



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



GROWING STRONGER TOGETHER

Programs and Services for January - May 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–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 and fitness center.

MARION YMCA

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

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

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

MARION INDEPENDENT SCHOOL DISTRICT FITNESS CENTER*

675 S 15th St., Marion

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

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

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

*MISD only Memberships are available.

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

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:

Christmas Eve	Open until Noon
Christmas Day	CLOSED
New Year’s Eve	Open until 5:00pm
New Year’s Day	HGN open 10:00am–2:00pm
Easter	CLOSED
Memorial Day	CLOSED

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)

CHILD CARE 3
School locations and sign-up

YOUTH SPORTS 4
Preschool 4
Basketball 4
Soccer 4
Baseball/Softball 5
Mighty Sluggers 5
Track 5
Volleyball 5

FAMILY TIME 5
Winter Family Nights
Eggstravaganza
Healthy Kids Day
Parents’ Night Out

SWIM PROGRAM 6
Preschool Swim Lessons 6-7
Youth Swim Lessons 6-7
Additional Swim Options 8
Private Lessons
Competitive Swimming 8
Adult & Teen Swimming 9
Lifeguard Training 9
Community Swim 9
Aqua Exercise 9

HEALTHY LIVING 10-12
Martial Arts Training 10
Health, Well-Being & Fitness 10
Personal Training 10
Massage Therapy 10
Kid’s Zumba 10
Diabetes Prevention 11
LIVESTRONG at the YMCA 11
EnhanceFitness 11
Group Fitness 11
Adult Sports & Recreation 12

CAMP WAPSIE 12-13
Special Camps 13
Adventure Guides 13
Retreats 13

SOCIAL RESPONSIBILITY 14

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/

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.

Option 2: SCHOOL YEAR ONLY PAYMENT (8.23.18-5.31.19)

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

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

Option 3: SCHOOL DAYS ONLY PAYMENT (8.23.18-5.31.19)

Includes before & after school on regular school days only.

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

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

Option 4: Choice of "BEFORE ONLY OR AFTER ONLY" (8.23.18-5.31.19)

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

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

Option 5: DROP IN/EMERGENCY CARE (8.23.18-5.31.19)

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

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

HOW TO REGISTER ONLINE FOR CHILD CARE

1. visit 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 wiersig@crmetyomca.org.

Child Care rates are subject to change at any time.

Summer Day Camp registration for 2019 opens in late March.

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 late March, 2019.

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

1. Online registration and a paid registration/swim fee of \$80.
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 Michelle at: wiersig@crmetyomca.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

Member-\$150/week Community Member-\$170/week

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

Summer - Select

Choose which weeks to attend

Member - \$165/week Community Member - \$180/week

Year Round Option 1 Participants

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

Parent Meetings 2019 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: 1.22.19-3.05.19
Register by: 1.07.19
Cost: **Member-\$35 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: 1.14.19-3.09.19
Coach's Meeting: 1.10.19
Games begin: 2.01.19
Register by: 12.28.18
Cost: **Member-\$40 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: 2.01.19-3.09.19
Games begin: 2.01.19
Register by: 12.28.18
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 : 4.01.19-5.08.19
Register by: 3.18.19
Cost/Session: **Member-\$30 Community Member-\$65**

YOUTH SOCCER

Girls and boys have separate leagues. Practices are once a week at locations chosen by volunteer coaches. Games are played on Saturday mornings at various locations. **If you registered for "BOTH" sessions in Fall 2017 you do not have to re-register.** This sign up is for those who did not choose "BOTH" in Fall 2017 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: 3.18.19-5.18.19
Games Begin: 4.06.19
Register by: 3.04.19
Cost/Session: **Member-\$40 Community Member-\$85**

*NO GAMES EASTER SUNDAY



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: 4.01.19-5.15.19
Register by: 3.18.19
Cost/Session: **Member-\$40** **Community Member-\$85**

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
Day: Tuesdays and Saturdays
Session: 4.09.19-5.21.19
Register by: 4.01.19
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 2018/2019 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:** 5.13.19-7.18.19
Games Begin: week of 6.03.19
Register by: 4.29.19
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:** 6.03.19-7.17.19
Register by: 5.13.19
Cost/Session: **Member-\$35** **Community Member-\$65**



FAMILY TIME

EGGSTRAVAGANZA - FREE COMMUNITY EVENT

Saturday, April 6, 2019

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: 4.06.19 4:15-6:00pm
Register by: 4.05.19

HEALTHY KIDS DAY - FREE COMMUNITY EVENT

Saturday, April 27, 2019

<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: 4.27.19 from 9:00am-Noon

Open Swim Time: 1:00-3:00pm

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 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.

Cost:

Member: \$13 1st child

\$10.50 for each additional child

Community Member: \$23 1st child

\$18 for each additional child

Dates:

1.19.19 2.16.19 3.16.19 4.13.19 5.18.19

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: 1.08.19-2.16.19

Session 2: 2.26.19-4.06.19

Session 3: 4.16.19-5.25.19

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.

Cost:

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

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

Session 1: 1.07.19-2.16.19

Session 2: 2.25.19-4.06.19

Session 3: 4.15.19-5.25.19

SWIM STARTER – PARENT/BABY

A – Water Discovery

Saturday 8:30pm

B – Water Exploration

Saturday 9:05am

SWIM BASICS – PRESCHOOL

Stage 1 – Water Acclimation

Tuesday 4:45pm

Thursday 4:45pm

Saturday 9:40am 10:15am

Stage 2 – Water Movement

Monday 4:45pm

Tuesday 5:20pm

Saturday 9:40am 11:25am

Stage 3 – Water Stamina

Saturday 9:05am 10:50am

SWIM STROKES – PRESCHOOL

Stage 4 – Water Stamina

Monday 4:45pm

Saturday 8:30am

SWIM BASICS – YOUTH

Stage 1 – Water Acclimation

Monday 5:10pm

Tuesday 5:20pm

Thursday 4:45pm

Saturday 10:15am

Stage 2 – Water Movement

Tuesday 4:45pm

Saturday 11:25am

Stage 3 – Water Stamina

Thursday 5:20pm

Saturday 10:50am

SWIM STROKES – YOUTH

Stage 4 – Stroke Introduction

Monday 5:20pm

Thursday 5:20pm

Saturday 8:30am

Stage 5 – Stroke Mechanics

Saturday 10:15am

Stage 6 – Stroke Development

Saturday 11:05am

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: 1.07.19-2.15.19

Session 2: 2.25.19-4.06.19

Session 3: 4.15.19-5.25.19

SWIM STARTER – PARENT/BABY

A – Water Discovery

Monday 6:30pm

Saturday 9:00am 9:40am

B – Water Exploration

Saturday 10:20am

SWIM BASICS – PRESCHOOL

Stage 1 – Water Acclimation

Monday 5:00pm 5:40pm

Thursday 5:00pm

Saturday 10:20am

Stage 2 – Water Movement

Tuesday 5:00pm

Thursday 5:00pm

Saturday 10:20am 11:00am

Stage 3 – Water Stamina

Monday 5:40pm

Tuesday 5:00pm

Thursday 5:30pm

Saturday 9:40am

SWIM STROKES – PRESCHOOL

Stage 4 – Stroke Introduction

Tuesday 5:30pm

Thursday 5:30pm

Saturday 9:00am

SWIM BASICS – YOUTH

Stage 1 – Water Acclimation

Tuesday 5:00pm

Saturday 9:00am

Stage 2 – Water Movement

Monday 5:00pm

Tuesday 5:00pm

Thursday 5:00pm

Saturday 9:00am

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

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.

YOUTH DEVELOPMENT

Teaching skills and self-confidence through guided discovery

PRIVATE SWIM LESSONS (MEMBERS ONLY)

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.

Helen G Nassif YMCA	Paul Brown	319-366-6421
Stoney Point YMCA	Bruce Croy	319-390-3488
Marion YMCA	Jenny Waters	319-377-7361
Cost:	\$20/30 min.	\$30/45 min.

Each lesson can have a maximum of three participants.

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

Cost:	Member	\$25/30 minutes
	Community Member	\$30/30 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

Ages:	6-12 yrs old
Session:	5.28.19-5.31.19
Day and Time:	Tuesday-Friday, 5:00-6:00pm
Register by:	05.25.18
Cost:	Member-FREE Community Member-FREE

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

Session 1:	1.07.19-2.13.19	Mon/Wed, 5:00-6:00pm
Session 2:	2.25.19-4.03.19	Mon/Wed, 5:00-6:00pm
Session 3:	4.15.19-5.22.19	Mon/Wed, 4:30-5:30pm
Cost:	Member-\$90	Community Member-\$150

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

Tuesday	5:00pm
Saturday	9:00am

2) Swim Strokes - Youth - Stroke Mechanics

Tuesday	5:50pm
Saturday	9:50am

Cost:

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

USA COMPETITIVE SWIMMING

HELEN G. NASSIF YMCA

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

USA Competitive Seasons:

Fall/Winter	September-February
Spring/Summer	April-July



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:	1.12.19-2.16.19
Session 2:	3.02.19-4.06.19
Session 3:	4.20.19-5.25.19
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:	3.07.19
Days and Time:	3.09.19-3.12.19 Time TBD

HELEN G NASSIF YMCA - FULL COURSE ONLY

Ages:	15 and older
Register by:	4.04.19
Days and Time:	4.06.19 noon-5pm
	4.09.19 10am-4pm*
	4.08.19-4.12.19 6-10pm*

*Schedule may be adjusted by the Instructor.

STONEY POINT YMCA

Ages:	15 and up
Register by:	12.15.19
Days and Time:	12.18.19-12.22.19 5:30pm-8:30pm

Cost:	
Full	Member-\$140 Community Member-\$70
Review	Member-\$175 Community Member-\$110

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 www.crmetroymca.org)

Cost:	\$3.00 Kids	\$4.00 Adults
-------	-------------	---------------

AQUATIC FITNESS FOR ADULTS SWIM TRAINING FOR TRIATHLETES

This class is designed for novice triathletes and those interested in training ideas for the swimming portion of your triathlon. Participants should be able to complete multiple swimming laps. This class is not designed for beginners or non-swimmers.

STONEY POINT YMCA

Days and Time:	Mon: 6-7am/Sat: 7:30-8:30am
	Wed: 5-6pm/Sat: 7:30-8:30am

Session 1:	3.05.19-4.14.19
Session 2:	4.23.19-6.02.19

Cost:	Member-\$50	Community Member-\$122
-------	-------------	------------------------

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.crmetroymca.org. (class times are subject to change)



HEALTHY LIVING

Will make you happy and feeling good for life

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.

Ages:	5 and up	
Register by:	The 1st of each month	
Beginners	Mon/Wed	6:00-6:45pm
Advanced/Color Belts	Mon/Wed	7:10-8:10pm
Cost:	Member-\$32	Community Member-\$64

MARION YMCA

Master Steve Griffin is a (6th Degree Black Belt) and assistant instructors include all 2nd 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
Cost:	Member-\$32	Community Member-\$64

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.

Ages:	3-5 years old	
Days and Times:	Thu 5:00-5:30pm	
Cost:	Member-\$11	Community Member-\$22

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

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

HEALTH, WELL-BEING AND FITNESS

PERSONAL TRAINING

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

- Strength/cardio
- Cycling
- Pilates/yoga

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

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

Cost:	Member	Community Member
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 2-30 minute sessions.

Group Training

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

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

KIDS ZUMBA

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

MARION YMCA

Ages:	6-13 years	
Day and Time:	Tuesdays, 4:15pm-5:00pm	1.08.19-2.26.19
Cost:	Member-FREE	Community Member-\$75

HEALTHY LIVING

Will make you happy and feeling good for life

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@crmetroymca.org.

GROUP EXERCISE & AEROBICS CLASSES

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

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

Schedules are featured online at crmetroymca.org 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@metroymca.org

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.

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@crmetroymca.org.

YMCA AT MERCY HEALTH PLAZA

01.08.19-04.04.19	Tue/Thur	9:30am-10:45am
01.08.19-04.04.19	Tue/Thur	6:15pm-7:30pm
06.04.19-08.29.19	Tue/Thur	9:30am-10:45am
09.17.19-12.12.19	Tue/Thur	9:30am-10:45am
09.17.19-12.12.19	Tue/Thur	6:15pm-7:30pm

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 \$60 20 punch card for \$110

For more information contact: Naomi Engelken at 319-378-5955, engelken@crmetroymca.org or check schedules on crmetroymca.org.

HEALTHY LIVING

Will make you happy and feeling good for life

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

11.27.18-2.12.19 Register by: 11.13.18
2.26.19-4.30.19 Register by: 2.12.19
5.14.19-7.16.19 Register by: 4.30.19

Wednesdays at the Marion YMCA

1.30.19-4.03.19 Register by: 1.16.19
4.17.19-6.19.19 Register by: 4.03.19

Sundays at Stoney Point YMCA

Sundays for 35 and Over

12.16.18-2.24.19 Register by: 12.09.18
3.03.19-5.05.19 Register by: 2.24.19
5.19.19-7.28.19 Register by: 5.05.19

Cost: \$200 per team

ADULT VOLLEYBALL

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

SUNDAY LEAGUE

Divisions: A & B
Location: Helen G. Nassif
Session 2: 12.09.18-2.10.19 (Register by 12.02.18)
Session 3: 2.17.19-4.07.19 (Register by 2.10.19)

MONDAY LEAGUE

Divisions: AA, A & B
Location: Helen G. Nassif and/or Stoney Point
Session 2: 12.10.18-2.11.19 (Register by 12.03.18)
Session 3: 2.18.19-4.08.19 (Register by 2.11.19)

WEDNESDAY LEAGUE

Divisions: AA, A & B
Location: Helen G. Nassif and/or Stoney Point
Session 2: 12.19.18-2.13.19 (Register by 12.12.18)
Session 3: 2.20.19-4.10.19 (Register by 2.13.19)

THURSDAY LEAGUE

Divisions: 4-on-4, A & B
Location: Helen G. Nassif and/or Stoney Point
Session 2: 12.13.18-2.07.19 (Register by 12.06.18)
Session 3: 2.14.19-4.04.19 (Register by 2.07.19)
Cost: \$180/Team 4 on 4 - \$125/Team

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

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.

Cost:	Member	Community Member
1-5 Sessions	\$45 Session	\$55 Session

Cost:	Member	Community Member
6-10 Sessions	\$40 Session	\$50 Session
11+ Sessions	\$35 Session	\$45 Session

PICKLEBALL

HELEN G NASSIF YMCA

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

CAMP WAPSIE

Providing life-changing experiences since 1918

UPCOMING CAMP EVENTS

Winter Camp	Dec 27-29, 2018
Camp Info Night at Stoney Point YMCA	Jan 21: 5-6:30pm
Camp Info Night at HGN Y	Jan 22: 5-6:30pm
Camp Info Night at Iowa City Library - Room B	Jan 23: 5-6pm
Camp Info Night at Marion Y	Jan 24: 5-7pm
Summer Camp Registration Begins for Y Members	Jan 25
Summer Camp Registration Begins	Feb 1
Candy Sales Program	Feb 2-23
Spring Fling	March 30-31
Camp Wapsie Egg Hunt	April 20
Volunteer Day at Camp (1-4:30pm)	April 28
Camp Open House (1-4pm)	May 5
Mother/Daughter Weekend	May 17-19
Memorial Day Family Camp	May 25-27

CAMP WAPSIE

Giving life-changing experiences since 1918

YMCA CAMP WAPSIE

YMCA Camp Wapsie is the resident camp facility of the Cedar Rapids YMCA. It is located about one 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 the perfect locale for camp programs, group retreats or business meetings. We offer year-round camping, retreat programs, day, resident and Family Camp programs. Our facilities include a large meeting and dining hall, overnight cabin accommodations, food service, outdoor recreation areas and much more. Find more info online at www.campwapsie.org or call the Camp Office at 319-435-2577.

SUMMER CAMP

Camp Wapsie offers day and resident camp programs for school age children. Summer Camp 2019 runs Sunday through Saturday, week long sessions June through August. Registration begins February 1, 2019. Y Member registration begins January 25, 2019. Learn about all the programs, dates and prices on our website www.campwapsie.org

SUMMER CAMP INFORMATION NIGHTS

Want to know more about resident camp at YMCA Camp Wapsie? Attend one of these information nights to learn more details:

Where:	Stoney Point Y
Day/Time:	January 21, 5-6:30pm
Where:	Helen G. Nassif Y Lobby
Day/Time:	January 22, 5-6:30pm
Where:	Iowa City Library, Meeting Room B
Day/Time:	January 23, 5-6pm
Where:	Marion Y
Day/Time:	January 24, 5-7pm

WINTER CAMP

Kids can enjoy a camp experience in the winter with a holiday theme plus many traditional camp activities, campfire, games, sledding and much more.

Days:	12.27.18-12.29.18
Ages:	1st graders through 10th graders
Register by:	12.21.18
Cost:	\$89

“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. Candy sale kicks off on February 2, 2019 with pickup sites at HGN, Marion and Stoney Point YMCAs and 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. For more information or questions call the camp office at 319-435-2577.

When: 2.02.19-2.23.19

SPRING FLING

Join us to celebrate the start of another great season of fun at Wapsie! Spring Fling is open to boys and girls in first through 10th grades! Campers enjoy lodge activities, meals, snacks and heated cabins.

Days:	3.30.19-3.31.19
Ages:	1st graders through 10th graders
Register by:	3.27.19
Cost:	\$65

MOTHER DAUGHTER WEEKEND

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

Days:	5.17.19-5.19.19
Ages:	Children 5 years and up
Register by:	5.15.19
Cost:	\$81 per person

FAMILY CAMP WEEKENDS

Did you know that Wapsie offers family camp programs on Memorial and Labor Day weekends? It's a great way to enjoy a family getaway at Wapsie. We provide cooking and lodging so the whole family can enjoy camp Wapsie traditions as well as special family activities. Pick up a camp brochure for registration details or contact camp for more information and to check availability.

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 in along the valuable tools your children need to thrive. For more information 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 woodlands and wetlands all just a short drive from Cedar Rapids. Students experience what they have learned in the classroom with hands-on activities in beautiful and natural surroundings. Bring your youth group or craft club to grow, develop, brainstorm or be creative in our year-round heated buildings. Wapsie teambuilding provides personal and team growth for your corporate leaders or leaders of any age. We will customize your visit to meet your needs. Fun, learning and growth merge at Camp Wapsie!

For more information contact YMCA Camp Wapsie at 319-435-2577 or visit us online at www.campwapsie.org.

SUMMER CAMP EMPLOYMENT

Every year Camp Wapsie hires 55 summer staff to work with nearly 2,000 children at its pristine and historic summer camp. From Equestrian Director to Cabin Counselor 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 28 and run through August 10. To learn more and apply please visit 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 2017 Annual Campaign donors, the YMCA of the Metropolitan Cedar Rapids Area raised more than \$200,000 to ensure that everyone in our community has access to life-changing programs and services at our local YMCA.

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

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 in 2019. 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 15, 2019

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 \$750 per table or \$75 per person. Proceeds benefit the YMCA's financial assistance program.