



FALL FOR FITNESS

SALINA FAMILY YMCA
2024 Fall/Winter Program Guide





MEMBERSHIP BENEFITS

Being a part of the Y family, you'll discover that you are part of a powerful nonprofit association of men, women, and children joined together by a shared commitment to nurturing the potential of kids, promoting healthy living, and fostering a sense of social responsibility.

CHECK OUT OUR WEBSITE! Visit salinaymca.org

MEMBERSHIP RATES

Membership Type	Referral Rate per Month	Rate per Month	Rate per Year
YOUTH (ages 0-9)		\$9	\$108
STUDENT (ages 10-18)		\$12	\$144
YOUNG ADULT (ages 19-26)	\$26.40	\$33	\$396
ADULT (ages 27+)	\$32	\$40	\$480
COUPLE (2 people in the household)	\$45.60	\$57	\$684
FAMILY (2 adults and children)	\$52	\$65	\$780

Members who pay annually for membership receive 13 months for the price of 12. Members who pay monthly can refer a friend and save 20% each month.



Patsy Stockham • Membership Director
pstockham@salinaymca.org • 785-404-4044



Stacy Serrault • Engagement Specialist
sserrault@salinaymca.org • 785-404-4022

DO. EARN. REWARD YOURSELF.

With Y Rewards you earn points for coming to the Y, referring your friends, and more! These points can easily be redeemed for instant rewards and great savings. Use your reward points for branded swag and select Salina Family YMCA services, plus access member-only savings on top merchandise, hotels, and other special offers! Visit salinaymcarewards.com to join!

CORPORATE MEMBERSHIPS

The Y is a place where your employees can decompress, relieve stress, and re-energize. It's a place where they can connect with the community and thrive! By helping your employees stay healthy, your company benefits include:

- HAPPIER EMPLOYEES - Improved sense of value, more activity, raised morale
- COST SAVINGS - Fewer injuries, lower health care costs, and less turnover
- HIGHER PRODUCTIVITY - Healthier, more productive, less absent employees
- BOOSTED ENGAGEMENT - Sharper thinking, increased creativity & collaboration
- STRONGER COMMUNITY - When people feel better and work harder - we all win.

INCOME-BASED FINANCIAL ASSISTANCE

For all membership types, joiner fees, childcare, & most programs. Based on gross annual income & number in household. Applications are available online or at the Y!

VOLUNTEER OPPORTUNITIES

EXPLORE, FULFILL, SUPPORT, BOND, LEARN, MEET, GIVE, FEEL

As one of the leading nonprofits and volunteer-led organizations, the Salina Family YMCA offers opportunities for individuals, families, and organizations to volunteer in ways that let you connect and develop meaningful relationships, all while making an impact in the community.

CONTACT STACY SERRAULT TO DISCOVER WAYS YOU CAN ENGAGE MORE THROUGH VOLUNTEERING!



FACILITY HOURS

Mon-Fri | 4:30am-9:00pm
Sat | 7:00am-5:00pm
Sun | 10:00am-5:00pm

HOLIDAY HOURS

September 2, Labor Day | CLOSED
November 28, Thanksgiving | CLOSED
December 24, Christmas Eve | 4:30am-2:30pm

December 25, Christmas | CLOSED
December 31, New Years Eve | 4:30am-5:00pm

*When the Y is closed, check out **YMCA360**. Visit salinaymca.org/ymca360*



YOU MAKE MORE POSSIBLE

HOW YOUR GIFT MAKES A DIFFERENCE

\$150 Allows 3 kids the opportunity to play a season of sports.

\$300 Provides a full session of swim lessons for a class of 5 kids.

\$500 Provides 4 kids with a year of membership at the Salina Family YMCA.

\$750 Gives a kid 5 memorable weeks of summer camp.

\$1500 Allows a kid to attend all 10 weeks of summer camp.

The Y experience is full of small moments that lead to **BIG TRANSFORMATIONS**. The smile on a kid's face after her first goal, the sound of kids splashing as they learn how to swim, neighbors helping neighbors, community **COMING TOGETHER**.

Every person deserves to have these moments in life. **YOU** can help more people experience them.

Your generosity gives **LIFE-CHANGING OPPORTUNITIES** to the kids in Salina by making it possible for them to participate in programs that might otherwise be out of reach for their families.

Donate in person at the Y or give your gift at salinaymca.org



AGE PRIVILEGE GUIDELINES

Children under the age of 10 MUST be accompanied and supervised by a parent/ guardian (ages 16+) at all times, unless the child is in an organized program. Adults supervising the child MUST have a membership or purchase a day pass to enter the facility, unless the child is participating in youth sports, swim lessons or gymnastics.

PROGRAM AREA AGE REQUIREMENTS

KIDS GYM

6 weeks - 9 year olds

TRACK

Children under 10 must be accompanied by and within arm's length of someone over 16 years of age^

Children 10+ years without an adult

BASKETBALL GYM

Children up to 7 years MUST be with an adult in the gym^

8-9 year olds an adult MUST be in the facility^

10+ years without adult in the building

FAMILY/LAP POOLS

Children up to 7 years MUST be with adult in water^#

Children 8-years of age: adults MUST be in the building^#

10+ years of age: Adult is not required to be in the building #

16+ years of age to use the whirlpools

GROUP EXERCISE

10-11 year olds may watch in class

Children 12+ years may participate

SCHWAN'S WELLNESS CENTER

10-13 yrs with Youth Fitness Training may use cardio and resistance machines and must wear a purple band; Additional PT session with Green band may also use free weights

ADULT LOCKER ROOMS

Must be 16 years of age or older

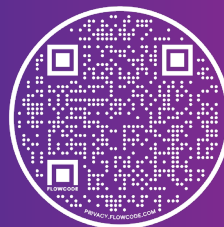
LEGEND:

^ Unless in organized Y class

Must pass swim test to use deep end



DISCOVER YOUR DRIVE DISCOVER YOUR Y



Scan the QR code or visit www.salinaymca.org/careers for more info or to apply.

CAREERS AT THE Y

The YMCA employs approximately 200 employees, 50 of which are full time positions. Full time and part time employees are offered a variety of benefits including discounted programs, retirement, flexible scheduling and a FREE MEMBERSHIP! To apply please visit salinaymca.org/careers or scan the QR code above. If you have any questions, please reach out to Cherie Grigsby at 785-404-4041 or cgrigsby@salinaymca.org. Open positions include:

- Childcare
- After School Program
- Aquatics
- Wellness
- Group Exercise Instructor
- Youth Sports
- Kids Gym
- Custodial
- Summer Camp Counselor
- Substitute Lead
- Gymnastics

Benefits to working at the Y include:

- Free Membership
- Discount on most programs
- Free Drop in Kids Gym
- Flexible Schedules
- 403b Retirement Account
- Medical/Dental/Vision/Life Insurance
- First Aid/CPR/AED Certification

Cherie Grigsby • Human Resources and Training Director
cgrigsby@salinaymca.org • 785-404-4041



SEPTEMBER

September 2: Labor Day, Closed

September 9: Welcoming Week— Welcoming Week event is to celebrate the benefits of welcoming all. Communities are stronger when everyone feels welcome and valued. Join us in celebrating!



September 10: Lil Tikes Soccer Begins

September 13: Fiesta Familiar Family Night

September 14: Fall Sport Games Begin

OCTOBER

October 7: Winter Sports Early Bird Registration Begins

October 15: Basketball Skills Camp Registration Opens

October 22: Winter Sports Regular Registration Begins

October 25: National Pumpkin Day Member Appreciation

October 31: Halloween

NOVEMBER

November 11: Veterans Day Luncheon

November 18: Winter Sports Registration Ends

November 28: Thanksgiving, Closed

November 28: 37th Annual Turkey Trot

DECEMBER

December 4: Winter Sports Coaches Meeting

December 6: Basketball Skills Cam Registration Closes

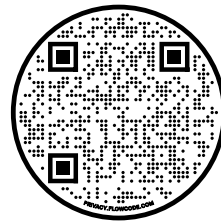
December 7: Kansas Wesleyan Basketball Skills Camp

December 12: Cookies, Cocoa & Claus/Candy Cane Lane

December 24: Christmas Eve

December 25: Christmas, Closed

December 31: New Years Eve



Learn more about upcoming programs online at salinaymca.org/programs

37TH ANNUAL TURKEY TROT

**RUN HARD.
GIVE THANKS.**



REGISTRATION: Oct 28–Nov 28

DISTANCE: 2 mile walk / 3 mile run

RACE DATE: November 28

LOCATION: Bill Burke



Angela Mitchell • SACC Director
amitchell@salinaymca.org • 785-404-4032

Y'S KIDS AFTER SCHOOL PROGRAM

Kindergarten -5th grades

Our program nurtures a child's potential, ensures the development of healthy, trusting relationships that build confidence and character. We also include academic enrichment and structured activities that provide kids with physical activity, hands-on experiences, engaging activities, healthy snacks, and arts and crafts. **Registration open now!**

Hours Monday-Friday from the end of the school day until 6pm.

Locations

- YMCA (Cottonwood, Oakdale, Heusner, Coronado)
- Stewart
- Sunset (Schilling)
- Meadowlark
- Full Days to be announced once USD 305 Calendar is finalized.

Monthly Rates

- Full time (3-5 days/week) | Member \$180/month, Non-member \$230/month
- Part time (1-2 days/week) | Member \$110/month, Non-member \$160/month
- Financial Assistance available and DCF funds are accepted.

Giving you Peace of Mind | Y Kids Afterschool and Full Days are licensed by the Kansas Department of Health and Environment (KDHE).

- All staff undergo comprehensive background checks. Counselors are trained in: • Child Development/School Age Activities • CPR/First Aid/AED • Signs & Symptoms of Childhood Illness & Abuse

The Salina Family YMCA is a Salina Area United Way Childcare Initiative Partner

"This funding will allow our programs to hire and retain quality staff without jeopardizing the workforce in Salina by outpricing parents. I have staff that I asked how it would affect them - they said they would stop looking for other jobs and feel financially safer. Another staff member told me that they would actually be able to make their rent now. - Marti Higdon"



EARLY EDUCATION CENTER AT THE YMCA

M-F 6:45am-5:30pm | 2½-5 years | \$165/week

- Breakfast, lunch and afternoon snack are provided
- YMCA Membership is required for this program
- We will open at 8:00 am if USD 305 has a snow day
- Financial Assistance available and DCF funds are accepted.

Curriculum | Developmentally age-appropriate curriculum. Social/emotional curriculum and P.E. class.

Giving you Peace of Mind | The Early Education Center is licensed by the Kansas Department of Health and Environment (KDHE).

- All staff undergo comprehensive background checks. Counselors are trained in: • Child Development/School Age Activities • CPR/First Aid/AED • Signs & Symptoms of Childhood Illness & Abuse

ANGEL CHILD CARE — MCADAMS

At Church of Cross UMC (1600 Rush St.) & McAdams (1312 McAdams)

7:00am-5:30pm | Ages 6 weeks to school age

Fee pricing is per week

Infant: Member \$215 | Non-Member \$240

Toddler: Member \$205 | Non-Member \$230

Pre-K: Member \$165 | Non-Member \$190



NO SCHOOL DAYS—Full Days At the YMCA

- Held on week days school is not in session during the school year
- Breakfast, lunch, and a snack are provided
- Hours 7:30 am- 6:00pm, You must register for full days in advance.
- If a child is registered and does not attend and does not give a minimum of 24 hours' notice, payment is still required, and no refund will be given as limited spaces are available.
- Children do not have to participate in Y's Kids After school program to participate in Full Days.

Pricing Member \$25/day, Non-member \$45/day

Constance Zimmerman • Billing Specialist & Childcare Registrar
czimmerman@salinaymca.org • 785-404-4031





PARTIES & CELEBRATIONS



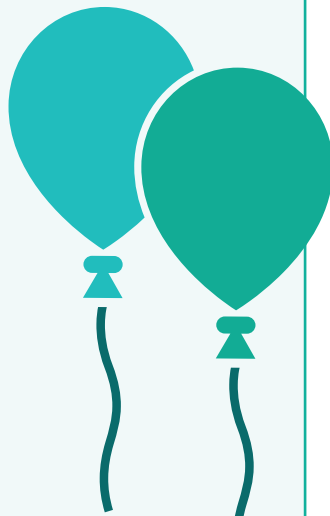
Celebrate with us! Let the Y take care of your next party or group event with options that deliver fun for all ages and all types of celebrations. Our parties are 2 hours long and include a space for you to decorate to enjoy food and drink or open gifts. We take care of the planning, set up, execution, and cleanup of every party with trained staff who specialize in fun! Our party packages and add-ons are set to accommodate 12 participants with an option to add more. Member and non-member prices available for all options. Choose from the following party themes:

- Traditional** – celebrate inside or out with classic party games and activities like sack racing, pin the tail, musical chairs and more!
- Kids Gym** – Have our in house play area for you and your guests for free play in this space full of fun and creative play!
- Gymnastics** – a classic Y party option that takes you inside the gymnastics gym for free play with the option of a few fun games!
- Pool** – Have a splashing good time in our family pool! (Availability is limited)

Add ons:

- Decorations** – Let us set the stage for your party by supplying and setting up color themed tablecloths, streamers, balloons, banners, and table decoration!
- Pizza** – Let us feed your crowd with a pizza party add on that includes color themed plates and utensils, drinks and of course, the pizza!
- Cake and Ice Cream** – Enjoy a dozen color themed cupcakes with individual servings of ice cream and all the plates, napkins, and utensils to match!
- The Works** – Let us do it all for you with a bundle discount on all of the add on packages together, so all you worry about is having fun!

Visit us online to request your next party!
Scan the QR code or visit salinaymca.org/birthday-parties.



FOOD PROGRAM

Each school year, the Y provides over 60,000 meals to our program participants. Healthy meals and snacks are served within the guidelines of the Child and Adult Care Food Program. In the summer of 2024, more than 70,000 additional meals were provided through the Summer Food Service Program to Y's Kids, Grab N Go and other community camps. Would you like to help? Contact Stacy!



Stacy Jagodzinske • Child Nutrition Director
sjagodzinske@salinaymca.org • 785-404-4036

KIDS GYM Ages 6 Weeks – 9 Years

The Kids Gym is a fun and safe place for children to play with toys, games, playground area and more, while parents enjoy the Y. Kids Gym is available for a maximum of 2 hours per visit. Registration is required, or a day pass.

HOURS Mon-Fri | 8:00am–12:30pm
Mon-Thurs | 3:30–8:00pm
Fri | 3:30–7:00pm
Sat | 9:00am–3:00pm
Sun | CLOSED

COST 1 child \$15/month | 2 or more \$20/month | or Daily cost \$5/visit



Angeles De Leon • Youth and Family Coordinator
adeleon@salinaymca.org • 785-404-4066



MEMBER SPOTLIGHT

Meet the Diehl Family. The day Sarah (middle) realized that she could impact the youth in a positive way, she decided to become a YMCA coach. Commuting from over an hour away, she enrolled her daughter and son into youth sports.

Julia (left) and Max (right) have been involved with Salina YMCA sports since they were about 3 years old. Their favorite sport being soccer, they love how they can make friends and that “every one gets to play and have a great time!” Aside from soccer, they also participate in swim and occasionally gymnastics. Sarah’s main goal while coaching emphasizes youth and family development. She incorporates fun and effective strategies to have players connect with each other and their parents. The cherry on top is the pizza party at the end of each season. Thanks for being apart of Us.





SWIM LESSONS (Ages 6 months - Adult)

We strive to create a safe, fun, and encouraging environment for children to develop as swimmers. In addition to teaching swimming skills, our instructors are passionate about creating a positive atmosphere that encourages our students to be courteous, respectful, responsible, and confident individuals and athletes. Classes are based on ability and progress with your child's abilities. Visit salinaymca.org/aquatics/swim-lessons or scan the QR code for class times, level descriptions and to register your child for swim lessons.



ADAPTIVE AQUATICS

Adaptive lessons are designed for individuals with developmental, cognitive, or physical disabilities. These one-on-one classes can be personalized for the needs of each participant. Contact the Aquatic Director for more information.

1 half-hour lesson per session | Members: \$35 | Non-Members: \$65

Private Lesson Package (Members Only) Buy 5 | \$125

PRIVATE/SEMI-PRIVATE LESSONS

Private 1-on-1 with an appropriate instructor. Semi-private lessons are with 2 children of similar swimming ability with an instructor. Contact the Aquatic Director for more information.

1 half-hour lesson | Members: \$35 | Non-Members: \$65

Private Lesson Package (Members Only) Buy 5 | \$125

Note: Classes may be canceled or combined due to lack of enrollment.

The pools will be closed in the event of severe weather, or if there is thunder and lightning in the area. In the event of severe weather, swim lessons will be moved to other areas of the building to participate in water safety and rescue discussions.

No refunds will be issued after registration has closed. Extenuating circumstances will be considered on a case-by-case basis.

Travis Heaton • Aquatic Director
theaton@salinaymca.org • 785-404-4062



LIFEGUARD PREP/PRE-COURSE SWIM PRACTICE

Interested in becoming a lifeguard, but unsure of your swim skills? During the pre-course swim practice participants will run through swim skills required for the lifeguard certification course pretest. Cost for the class is \$20.

[Schedule Appointment](#) | [Registration required](#) | [Call the Y to be put on the interest list](#)

RED CROSS WATERPARK & LIFEGUARD TRAINING

This course is offered for new lifeguard candidates. Participants must be present for every class session. A pre-course swim test will be conducted the first day of class - lifeguard candidates must be strong swimmers. There is approximately 10 hours online course work that must be completed before the first day of class.

Dates TBD | [Registration required](#) | [Call the Y to be put on the interest list](#)
Member \$150 | Non-Member \$200

RED CROSS LIFEGUARDING REVIEW/RE-CERTIFICATION

This review course is offered for current lifeguards who need to recertify. Participants must be present for every class session. Space is limited, enroll early.

Dates TBD | [Registration required](#) | [Call the Y to be put on the interest list](#)
Member \$100 | Non-Member \$125

RED CROSS WATER SAFETY INSTRUCTOR

This is a certification course to become a swim lesson instructor. Participants must be present for every class session. There are approximately 12 hours of online course work that must be completed before the first day of class. Minimum age 15+

Dates TBD | [Registration required](#) | [Call the Y to be put on the interest list](#)
Member \$180 | Non-Member \$200



MAKE A DIFFERENCE SAVE A LIFE

Now Hiring Lifeguards! Paid training!



Earn money, be a leader and save lives. Earn your lifeguard certification for FREE when you come to work for the Salina Y! Learn more and register now at salinaymca.org/lifeguard



SESSION DATES FOR ALL LEVELS

4-week Sessions

Aug 5–30
 Sept 2–27
 Sept 30–Oct 25
 Oct 28–Nov 22
 Nov 25–Dec 20

Registration

July 8–Aug 12
 Aug 5–Sept 9
 Sept 2–Oct 9
 Sept 30–Nov 4
 Oct 28–Dec 9



- No Classes will be held on Labor Day, Thanksgiving Day, Christmas Day, and New Year's Day.
- A \$10 Late Fee will be charged for registrations past the registration end date.
- No refunds will be issued after registration has closed. Extenuating circumstances will be considered on a case-by-case basis.

PRESCHOOL GYMNASTICS

TWO CAN DO

2yrs | 4 wk sessions | Member \$35 | Non-Member \$65

Mon 6:00–6:30pm

INCHWORMS

3yrs | 4 wk sessions | Member \$38 | Non-Member \$71

Thurs 6:15–7:00pm

TWO CAN DO/INCHWORMS COMBO

2–3 yrs | 4 wk sessions | Member \$38 | Non-Member \$71

Wed 9:15–10:00am

Thurs 9:15–10:00am

MIGHTY MYTES

4/5 yrs | 4 wk sessions | Member \$38 | Non-Member \$71

Tues 6:15–7:00pm

Wed 10:00–10:45am

Wed 6:15–7:00pm

Thurs 10:00–10:45am



RECREATIONAL GYMNASTICS

ROLLERS (Beginner Class)

Girls & Boys | School Age | 4 wk sessions | Member \$45 | Non-Member \$85

M/W 5:00–6:00pm

SWINGERS (Intermediate Class)

Girls & Boys | School Age | 4 wk sessions | Member \$45 | Non-Member \$85

M/W 6:00–7:00pm

ROLLERS/SWINGERS COMBO

Girls & Boys | School Age | 4 wk sessions | Member \$45 | Non-Member \$85

T/Th 6:00–7:00pm

HOTSHOTS PRE-TEAM

(YMCA Membership required, instructor permission only)

Girls | School age | 4 wk sessions | Member \$60

M/W 4:30–6:00pm



Bev Jones • Gymnastics Coordinator
 bjones@salinaymca.org • 785-404-4061

PRIVATE LESSONS

Contact Bev Jones for info and scheduling

1 half-hour lesson Member \$30

Non-Member \$60

1 hour lesson Member \$50

Non-Member \$100

Group Private 1-hour Lesson (2–4 children)

Members \$50 + \$10/additional child

Non-Members \$100 + \$10/additional child



GYMNASTICS NOTES

- Only water bottles allowed in gymnastics area, no food or other drinks
- Dress Code: shorts and t-shirt or leotard. No jeans, jean shorts or buttoned pants are to be worn by participants
- Long hair must be pulled back in a ponytail for safety
- Classes maybe canceled due to lack of enrollment
- IF CLASS IS FULL, PLEASE SIGN -UP FOR THE NEXT SESSION
- All children under 10 yrs. of age must be accompanied by an adult to and from the gymnastics area
- Only enrolled participants may be on gymnastics equipment.

GEMSTARS COMPETITIVE TEAM

L1-L10 and Xcel (instructor permission only)

The Salina YMCA GemStars is a traveling, competitive team gymnastics team dedicated to the sport of gymnastics. Our staff is committed to provide a fun, safe, caring, and productive environment that instills healthy living, impactful relationships, social development, and opportunities for personal growth. The GemStars are truly "Gems of the GYM". Contact Bev Jones for more information.





YOUTH SPORTS

Reversible jerseys are required for all league sports seasons. You will only need to purchase again if your child out grows it.

PK-3rd jersey: \$17 (no number) | Numbered jersey for basketball: \$20

*If you already have a jersey, you may put a number on yourself versus purchasing a new jersey.

*** No refunds will be issued for sports programs or jerseys. Extenuating circumstances will be considered on a case-by-case basis.**

WINTER BASKETBALL

Each league features a weekly practice and a game that focuses on fundamentals, sportsmanship and having fun. All players receive a medal. YMCA youth sports depend on parent volunteer coaches and involvement of all parents.

Grades K-6th

Registration Early Bird: Oct 7–Oct 21; \$35/Member, \$60/Non-Member

Regular Registration: Oct 22–Nov 18; \$45/Member, \$70/Non-Member

*\$10 late fee will be added to any registration approved by the sports department after Nov 20

Practice starts Jan 2 | **Games** start Jan 15 | **Coaches Meeting** Dec 4 @ 6pm

Open Gym Dec 9–12 & Dec 16–18, 5:30–7:30pm

KWU BASKETBALL CAMP

YMCA Youth Sports is teaming up with Kansas Wesleyan University Basketball for winter skills camps! Fundamental drills, fun activities, and game time will develop athletes in a positive learning environment. For new or experienced players! Contact the sports director for more info..

Registration October 15 - December 6 | Register by November 15 for a Shirt!

Camp Date December 7



Jonathan Barajas • Sports Coordinator
jbaraja@salinaymca.org • 785-404-4029



Jerod Goodale • Sports Director
jgoodale@salinaymca.org • 785-404-4025

LITTLE TIKES BASKETBALL

Little Tikes is an instructional program designed to introduce sports in a non-competitive and fun environment. Parents and children will participate together. Program requires a minimum of 1 parent to attend. No jersey is required. No games will be played. A ball will be provided.

Ages 3.5–5 years old

Registration Early Bird: Oct 7–Oct 21; \$30/

Members, \$55/Non-Members

Regular Registration: Oct 22–Dec 16; \$40/

Members, \$65/Non-Members

*\$5 late fee will be added to any registration

approved by the sports department after Dec 18

Season starts Jan 13 and will be on Monday night with 3 different time slots:

5:15–6:00pm, 6:00–6:45pm & 6:45–7:30pm



SHOTOKAN KARATE

Shotokan Karate is a traditional Japanese martial art form where self-discipline, physical and mental strength will be taught. Must be a member to register.

T-Dragons (3-4 yrs) & **Lil' Dragons** (5-6 yrs) | Thu 5:45–6:15pm | \$40/Month

Karate (7 & Up) | Thu 6:30–7:15pm | \$40/Month

ADULT SPORTS

DROP-IN PICKLEBALL

Pickleball is a racket sport that combines elements of badminton, tennis, and table tennis. Two to four players use solid paddles to hit a perforated polymer ball, like a whiffle ball, over a net. Seasonal, see gym schedule

M-F, 9am–12pm | Free for members, \$5 Day Pass/Non-Members



Ethan Thompson • Sports Assistant
ethompson@salinaymca.org • 785-404-4035



Ellen Hogeland • Group Exercise Coordinator
ehogeland@salinaymca.org • 785-404-4028

PERSONAL TRAINING PACKAGES

1 hr. sessions may be divided into two 30 min. sessions

- 1/2-hour Individual Session | \$30/Member, \$60/Non-Member
- 1 hour Individual Session | \$50/Member, \$100/Non-Member
- Group 1 Hour Session (2-4 people) | \$65/Member, \$130/Non-Member
- Individual Introductory Package *New PT clients only (1 time use only package) 3 sessions | \$125/Member \$250/Non-Member
- **Sweatember special** 5 sessions for the price of 4 | Sept 1-7
- **Black Friday special** 5 sessions for the price of 4 | Nov 25-29

Meet our Personal Trainers! Scan the QR code to read bios for our Salina Personal Trainers. ➔



GET STARTED PROGRAM

This is a series of two complimentary appointments designed to support you in pursuit of your health and wellness goals. A wellness coach will meet with you to discuss your needs and interests and together you will develop an achievable plan for success!

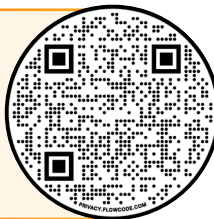
INBODY ASSESSMENT

An accurate and precise body composition analyzer that provides vital outputs like body fat, muscle, and water levels that can be used to provide personalized plans geared towards healthy living. Register at the membership desk for an appointment.

Cost \$20/members and \$40/non-members | **Members 1st testing is free**

YMCA360 IS FREE FOR MEMBERS!

Enjoy live or on-demand group exercise classes with your favorite instructors, explore nutrition classes, youth enrichment, fitness options and more. Check it out at www.salinaymca.org/ymca360



Hope Varela • Wellness Coordinator
hvarela@salinaymca.org • 785-404-4039

PARKINSONS EXERCISE CLASS

Class is T/TH 2:00-3:00 p.m. This class is FREE to the community for participants diagnosed with Parkinson's and their caregivers can participate.

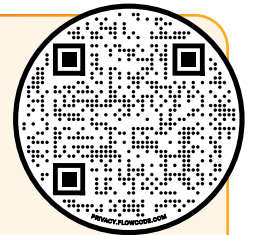
YOUTH FITNESS TRAINING CLASS

The YFT is for kids aged 10-13 yrs and is required to utilize the Wellness Center. This class will combine an education component on weight room etiquette, safety, and proper form along with hands on experience with the equipment. By appointment only. **Cost** \$25 for the 1st child, \$10 more per sibling. (Must be in the same household.)

GROUP EXERCISE CLASSES- INCLUDED WITH MEMBERSHIP!

Drop in and Check them out!

We offer a variety of group exercise classes weekly on land and in the water. Classes such as, BogaFIT, Line Dancing, Strength Train Together, Yoga, Drum Fitness, SilverSneakers®, Aqua Power plus more! Schedules available online at salinaymca.org/schedule or scan the QR code.



NUTRITION AS WE AGE & FAMILY FOCUS

Explore the benefits of healthy eating and how nutrition affects optimal aging. Discuss the relationship between nutrition, exercise and stress management. Watch for upcoming dates **Cost** \$25/members and \$50/non-members

Y'S WEIGHT LOSS PROGRAM

12 week program meeting once a week for 1 hour. Group based with topics on balanced eating, physical activity, goal setting, and behavior sustainability.

Register NOW for upcoming classes

- Wednesday, 6-7pm, September 18-December 11
- Thursday, 10-11, September 19-December 12

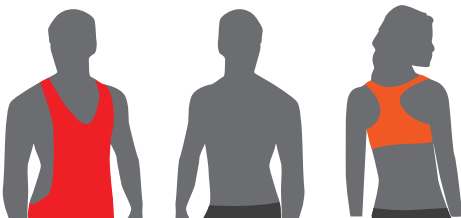
WELLNESS CENTER DRESS CODE

WHAT TO WEAR



- Appropriate shirt styles must be worn at all times (see pictures).
- Tops must cover nipples
- Sports Bras may not be the outermost layer and mid-drift should have limited exposure (see picture).
- Shorts and pants cannot expose buttocks.
- Clothing cannot contain offensive language and/or symbols.
- Closed-toed shoes are required for anyone under the age of 18.

WHAT NOT TO WEAR



Individuals are responsible for managing their own personal "distractions" without regulating members' clothing. Staff discretion on attire is final say.

Questions? Concerns?

Please talk to a YMCA staff member.



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