choose "BOTH" in Fall 2019 or did not play in Fall league.

**Ages:** AK/K - 5th graders for girls  
AK/K - 5th graders for boys  
**Where:** Helen G Nassif, Marion, or Stoney Point YMCAs  
**Day and Time:** Practice determined by coach  
**Session:** 3.16.20-5.16.20  
**Games Begin:** 4.04.20  
**Register by:** 3.02.20  
**Cost/Session:** **Member-\$40** **Community Member-\$85**  
**\*NO GAMES EASTER WEEKEND**



# YOUTH DEVELOPMENT

Teaching skills and self-confidence through guided discovery

## YOUTH VOLLEYBALL

The YMCA's youth volleyball program teaches all basic fundamentals and rules of volleyball while also teaching good sportsmanship.

**Ages:** 3rd-6th graders  
**Where:** Helen G Nassif, Marion or Stoney Point YMCAs  
**Day and Time:** Mon/Wed from 5-6pm  
**Session:** 3.30.20-5.13.20  
**Register by:** 3.16.20  
**Cost/Session:** **Member-\$40**      **Community Member-\$80**

## YOUTH TRACK

Designed for students who like to run and have fun. Practice is on Tuesday at chosen location and track meets are on Saturdays.

**Ages:** K - 6th graders  
**Where:** Marion H.S. or Taft middle school tracks  
**Day:** Tuesdays and Saturdays  
**Session:** 4.07.20-5.26.20  
**Register by:** 3.30.20  
**Cost/Session:** **Member-\$35**      **Community Member-\$80**

## T-BALL/BASEBALL/SOFTBALL

Kids learn 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 and/or play games once or twice per week. Practice locations and times are chosen by volunteer coaches. Games will be played at Arthur Elementary School, Stoney Point YMCA or Marion YMCA. All participants are divided according to grades.

**Ages:** T-ball - AK/K    Baseball/Softball - 1st/2nd graders  
GRADE BASED ON 2019/2020 SCHOOL YEAR  
**Where:** Stoney Point or Marion YMCAs  
**Day and Time:** Practice locations and times are chosen by volunteer coaches and will be communicated to parents.  
**\*Session:** 5.11.20-7.16.20  
**Games Begin:** week of 6.01.20  
**Register by:** 4.27.20  
**Cost/Session:** **Member-\$40**      **Community Member-\$80**

\*NO PRACTICE/GAMES WEEK OF JULY 4TH

## MIGHTY SLUGGERS

Program focuses on teaching the fundamentals of baseball to 4 & 5 year olds. Mighty Sluggers meets on Mon/Wed. Participants should pick location when registering.

**Ages:** 4-5 year olds  
**Where:** Stoney Point or Marion YMCAs  
**Day and Time:** Mon/Wed 6:00-6:45pm  
**\*Session:** 6.01.20-7.15.20  
**Register by:** 5.11.20  
**Cost/Session:** **Member-\$35**      **Community Member-\$65**



## FAMILY TIME

### EGGSTRAVAGANZA - FREE COMMUNITY EVENT

Saturday, April 4, 2020

The YMCA of the Cedar Rapids Metropolitan Area will be hosting a pool Easter Egg Hunt at the Marion YMCA at 4:30 p.m. Parents are required to be in the pool with the child if the child is a non-swimmer.

**Event Day and Time:** 4.04.20      4:15-6:00pm  
**Register by:** 4.01.20

### HEALTHY KIDS DAY - FREE COMMUNITY EVENT

Saturday, April 18, 2020

<http://www.ymca.net/healthy-kids-day>

### STONEY POINT YMCA

The YMCA of the Cedar Rapids Metropolitan Area will be hosting Healthy Kids Day, a national YMCA event aimed at promoting positive, healthy activities for kids. We are planning a morning filled with fun activities and an afternoon of Open Swim. So mark your calendars for this annual Family Fun Day!

**Event Day and Time:** 4.18.20 from 9:00am-Noon

**Open Swim Time:** 1:00-2:30pm

**Ages:** All Ages

**Cost:** FREE

### PARENTS' NIGHT OUT

Enjoy a night out while your child (age 4 years - 5th grade) has an evening of fun and games with qualified YMCA Staff! Each night includes pizza for dinner, games, crafts, swimming and a movie centered around the theme for the evening. 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 the 1st of each month.

Prompt pick up is appreciated.

**Time:** 4:30-8:30pm

**Cost:**

**Member:** \$13 1st child

\$10.50 for each additional child

**Community Member:** \$23 1st child

\$18 for each additional child

**Dates:**

1.18.20    2.15.20    3.21.20    4.18.20    5.16.20

# 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.

\*Preschoolers must be potty-trained

## 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 or 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.

# LEARNING TO SWIM AT THE Y

## Classes for all ages and swim stages

### HELEN G. NASSIF YMCA

6-week sessions featuring one class per week

**Session 1:** 1.07.20-2.15.20

**Session 2:** 2.25.20-4.04.20

**Session 3:** 4.14.20-5.23.20

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

### SWIM STARTER – PARENT/BABY

30 minute classes

#### Water Discovery

Saturday 9:00am

#### Water Exploration

Saturday 9:35am

### 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

Tuesday 5:55pm

Saturday 9:00am 11:20am

### SWIM STROKES – PRESCHOOL

30 minute classes

#### Stage 4- Stroke Introduction

Thursday 5:55pm

Saturday 9:35am

### SWIM BASICS – YOUTH

30 minute classes

#### Stage 1- Water Acclimation

Tues 4:45pm

Saturday 10:10am 10:45am

### Stage 2- Water Movement

Tues 5:20pm

Thurs 4:45pm

Saturday 10:45am

### Stage 3- Water Stamina

Tues 5:55pm

Thurs 5:20pm

Saturday 9:00am 11:20am

### SWIM STROKES – YOUTH

30 minute classes

#### Stage 4- Stroke Introduction

Thurs 5:55pm

Saturday 9:35am 11:20am

# 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. Classes are subject to change.

#### Cost:

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

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

Session 1: 1.06.20-2.15.20

Session 2: 2.24.20-4.04.20

Session 3: 4.13.20-5.23.20

### SWIM STARTER – PARENT/BABY

#### B – Water Exploration

Saturday 8:30am

### SWIM BASICS – PRESCHOOL

#### Stage 1 – Water Acclimation

Tuesday 4:30pm

Saturday 8:30am

#### Stage 2 – Water Movement

Thursday 4:30pm

#### Stage 3 – Water Stamina

Saturday 9:50am

### SWIM STROKES – PRESCHOOL

#### Stage 4 – Water Stamina

Saturday 9:10am

### SWIM BASICS – YOUTH

#### Stage 2 – Water Movement

Thursday 4:30pm

Saturday 9:10am

#### Stage 3 – Water Stamina

Tuesday 5:10pm

### SWIM STROKES – YOUTH

#### Stage 4 – Stroke Introduction

Monday 5:10pm

Thursday 5:10pm

#### Stage 5 – Stroke Mechanics – 45 min class

Saturday 9:45am

#### Stage 6 – Stroke Development – 45 min class

Saturday 10:45am

### 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: 9.09.19-10.19.19

Session 2: 10.28.19-12.14.19

### SWIM STARTER – PARENT/BABY

#### A – Water Discovery

Monday 6:30pm

Saturday 9:40am

#### B – Water Exploration

Saturday 10:20am

### SWIM BASICS – PRESCHOOL

#### Stage 1 – Water Acclimation

Monday 5:00pm 5:40pm

Thursday 5:00pm

Saturday 9:00am 10:20am

#### Stage 2 – Water Movement

Tuesday 5:00pm

Thursday 5:00pm

Saturday 9:00am 10:20am

#### Stage 3 – Water Stamina

Monday 5:40pm

Tuesday 5:00pm

Thursday 5:40pm

Saturday 9:40am

### SWIM STROKES – PRESCHOOL

#### Stage 4 – Stroke Introduction

Tuesday 5:40pm

Thursday 5:40pm

Saturday 9:00am

### SWIM BASICS – YOUTH

#### Stage 1 – Water Acclimation

Tuesday 5:40pm

Saturday 9:00am

#### Stage 2 – Water Movement

Monday 5:00pm

Tuesday 5:00pm

Thursday 5:00pm

Saturday 9:40am

#### Stage 3 – Water Stamina

Tuesday 5:40pm

Thursday 5:00pm

Saturday 9:40am

### SWIM STROKES – YOUTH

#### Stage 4 – Stroke Introduction

Monday 5:45pm

Tuesday 5:40pm

Saturday 9:40am

#### Stage 5 – Stroke Development

Monday 5:00pm

Thursday 5:40pm

Saturday 10:20am

#### Stage 6 – Stroke Mechanics

Monday 5:00pm

Saturday 10:20am

### SWIM PATHWAYS

#### Aquatic Conditioning

Monday 5:45pm

Saturday 10:20am

#### Adapted Aquatics (Special Needs)

Wednesday 5:00pm 5:40pm

### TEEN/ADULT

Wednesday 6:15pm

Saturday 7:00am 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.

### AQUATIC DIRECTORS

HGN: Paul Brown  
brown@crmetroymca.org

Marion: Jenny Waters  
waters@crmetroymca.org

Stoney Point: Matt Kamin  
kamin@crmetroymca.org

# YOUTH DEVELOPMENT

Teaching skills and self-confidence through guided discovery

## PRIVATE SWIM LESSONS

The YMCA offers private swim lessons to youth and adults 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 the branch of your choice below.

<b>Helen G Nassif YMCA</b>	Paul Brown	319-366-6421
<b>Stoney Point YMCA</b>	Matt Kamin	319-390-3488
<b>Marion YMCA</b>	Jenny Waters	319-377-7361

**Cost:**

<b>30 minutes</b>	<b>1-3 Participants</b>	<b>Member -\$25</b>
		<b>Community Member-\$30</b>
<b>45 minutes</b>	<b>1-3 Participants</b>	<b>Member -\$37.50</b>
		<b>Community Member-\$45</b>

## PERSONAL COMPETITIVE SWIM TRAINING

Competitive swim training designed to work on all aspects of the sport. From turns to starts to stroke technique this program offers it's participants the opportunity to work with some of the area's most accomplished competitive coaches. To sign up or to get more information contact the branch Aquatic Director.\*

### HELEN G NASSIF AND STONEY POINT YMCAS

<b>Cost:</b>	<b>Member</b>	\$30/30 minutes
	<b>Community Member</b>	\$35/30 minutes

\*Training sessions of 30 min, 45 min or 1 hour available, as agreed to with your coach.

## 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 fun. **This class is not intended to be swimming lessons.**

### HELEN G NASSIF YMCA

<b>Ages:</b>	6-12 yrs old
<b>Session:</b>	5.26.20-5.29.20
<b>Day and Time:</b>	Tuesday-Friday, 5:00-6:00pm
<b>Register by:</b>	05.22.20
<b>Cost:</b>	<b>Member-FREE</b> <b>Community Member-FREE</b>

## DEVELOPMENTAL SWIM TEAM

This program is designed for anyone between the ages of 6 and 12 that is 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 with particular focus on Freestyle and Backstroke. Perfect for those who wish to learn about competitive swimming before joining a team.

### HELEN G NASSIF YMCA

<b>Session 1:</b>	1.06.20-2.12.20	Mon/Wed, 4:15-5:15pm
<b>Session 2:</b>	2.24.20-4.01.20	Mon/Wed, 4:15-5:15pm
<b>Session 3:</b>	4.13.20-5.20.20	Mon/Wed, 4:30-5:30pm
<b>Cost:</b>	<b>Member-\$90</b>	<b>Community Member-\$150</b>

## 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 a six week session with one class per week. Please see swim lesson session dates on page 6. Classes are 45 minutes in length.

#### 1) Swim Strokes - Youth - Stroke Development

Thursday	4:45pm
Saturday	9:00am

#### 2) Swim Strokes - Youth - Stroke Mechanics

Thursday	5:35pm
Saturday	9:50am

#### Cost:

<b>1 day/week</b>	<b>Member-\$45</b>	<b>Community Member-\$75</b>
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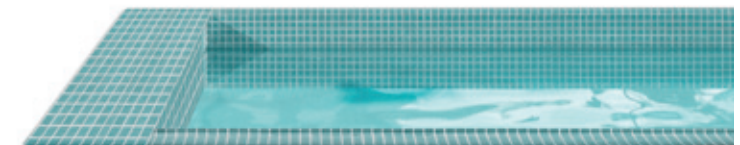
## USA COMPETITIVE SWIMMING

### 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](http://www.sharksswimming.org) under the Parent/Athlete Information tab.

#### USA Competitive Seasons:

<b>Fall/Winter</b>	September-February
<b>Spring/Summer</b>	April-July





# YOUTH DEVELOPMENT

Teaching skills and self-confidence through guided discovery

## TEEN AND ADULT SWIM LESSONS

HELEN G NASSIF

Six Week Sessions

Note: Consistency of instructor assignments is not guaranteed.

Session 1:	1.11.20-2.15.20	
Session 2:	3.01.20-4.04.20	
Session 3:	4.18.20-5.23.20	
Beginner	Sat	8:00am
Intermediate	Sat	8:30am
Cost:	Member-\$30	Community Member-\$60

## 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 swim followed by a timed brick retrieval) at the beginning of the course in order to continue with the training. Registration fees are not refundable if swimming test is not successfully completed.

MARION YMCA

Ages:	15 and up	
Register by:	3.11.20	
Days and Time:	3.16.20-3.22.20	Time TBD

HELEN G NASSIF YMCA - FULL COURSE ONLY

Ages:	15 and older	
Register by:	4.03.20	
Days and Time:	4.04.20-4.09.20	Online coursework. Links to be provided on 4.04.20.

Online completion certificate must be shown to complete skills portion of class.

4.10.20	6-8pm	Swim Test and Introduction
4.11.20	9am-7pm	Skills
4.12.20	9am-7pm	Skills and Final Testing

Cost: Member-\$175 Community Member-\$200

## COMMUNITY SWIM

MARION AND STONEY POINT YMCAS

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

Cost: \$3.00 Kids \$4.00 Adults

## AQUATIC FITNESS FOR ADULTS

### WATER EXERCISE CLASSES

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

#### Low Intensity Water Exercise

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.

#### High Intensity Water Exercise

This is a cardiovascular and resistance workout. It includes warm-up, muscle toning, and abdominal work. This is a total-body workout!

#### Aqua Zumba®

Come heat up the pool party. Enjoy the same Latin inspired dance music and moves that power regular Zumba classes. Music tempo is reduced, but resistance to your movements is increased. Class is led by a certified Aqua Zumba instructor.

#### Deep Water Exercise

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

#### Arthritis Water Exercise

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.

Please see pool schedules for each YMCA branch for days and times. Schedules are updated the 1st of each month and can be found online at [www.cmetroymca.org](http://www.cmetroymca.org). (class times are subject to change)



# HEALTHY LIVING

Will make you happy and feeling good for life

## WELLNESS ORIENTATIONS

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

## 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

\$10 late fee will be charged for payments made after 9th of the month.

<b>Ages:</b>	5 and up	
<b>Register by:</b>	The 1st of each month	
Beginners	Mon/Wed	6:00-6:45pm
Advanced/Color Belts	Mon/Wed	7:10-8:10pm
<b>Cost:</b>	<b>Member-\$35</b>	<b>Community Member-\$70</b>

#### MARION YMCA

Master Steve Griffin is a (6th Degree Black Belt) and assistant instructors include all 2nd Degree Black Belts or higher. \$10 late fee will be charged for payments made after the 9th of the month.

White-Green belts	Tue/Thu	6:30-7:30pm
Blue and above belt	Tue/Thu	7:30-8:30pm
Orientation	(Feb & May)	Tues/Thu 6:30-7:30pm
<b>Cost:</b>	<b>Member-\$35</b>	<b>Community Member-\$70</b>

### MINI TIGER (MARION YMCA)

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.

<b>Ages:</b>	3-5 years old	
<b>Days and Times:</b>	Thu 5:00-5:30pm	
<b>Cost:</b>	<b>Member-\$12</b>	<b>Community Member-\$24</b>

### 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 Merdith (3rd Degree Belt), 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.

#### STONE POINT YMCA

<b>Days and Times:</b>	Mon	7:30-8:30pm
	Thu	7:45-8:45pm
	Sat	10:30-11:30am
<b>Cost:</b>	<b>Member-\$35</b>	<b>Community Member-\$35</b>

## HEALTH, WELL-BEING AND FITNESS



### NEW! QUEENAX™ FUNCTIONAL FITNESS SYSTEM

The Cedar Rapids Metro YMCA Association is very fortunate to have received funding specifically designated for a new functions and fitness remodel of Racquetball Court #5 at our Helen G Nassif YMCA!

This new equipment and fitness area allows for:

- A more private personal training setting
- Increased small group training class offerings
- A unique and fun workout experience

In January, we will launch a full program schedule with classes for every population, personal training, small group training and open member time. The QueenAx™ will have specific times each day that it will be open for member use at **no additional cost!** Outside of those times, the QueenAx™ will be used for personal training and specialty classes that will be available for purchase for an additional cost.

Classes will be available for YMCA members ONLY beginning in January, 2020.

There will be free times available for members to use the new fitness area.

Members will also be able purchase class sessions on the QueenAx beginning in January.

Sessions are 6 weeks long:

<b>Cost:</b>	\$30 for 1 class/wk.
	\$45 for 2 classes/wk.
	\$60 for 3 classes/wk.

### 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're here to help.

For Personal Training at Marion, Mercy Health Plaza or Stoney Point YMCAs: Naomi Engelken, Director of Healthy Living 319-378-5955 or email at [engelken@crmetroymca](mailto:engelken@crmetroymca)

For Personal Training at Helen G. Nassif YMCA: Wendy Thompson, Wellness Center Coordinator 319-366-6421 ext. 400 or email at [wthompson@crmetroymca.org](mailto:wthompson@crmetroymca.org)

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

\*1 hour sessions need to be purchased as 1 hour and then can be divided into two-30 minute sessions.

#### Group Training

Interested in working out with a group of 2-4 people? For details contact Naomi Engelken at [engelken@crmetroymca.org](mailto:engelken@crmetroymca.org).

# HEALTHY LIVING

Will make you happy and feeling good for life

## MASSAGE THERAPY

Come enjoy a spa-like setting and some of the best rates in town! Call Welcome Center for an appointment: 319-378-5955. Massages offered at YMCA at Mercy Health Plaza.

Member Cost:	30 min	60 min
1 Session	\$35	\$60
3 Sessions	\$98	\$170
6 Sessions	\$190	\$330
10 Sessions	\$295	\$510

Community Cost:	30 min	60 min
1 Session	\$40	\$65
3 Sessions	\$110	\$185
6 Sessions	\$215	\$360
10 Sessions	\$340	\$585

## 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 quarterly schedule and schedules are subject to change.

Cost:	Member	Community Member
	FREE	\$70 for 10 class punch card (Good for 2 months from purchase)
		\$120 for 20 class punch card (Good for 3 months from purchase)

Schedules are featured online at [crmetroyymca.org](http://crmetroyymca.org) or at any Y branch.

## 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 who facilitates a small group of people with similar goals. Discuss topics such as healthy eating, increasing physical activity, reducing stress, problem solving and much more. Stay motivated to maintain progress towards program goals with monthly maintenance sessions.

For more information, contact Diabetes Prevention Coordinator Emily at [dpp@metroyymca.org](mailto:dpp@metroyymca.org)

DPP is an evidence-based, year-long program to support lifestyle changes in a group setting for those who are pre-diabetic or at risk of developing diabetes. Financial scholarships are available for all income levels!

Contact Emmaly at [renshaw@crmetroyymca.org](mailto:renshaw@crmetroyymca.org) to register.

**Cost:** \$429

### YMCA AT MERCY HEALTH PLAZA

**Beginning of next session:** January 16th, 2020

**Time:** 5:15pm

**Next FREE information session:** January 9th, 2020

**Time:** 5:15 pm

## 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! To enroll in the program, just fill out a form at the Welcome Center, or contact any branch or Naomi Engelken at [engelken@crmetroyymca.org](mailto:engelken@crmetroyymca.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. Held at Mercy Health Plaza.

**This program includes:**

- Free 12-week YMCA Family Membership
- Two 75 minute classes per week
- A combination of individual instruction and group activities
- Workouts include cardiovascular exercise, strength training, stretching and balance work.
- Access to all Cedar Rapids Metropolitan Area YMCA branches.

To learn more about the program, please contact Naomi Engelken at 814-558-0958 or [engelken@crmetroyymca.org](mailto:engelken@crmetroyymca.org).

Spring sessions starting in March.

## 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. Classes being added to more branches in 2017! Check out the monthly group exercise schedule for updates.

### MARION YMCA

**Days:** Mon/Wed/Fri

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

### YMCA AT MERCY HEALTH PLAZA

**Days:** Mon/Wed/Fri

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

### 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	Community Member
	FREE	10 punch card for \$70
		20 punch card for \$120

For more information contact: Naomi Engelken at 319-378-5955, [engelken@crmetroyymca.org](mailto:engelken@crmetroyymca.org) or check schedules on [crmetroyymca.org](http://crmetroyymca.org).

# HEALTHY LIVING

Will make you happy and feeling good for life

## NEW PROGRAM! STRONG KIDS, HEALTHY FAMILIES

In partnership with Linn County Extension, this 8-week program offers parents a class to save time and money, help picky eaters, learn to make low-cost meals, and strengthen family relationships. Kids will enjoy fun and active games in addition to hands-on cooking demonstrations each week for both parents and kids. Child watch will be available for kids five and under. Kids need to attend with a parent.

FREE for YMCA members and Non-Member families with kids ages 0-18.

### HELEN G NASSIF YMCA

**Day and Time:** Mondays 5:30pm-7:00pm  
Program begins on January 6th, 2020

## INDOOR SPRINT TRIATHLON

Looking for something to keep you active and help you reach new goals through the snow and cold? This is a time and not distance triathlon so all abilities are welcome. Great for both beginners and those training for larger races. Proceeds will benefit the Diabetes Prevention Program Scholarship Fund. Questions? [renshaw@crmteroyymca.org](mailto:renshaw@crmteroyymca.org)

**Day:** February 22, 2020

**Time:** Heats of 6 will start at 12:30 pm.

Register as an individual or as a team up to six! Registration opens January 1. Register online or with any Cedar Rapids Metro YMCA front desk.

## SPORTS AND RECREATION

### ADULT BASKETBALL

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

#### Tuesdays at the Helen G. Nassif and Stoney Point YMCAs

11.19.19-2.11.20 Register by: 11.05.19  
2.25.20-5.05.20 Register by: 2.11.20  
5.19.20-7.21.20 Register by: 5.05.20

#### Wednesdays at the Marion YMCA

1.08.20-3.11.20 Register by: 12.18.19  
3.25.20-5.27.20 Register by: 3.11.20  
6.10.20-8.12.20 Register by: 5.27.20

#### Sundays at Stoney Point YMCA

Sundays for 35 and Over  
1.05.20-3.15.20 Register by: 12.22.19  
3.22.20-6.07.20 Register by: 3.15.20  
6.14.20-8.23.20 Register by: 6.07.20

**Cost:** \$200 per team

### PICKLEBALL

#### HELEN G NASSIF YMCA

Every Tuesday, Wednesday & Thursday  
9am-Noon, Basketball court #3  
Equipment available at Welcome Center

## 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:** 10.06.19-11.24.19 (Register by 9.30.19)  
**Session 2:** 12.08.19-2.09.20 (Register by 11.24.19)  
**Session 3:** 2.16.20-4.05.20 (Register by 2.09.20)

### MONDAY LEAGUE

**Divisions:** AA, A & B  
**Location:** Helen G. Nassif and/or Stoney Point  
**Session 1:** 10.07.19-11.25.19 (Register by 9.30.19)  
**Session 2:** 12.02.19-2.03.20 (Register by 11.25.19)  
**Session 3:** 2.10.20-3.30.20 (Register by 2.03.20)

### TUESDAY LEAGUE

**Divisions:** AA, A & B  
**Location: (Women's League)** Marion  
**Location: (Men's League)** TBD  
**Session 1:** 10.08.19-12.03.19 (Register by 9.30.19)  
**Session 2:** 12.10.19-2.11.20 (Register by 12.03.19)  
**Session 3:** 2.18.20-4.14.20 (Register by 2.11.20)

### WEDNESDAY LEAGUE

**Divisions:** AA, A & B  
**Location:** Helen G. Nassif and/or Stoney Point  
**Session 1:** 10.09.19-2.04.19 (Register by 9.30.19)  
**Session 2:** 12.11.19-2.12.20 (Register by 12.04.19)  
**Session 3:** 2.19.20-4.08.20 (Register by 2.12.20)

### THURSDAY LEAGUE

**Divisions:** 4-on-4, A & B  
**Location:** Helen G. Nassif and/or Stoney Point  
**Session 1:** 10.10.19-12.12.19 (Register by 9.30.19)  
**Session 2:** 12.19.19-2.13.20 (Register by 12.12.19)  
**Session 3:** 2.20.20-4.09.20 (Register by 2.13.20)  
**Cost:** \$180/Team 4 on 4 - \$125/Team

## HANDBALL/RACQUETBALL COURTS

### HELEN G. NASSIF YMCA

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

For introductory lessons covering rules, play, serving and safety, contact 366.6421 to schedule. Must be a member.

<b>Cost:</b>	<b>Member</b>	<b>Community Member</b>
1-5 Sessions	\$45 Session	\$55 Session
<b>Cost:</b>	<b>Member</b>	<b>Community Member</b>
6-10 Sessions	\$40 Session	\$50 Session
11+ Sessions	\$35 Session	\$45 Session

ADULT LEAGUES REGISTERING AFTER THE DEADLINE WILL BE CHARGED A \$15 LATE FEE

# CAMP WAPSIE

Giving life-changing experiences since 1918

## YMCA CAMP WAPSIE

The Resident Camp facility of the Cedar Rapids Metro YMCA is located about a half-hour north of Cedar Rapids in rural Coggon and situated on 172 acres of scenic woodlands and wetlands next to the Wapsipinicon River. Our natural setting provides a perfect year-round 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. Find more info online at [www.campwapsie.org](http://www.campwapsie.org) or call the Camp Office at 319-435-2577.

## SUMMER CAMP

Camp Wapsie offers resident and day camp programs for school age participants. During the summer of 2020 week-long resident camp programs will run from Sunday through Saturday. Registration begins February 1, 2020. Y Member registration begins January 25, 2020. More information about camp programs can be found on our website [www.campwapsie.org](http://www.campwapsie.org)

### SUMMER CAMP 2020 DATES, THEMES, AND INFORMATION NIGHTS

\*Dates and times for camp information nights will be announced in November.

- Week 1:** June 7th – June 13th – Superheroes
- Week 2:** June 14th – June 20th – Magic
- Week 3:** June 21st – June 27th – Space Travelers
- Week 4:** June 28th – July 4th – Settlers of the Wapsie
- Week 5:** July 5th – July 11th – Music Mania
- Week 6:** July 12th – July 18th – Advance to Go (Board Games)
- Week 7:** July 19th – July 25th – Jungle Fury
- Week 8:** July 26th – August 1st – Olympics
- Week 9:** August 2nd – August 8th – Wild West

## 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.

- Days:** 12.27.19-12.29.19
- Ages:** 1st graders through 10th graders
- Register by:** 12.13.19
- Cost:** \$89
- Contact:** 319.435.2577 or visit [www.campwapsie.org](http://www.campwapsie.org)

## “EARN YOUR WAY TO CAMP” CANDY SALE

Are you interested in earning credit towards your child's week at Camp Wapsie this summer? Your child will earn 90 cents of credit towards their summer camp fees for each World's Finest chocolate item they sell. This proud tradition reinforces responsibility and money management in your child. Candy sale kicks off on February 1, 2020 with pickup sites at HGN, Marion, and Stoney Point YMCAs and a location in Iowa City. Dates and times will be announced the second week of January. "Like" Camp Wapsie on Facebook for up to date information or visit our website at [www.campwapsie.org](http://www.campwapsie.org). For more information or questions call the camp office at 319-435-2577.

**When:** 2.01.20-2.22.20

## SPRING FLING

Join us to celebrate the start of another great season of fun at Wapsie! Spring fling is open to participants in 1st through 10th grades. Campers enjoy many of the popular activities from the summer camp program such as arts and crafts, outdoor games, archery, and campfires.

- Days:** 3.28.20-3.29.20
- Ages:** 1st graders through 10th graders
- Register by:** 3.20.20
- Cost:** \$65
- Contact:** 319.435.2577 or visit [www.campwapsie.org](http://www.campwapsie.org)

## MOTHER DAUGHTER WEEKEND

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

- Days:** 5.15.20-5.17.20
- Ages:** Children 5 years and up
- Register by:** 5.12.20
- Cost:** \$81 per person
- Contact:** 319.435.2577 or visit [www.campwapsie.org](http://www.campwapsie.org)

## FAMILY CAMP WEEKENDS

Camp Wapsie offers two family camp programs throughout the year held Memorial and Labor Day weekends. Family camp is a wonderful way to enjoy a family getaway while participating in traditional Wapsie activities such as the climbing tower, archery, canoeing, group games, and arts and crafts. You family will also have the opportunity to create a special craft to bring home as a souvenir of your weekend. Registration information can be found on our website at [www.campwapsie.org](http://www.campwapsie.org).

## ADVENTURE GUIDES (PARENT/CHILD PROGRAM) PLUG INTO FAMILY

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

## RETREATS, OUTDOOR EDUCATION & TEAMBUILDING

Wapsie is open year-round to serve and support your group. We offer 172 scenic acres 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 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 YMCA Camp Wapsie at 319-435-2577 or visit us online at [www.campwapsie.org](http://www.campwapsie.org).

## SUMMER CAMP EMPLOYMENT

Every year Camp Wapsie hires 50+ summer staff to serve the nearly 2,000 children at its pristine and historic summer camp. Positions and skills needed vary widely including (but not limited to) cabin counselors, aquatics, equestrian, adventure trips, and kitchen staff, there is no shortage of meaningful positions available. All seasonal staff are paid a competitive rate, attend a week-long pre-camp training and have the potential to make a lasting impact in the lives of Eastern Iowa children. These positions begin as early as May 27th and run through August 8th. Applications will open the week of Thanksgiving. For more information and to apply please visit [www.campwapsie.org](http://www.campwapsie.org).

# SOCIAL RESPONSIBILITY

## Building a strong community

### GIVE

“To put into the possession of another for his or her use.”  
– Merriam-Webster Dictionary

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

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

But where society falls short, the Y – and donors like you – steps in. After more than 150 years of serving our community, the Y understands what Linn County needs to be its best. Everything our Y does is in service of making us, as individuals and as a community, better.

Keeping our communities great is a full-time job. YMCA donors, volunteers, members and partners like you make the difference. When you give to the Y, every dollar donated stays local and has a lasting impact on the people we serve. Your gift has a meaningful, enduring impact right in your own neighborhood. All donations made are used to support our local community. Through the generous support of our 2019 Annual Campaign donors, the YMCA of the Metropolitan Cedar Rapids Area provided over \$1 million in financial assistance to ensure that everyone in our community has access to life-changing programs and services at our local YMCA.

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

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

Check out our online giving option at [www.crmetroymca.com/donate](http://www.crmetroymca.com/donate)

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. Don't forget to ask if your employer has a matching gift program. Thank you for investing in our community. If you prefer to [GIVE online](#), just follow the link. All gifts are tax deductible and you will receive a receipt for your records.

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

### YMCA FUNDRAISERS AND SPECIAL EVENTS

#### YMCA TrivYa Night

Friday, February 7, 2020

DoubleTree Hotel Downtown Cedar Rapids

Every year in February we host an evening of trivia, based on 10 rounds of trivia and teams of 10 people per table. In addition to the trivia contest, we award prizes for a costume contest and hold a 50/50 raffle. The cost is \$700 per table or \$75 per person. Proceeds benefit the YMCA's financial assistance program. Register online for the event at <https://giveclassy.org/TriviaNight2020>