

MEMBERS SAVE!



PROGRAM GUIDE

NOVEMBER & DECEMBER 2023



YMCA at ACRC
501 4th Avenue NE
Austin, MN 55912

www.ymcaatacrc.org
info@ymcaatacrc.org



HOURS & AMENITIES

Welcome

info@ymcaatacrc.org

YMCA HOURS

September 5, 2023 - May 27, 2024	
MONDAY - FRIDAY	5:00am - 9:00pm
SATURDAY	7:00am - 4:00pm
SUNDAY	10:00am - 3:00pm

YOUTH/TEEN CENTER

MONDAY - FRIDAY	3:00pm - 7:00pm
SATURDAY	OPEN*

The Youth/Teen Center is a FREE, supervised space where activities are geared towards kids in 5th-12th grades, but we do welcome younger children if they are accompanied by an adult. Children and adults must check-in with the attendant upon arrival. Participation in this program means access to homework help, a snack, open gym time, and weekly activities. **FREE** Smart Bus from IJ Holton & Ellis on a first-come, first-served basis. Bus is parked in the back of the school, in the teacher parking lot.

*Hours are subject to change, please check our [website](#) for the most current hours.

INDOOR PLAYGROUND

MONDAY - FRIDAY	10:30am - 1:30pm
	3:00pm - 8:00pm
SATURDAY	9:00am - 3:00pm
SUNDAY	10:00am - 2:00pm

This space includes a climbing tree, tree house, climbing mounds, underground tunnel, swinging bridge, slides and more. Our indoor playground which is ADA accessible, is perfect for kids from ages 2 to 10 and is free to use by all residents in the Austin community.



FINANCIAL ASSISTANCE

We offer financial assistance and scholarships to make sure membership, programs and services are available to everyone regardless of income or background.

To apply for financial assistance, please visit our [website](#) for the proper form. Once the form is complete, bring in ALL required documents to our Member Engagement team so we can process your application. Required documents are listed on the application. These forms, along with the application can be emailed to our Membership Director, Maggie Moore at mmoore@ymcaatacrc.org.

CLOSED THESE HOLIDAYS

THANKSGIVING DAY
CHRISTMAS EVE
CHRISTMAS DAY
NEW YEARS EVE
NEW YEARS DAY

Due to Christmas Eve & New Years Eve falling on Sundays, we are closing out of respect for our staff.

MEMBERSHIP

TOURS:

M/W/F
12pm-6pm
T/TH
9am - 3pm

Member Engagement Coordinator

Addie Mathias - amathias@ymcaatacrc.org

JOIN OUR CAUSE

MEMBERSHIP TYPE	COST	JOINERS FEE
Adult (26 yrs. +)	\$58/mo.	\$50
Family*	\$72/mo.	\$50
Senior (65 yrs. +)	\$37/mo.	\$50
Senior Couple	\$52/mo.	\$50
Young Adult (19 - 25 yrs.)	\$37/mo.	\$50
Youth (14 - 18 yrs.)	\$12/mo.	\$0
Student/Athlete**	\$10/mo. off applicable member rate	\$0

*Children who are 10 through 13 and part of a Family Membership may only access the lower level without adult supervision.

**Student/Athlete must provide current schedule/current roster.

Membership rates are subject to change.

DAY PASS RATES

ACCESS TYPE	DAY	WEEK
Youth (14 - 18 yrs.)	\$10	\$25
Adult (19 - 64 yrs.)	\$20	\$50
Adult + Youth (0 - 13 yrs.)	\$25	\$62.50
Senior (65 yrs. +)	\$10	\$25
Family (same household)	\$50	\$125
Family Fun Pool	\$7.50 (max \$45/family)	N/A

Day passes will only be sold to those 14 - 17 years of age with a signed waiver by a parent or guardian. A Day Pass will be sold to youth under 14 with a parent or guardian present with them in the building. Rates are subject to change.

[MEMBERSHIP ADD-ON]

CHILD WATCH

\$20/mo. for unlimited use per family | \$12 or \$30 punch cards available

LOCKER RENTAL

Full Locker - \$12/mo.

Half Locker - \$6/mo.

NOVEMBER PROGRAMS & EVENTS

NOVEMBER DATES TO KNOW	
1	Planksgiving
1	Intro to Weightlifting
6	School-Age Group Swim Lessons
7	Co-Ed Volleyball
7, 9	CPR/First-Aid Training
8	Adult Swim Lessons
8	Parent/Child Swim Lessons
10-12	Lifeguard Instructor Training
18, 19	Safe Sitter Course
23	Thanksgiving CLOSED
27	Holiday Bootcamp
27	Gymnastics Session

PLANKSGIVING
[AGE 14+]

Month of November

FREE

A strong core is the foundation of a strong body. Join us this November for a 30-day plank challenge that will help you gain strength and improve your balance and posture. Gradually work your way up to a 3-minute plank through the month! Return your signed card to the Healthy Living Director by November 30th to be entered into a drawing. Cards can be picked up at the Membership Desk or the Fit Floor Desk.

CPR/FIRST-AID TRAINING
[AGE 14+]

November 7 & 9

Tue, Thur	5:30pm - 8:30pm
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\$75/participant

Open to the Community.
This training provides basic life-saving training, including CPR, the use of an AED and the relief of choking for an adult, child, and infant victims.

CO-ED VOLLEYBALL
[AGE 8 - 13]

November 7 - 29

Tue/Wed	5:00pm - 5:45pm
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\$60 Y Member	\$75 Community
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Designed to give kids a solid foundation in fitness while they learn the right skills to play one of the world's most exciting, fastest growing sports.



LIFEGUARD INSTRUCTOR TRAINING
[AGE 17+]

November 10 - 12

Fri	5:00pm - 9:00pm
Sat, Sun	9:00am - 6:00pm

\$250 Y Members	\$350 Community
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Open to the Community. The purpose of the American Red Cross Lifeguarding Instructor course is to train instructor candidates to teach the basic-level American Red Cross Lifeguarding courses.

Parents' Night Out

November 17

Friday	5:00pm - 8:00pm
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Open to the Community.
Treat yourself to an evening out while your kids enjoy games, food, crafts, and fitness activities in a safe, healthy environment. Pizza and snacks provided. If any special dietary needs, please pack a sack lunch for your child.

SAFE SITTER COURSE
[AGE 11+]

November 18 & 19

Sat, Sun	9:00am - 1:45pm
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\$100 Y Members	\$150 Community
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Open to the Community. Safe Sitter® prepares students in grades 6-8 to be safe when they are home alone, watching younger siblings, or babysitting.

HOLIDAY BOOTCAMP
[AGE 14+]

November 27 - December 22

M & W	6:15-7:00am
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\$60 Y Member	\$75 Community
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Stay fit through the holidays! Keep up with your workouts during this busy time by going to class twice a week, getting a full body workout each time. All exercises can be changed to make the class harder or easier to align with your fitness level.

DECEMBER PROGRAMS & EVENTS

DECEMBER DATES TO KNOW

4, 6	CPR/First-Aid Training
9	Lifeguard Review
15	Christmas at the Y
15-17	Lifeguard Training
17	School-Age Swim Lessons
24	Christmas Eve* [CLOSED]
25	Christmas Day [CLOSED]
31	New Years Eve* [CLOSED]
1	New Years Day [CLOSED]

**Due to these days landing on a Sunday, we made the decision to close out of respect of our staff.*

CPR/FIRST-AID TRAINING [AGE 14+]

December 4 & 6

Mon, Wed	5:30pm - 8:30pm
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\$75/participant

Open to the Community.

This training provides basic life-saving training, including CPR, the use of an AED and the relief of choking for an adult, child, and infant victims.

LIFEGUARD REVIEW [AGE 15+]

December 9

Sat	9:00am - 6:00pm
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\$75 Y Member	\$100 Community
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Open to the Community. The course is designed for currently certified Lifeguard participants who are nearing their expiration date or have been expired no more than 30 days to renew their Lifeguarding credentials. The course is designed to bring lifeguards through all critical components of lifeguarding.

CHRISTMAS AT THE Y

December 15

Fri	5:00pm - 7:00pm
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\$5/child (parents attend FREE)

Fully decked out for Christmas, we will meet Santa, sip hot cocoa and enjoy music, cookie decorating, holiday crafts, and more!



**PROGRAM
SCHOLARSHIPS
AVAILABLE**

Quick & Easy
Apply today!

LIFEGUARD TRAINING [AGE 15+]

December 15 - 17

Fri	6:00pm - 9:00pm
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Sat, Sun	9:00am - 6:00pm
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\$125 Y Member	\$150 Community
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Open to the Community. The purpose of the American Red Cross Lifeguarding course is to provide entry-level lifeguard participants with the knowledge and skills to prevent, recognize and respond to aquatic emergencies and to provide care for breathing and cardiac emergencies, injuries, and sudden illnesses until emergency medical services (EMS) personnel take over.

GYMNASTICS

Gymnastics Director

Rob Murray - gymnastics@ymcaatacrc.org

Our gymnastics program consists of 4 quarters. Each quarter is split into 3 monthly sessions. Reservations are needed to attend a monthly session and payment is required prior to the first class of the each monthly session. Session pricing is per month.

Fall Quarter: September 4 - November 25, 2023

Winter Quarter: November 27, 2023 - February 24, 2024

Spring Quarter: February 26 - May 25, 2024

Summer Quarter: June 3 - August 24, 2024

**PROGRAM
SCHOLARSHIPS
AVAILABLE**

**Quick & Easy
Apply today!**



TINY TUMBLERS [18mo. – 3yrs.] (Girls & Boys)

Introduction to gymnastics focusing on basic elements in a play-oriented manner, with equipment scaled for confidence. Parent participates in the class.

\$40 Y Member, \$50 Community Member

Monday	4:00pm - 4:45pm	Wednesday	4:45pm - 5:30pm
Tuesday	5:00pm - 5:45pm	Saturday	8:00am - 8:45am

LITTLE STARS [3 - 4 yrs.] (Girls & Boys)

First gymnastics class on their own! Focus is on gymnastics fundamentals, coordination, body control, and simple strength exercises while encouraging independent and cooperative activities.

\$40 Y Member, \$50 Community Member

Monday	4:45pm - 5:30pm	Thursday	4:45pm - 5:30pm
Tuesday	5:45pm - 6:30pm	Saturday	8:45am - 9:30am
Wednesday	4:00pm - 4:45pm		

RIISING STARS [Kinder., 5 – 6 yrs.] (Girls & Boys)

Faster paced class that encourages listening skills along with more challenging movements, balance, and coordination elements.

\$50 Y Member, \$60 Community Member

Monday	5:30pm - 6:30pm	Thursday	5:30pm - 6:30pm
Tuesday	4:00pm - 5:00pm	Saturday	9:30am - 10:30am
Wednesday	5:30pm - 6:30pm		

LEVEL 1 - 3 [1st Grade +] (Girls)

Faster paced class that encourages listening skills along with more challenging movements, balance, and coordination elements.

LEVEL 1

\$50 Y Member, \$60 Community Member

Monday	5:30pm - 6:30pm	Thursday	5:30pm - 6:30pm
Tuesday	4:00pm - 5:00pm	Saturday	8:00am - 9:00am
Wednesday	5:00pm - 6:00pm		

LEVEL 2

\$50 Y Member, \$60 Community Member

Monday	6:30pm - 7:30pm	Thursday	6:30pm - 7:30pm
Tuesday	5:00pm - 6:00pm	Saturday	9:00am - 10:00am
Wednesday	4:00pm - 5:00pm		

LEVEL 3

\$65 Y Member, \$75 Community Member

Tuesday	6:00pm - 7:30pm	Saturday	10:00am - 11:30am
Wednesday	6:00pm - 7:30pm		

DAREDEVILS 1 & 2 [1st Grade +] (Boys)

Basic through intermediate level skills focusing on coordination, balance elements, strong tumbling, and an emphasis on safe and fun falling techniques.

\$50 Y Member, \$60 Community Member

Monday	4:30pm - 5:30pm	Saturday	10:30am - 11:30am
Thursday	4:30pm - 5:30pm		

TEAM PREP [5 yrs. +] (Girls)

For those that train level 3 skills that are ready for more training time in the gym. Our team prep program prepares gymnasts for competitive team gymnastics.

\$95 Y Member, \$120 Community Member

Monday & Thursday 4:00pm - 5:30pm

COMPETITIVE TEAM [5 yrs. +] (Girls)

The Austin YMCA Gymnastics teams compete in the Midwest Amateur Gymnastics Association. Competition season runs December – March and practices are multiple days a week, all year round. Questions of need more info? Send an email to Amy Bickler at teamgymlead@ymcaataacrc.org for more information.

Questions? Please send us an email at teamgymlead@ymcaataacrc.org.

PRESCHOOL

Child Development Director

Melissa Hussey - mhussey@ymcaatacrc.org

PRESCHOOL

WHAT MAKES THE Y PRESCHOOL PROGRAM UNIQUE? While all preschools provide intellectual and social experiences, our state licensed program also focuses on a student’s overall health and well-being. Each student enrolled in our preschool receives a 6-week session of swimming lessons at no additional cost. Students receive fitness instruction as part of their curriculum. A daily emphasis is put on teaching and giving students the tools to make healthy choices in their lives.

OUR CLASSROOM Our daily routine includes free play through structured and unstructured activities which include art and science projects, large and small motor movement, stories and music, group time, individual project work and character development activities.

TUITION & FINANCIAL ASSISTANCE A non-refundable registration fee of \$50 is due at enrollment. Financial Assistance is available for qualifying families through the Y to make sure every child has the opportunity for a quality preschool education.

2023-24 SCHOOL YEAR	AGE	DAYS	TIMES	TUITION
SPROUTS (<i>Jan - May 2024</i>)	33mo. - 3 yrs.	Th & F	8:30 - 11:00am	\$100/mo.
STEPPING STONES	4 - 5 yrs.	M, T, W	8:30 - 11:00am	\$137/mo.
BUILDING BLOCKS (<i>Pre-K</i>)	4 -5 yrs.*	M - F	12:00 - 2:30pm	\$200/mo.

**Must be 4 by 9/1/2023*



SCHOOL AGE CHILDCARE

Youth Development Director

Alyssa Jenkins - ajenkins@ymcaatacrc.org

AFTER SCHOOL/KIDS DAY OUT CHILDCARE

K - 4th Grade

Children entering K-4th grade, will have the opportunity to join their Y friends and our friendly staff for supervised activities. Activities include arts and crafts, gym time, outside play (weather permitting), use of indoor playground, swimming time in our Family Fun Pool, time with the youth sports coaches and fit floor instructors and a variety of other areas around the YMCA. Our primary focus is to create a positive and inclusive atmosphere for students, while maintaining health and safety.

CARE	DAYS	TIME	COST
After School Care	Monday - Friday	2:15pm - 6:00pm	\$10/day or \$35/week
Kids Day Out (No School Care)	APS Calendar	7:30am - 5:30pm	\$40/day

PROGRAM SCHOLARSHIPS

Scholarships are available for ALL of our programs, both adult & child including childcare & our safety trainings.

APPLY TODAY:

ymcaatacrc.org/scholarships

Does NOT include Private/Semi-Private Lessons & Personal Training



CHILD WATCH

Operations Director

Kelly Winkels - kwinkels@ymcaatacrc.org

Age 8 weeks - 10 years

At the Y, we believe the values and skills learned early on are vital building blocks for quality of life and future success. That's why our Child Watch program is staffed with people who understand the cognitive, physical and social development of kids. Offering care to children to feel connected and supported in trying new things. The caring and reinforcement of parents & families need to help each other while finding a healthy lifestyle.

Morning	90-minute max	Evening	90-minute max
Monday - Friday	9:00am - 1:30pm	Monday - Thursday	4:00pm - 7:00pm
Saturday	7:30am - 1:00pm		

Rates	
\$20/mo. Membership Add-on per family	Unlimited Children
\$12 or \$30 Punch Card	\$3/child

AQUATICS

Operations Director

Kelly Winkels - kwinkels@ymcaataacrc.org

	SEMI-PRIVATE LESSONS		PRIVATE LESSONS	
MEMBER TYPE	4 LESSONS	8 LESSONS	4 LESSONS	8 LESSONS
Y Member	\$80	\$140	\$120	\$220
Community Member	\$95	\$165	\$135	\$240

GROUP SWIMMING LESSONS				
	PARENT/CHILD 6 mo. - 3 yrs. \$60 Y Member \$75 Community	PRESCHOOL Age 3 - 5 yrs. \$60 Y Member \$75 Community	SCHOOL AGE Age 5 yrs. + \$60 Y Member \$75 Community	ADULT Age 18 yrs. + \$60 Y Member \$75 Community
ONCE PER WEEK Session Dates: November 6 - December 13				
Monday		5:30pm - 6:00pm	Level 1 & 2 4:30pm - 5:15pm	
Wednesday	5:00pm - 5:30pm			5:45pm - 6:30pm
TWICE PER WEEK Session Dates: November 6 - 16*, November 27 - December 13				
Mon./Wed.			Level 1 & 2 4:30pm - 5:15pm	
Mon./Wed.			Level 3 & 4 5:30pm - 6:15pm	
Tues./Thurs.		5:30pm - 6:00pm	Level 1 & 2 4:30pm - 5:15pm	
Tues./Thurs.			Level 3 & 4 5:30pm - 6:15pm	

*Price break due to short session.



AQUA PACK SWIM TEAM [Age 5+]		
BEGINNER	INTERMEDIATE	ADVANCED
Tuesday/Thursday 4:30pm - 5:30pm \$50 Registration fee \$60/month	2x per week, M-Th Swimmers Choice 4:30pm - 6:00pm \$50 Registration fee \$65/month	4x per week, M-Th 4:30pm - 6:00pm \$50 Registration fee \$75/month

AQUA PACK SWIM MEETS - Pool Closures
November 4, 2023 - December 2, 2023 - January 20, 2024
Lap Pool & Family Fun Pool will be closed on the dates listed above. On the Friday before these days, the Lap Pool will close at noon & the Family Fun Pool will be closed at 1:00pm for setup.

FAMILY FUN POOL HOURS			
Saturday	10:00am - 12:00pm & 1:00pm - 3:00pm	Sunday	11:00am - 1:00pm

RESERVATIONS REQUIRED. Members can reserve through our Y App, Community passes are available online. Visit our [website](#) for more details.

HEALTH & WELLNESS

Healthy Living Director

Isabelle Reuter - ireuter@ymcaatacrc.org

FITNESS ASSESSMENT The YMCA offers a free fitness skills assessment to all members. We are committed to providing you with the tools necessary to help succeed in your fitness goals. Having an assessment can get you on your way to those goals in a much more efficient way. To sign up for a Fitness Assessment, send an [email](#) to Isabelle.



CERTIFIED PERSONAL TRAINING

Isabelle Reuter - ireuter@ymcaatacrc.org

	YMCA at ACRC Member [60 Minute Sessions]		
NUMBER OF SESSIONS	INDIVIDUAL	2 PEOPLE	3 PEOPLE
1	\$50	\$40/person	\$35/person
3	\$145	\$115/person	\$95/person
5	\$235	\$185/person	\$160/person
10	\$450	\$350/person	\$300/person

	Community Member [60 Minutes Sessions]	
NUMBER OF SESSIONS		
1	\$65	
3	\$190	
5	\$310	
10	\$600	

EVENTS/PARTIES

Membership Coordinator

Addie Mathias - amathias@ymcaatacrc.org

CELEBRATE AT THE Y All the reasons why to have your party at the "Y". We offer many different party packages that include their own unique fun activities. Book your space now and enjoy what we have to offer! Anything from playing games in the gym to splashing around in the pool, we offer it here at the YMCA!

CHOOSE YOUR PACKAGE

WOOD GYM PARTY - \$200

FRIDAY 5:00pm - 8:00pm

Includes use of Community Room A 5:00pm - 6:30pm and private use of the Wood Gym from 6:30pm - 8:00pm

FAMILY FUN POOL - \$250

SATURDAY 11:00am - 3:00pm

Includes use of Community Room A 11:00am - 1:00pm and 20 passes to the Family Fun pool from 1:00pm - 3:00pm

YOUTH / TEEN CENTER - \$200

SUNDAY 11:00am - 2:00pm

Includes full, private use of the Youth / Teen Center for your event/party.

