

SOUTH WOOD COUNTY YMCA PROGRAM GUIDE



FALL/WINTER 2026

September 1 – February 28

TABLE OF CONTENTS

Staff Contacts	pg. 3
Membership	pg. 4
Facility Usage	pg. 5
Session Dates	pg. 6
Events	pg. 7-8
Group Exercise	pg. 9-12
Fitness Programs	pg. 13
Personal Training	pg. 14
Wellness Programs	pg. 15
Nutrition Programs	pg. 16
Water Aerobics	pg. 17
Swim Lessons	pg. 18-20
Safety Courses	pg. 21-22
Youth Sports	pg. 23
Adult Sports	pg. 24
Gymnastics	pg. 25-26
Childcare	pg. 27
Camp Alexander	pg. 28-29
Rentals	pg. 30
Hiring	pg. 31

BOARD OF DIRECTORS

- KRISTEN HENSLIN**
Chief Volunteer Officer
Whittlesey Cranberry Company
- MARY BRYNIARSKI**
Vice Chief Volunteer Officer
Nekoosa Port Edwards State Bank
- JUSTIN HUEBNER**
Treasurer
- SHANE BLASER**
Secretary
- RICK ANDERSON**
Mid-State Technical College
- LAUREN ARENDT**
Noonan Arendt Law, LLP
- LUKE BORD**
Wood Trust Bank
- CONNEY EDMONDSON**
Aspirus Health Foundation
- SHERRY EVENSON**
Wood Trust Bank
- DEEJAY GENDREAU**
Solenis
- DYLAN LUBECK**
Solarus
- TIM O'CONNER**
NextHome Partners
- DARIC SMITH**
Adams County Economic Development
- JESSICA SMITH**
Wisconsin River Orthopaedics

HOLIDAY CLOSINGS

Labor Day: Mon, Sept 7th
Thanksgiving Day: Thurs, Nov 26th
Christmas Eve/Day: Thurs-Fri, Dec 24-25th

BUSINESS HOURS

WISCONSIN RAPIDS YMCA HOURS

M-F 5:00 AM - 8:00 PM
SAT 7:00 AM - 3:00 PM
SUN 10:00 AM - 3:00 PM

ADAMS YMCA HOURS

M-TH 9:00 AM - 7:00 PM
F 9:00 AM - 5:00 PM

Open hours are subject to seasonal changes, please check our website or give us a call to confirm.
Sign up for 24/7 Access to use the Y when we're closed!

SOUTH WOOD COUNTY YMCA

601 W Grand Avenue
Wisconsin Rapids, WI 54495
715.818.9622

ADAMS YMCA

393 N Pine Street
Adams, WI 53910
608.472.5400

PORT EDWARDS YMCA

180 Edwards Avenue
Port Edwards, WI 54469
715.818.9622

YMCA CAMP ALEXANDER

1053 Camp Road
Wisconsin Rapids, WI 54494
715.818.9622

FOLLOW US!

 SOUTH WOOD COUNTY YMCA

 SOUTHWOODCOUNTYYMCA

 SOUTH WOOD COUNTY YMCA

STAFF CONTACTS

ERIN HESS

Chief Executive Officer

[715.818.6017](tel:715.818.6017)

hess@swcymca.org

HEATHER KHACHANI

Executive Director

[715.818.6011](tel:715.818.6011)

khachani@swcymca.org

JESSA MICHIE

Director of Mission Advancement
& Communications

[715.818.6044](tel:715.818.6044)

michie@swcymca.org

IAN HESS

Aquatics Coordinator: Swimming
Lessons, Lifeguard & CPR Trainer

[715.818.6014](tel:715.818.6014)

ihess@swcymca.org

DAVE WITTENBERG

Aquatics Coordinator: Events,
Lifeguarding, & Water Aerobics

[715.818.6031](tel:715.818.6031)

wittenberg@swcymca.org

TRISHA STEINHORST

Camp Director

[715.818.9622](tel:715.818.9622)

steinhorst@swcymca.org

TRACY VRUWINK

Senior Director of Childcare
& Community Events

[715.818.6018](tel:715.818.6018)

vruwink@swcymca.org

CRISTINA HEATH

Associate Childcare Director

[715.818.6019](tel:715.818.6019)

cheath@swcymca.org

JACQUELINE BLUM

Membership Coordinator:
Wisconsin Rapids

[715.818.6041](tel:715.818.6041)

blum@swcymca.org

VICKI KILPS

Membership Coordinator:
Adams

[715.818.6012](tel:715.818.6012)

kilps@swcymca.org

IZAACK ORTIZ

Healthy Living & Sports Director

[715.818.6015](tel:715.818.6015)

ortiz@swcymca.org

RYAN MILLER

Facilities Director

[715.818.6032](tel:715.818.6032)

miller@swcymca.org

We are always thrilled to hear from our Y members and members of our community! Don't hesitate to contact our staff with any comments, questions, or concerns. We look forward to connecting with you!

BECOME A MEMBER TODAY!

MONTHLY MEMBERSHIP RATES

Wisconsin Rapids	Rate	Joiner Fee
Youth (Ages Up To 18 Years)	\$21.50	\$30.00
Young Adult (Ages 19-24 Years)	\$38.00	\$30.00
Adult (Ages 25-61 Years)	\$55.00	\$60.00
Senior Adult (Ages 62+ Years)	\$51.00	\$60.00
Adult Couple	\$69.00	\$60.00
Single Parent Family	\$65.00	\$60.00
Family	\$77.00	\$60.00

Adams	Rate	Joiner Fee
Youth (Ages Up To 17 Years)	\$14.00	\$30.00
Adult (Ages 18-61 Years)	\$35.00	\$60.00
Senior Adult (Ages 62+ Years)	\$31.00	\$60.00
Adult Couple	\$61.00	\$60.00
Single Parent Family	\$45.50	\$60.00
Family	\$66.00	\$60.00

ANNUAL MEMBERSHIP

You can pay in full by card, check, or cash.

CONTINUOUS MEMBERSHIP

Your membership is automatically drafted from your checking, savings, or credit card account on the 1st of each month. Payment information and a valid ID are required to join. Memberships can be started online or in person; promotions and discounts are available in person only. Membership continues until a cancellation request is submitted before the 25th of the month.

DAY PASS RATES

Youth (Ages Up To 18 Years)	\$10
Adult (Ages 19+ Years)	\$15
Family (2 adults & children).....	\$20

GUEST PASS PERKS

Each pass admits one guest for one visit. Individual memberships receive 3 guest passes annually, and Multi-Person memberships receive 6 shared guest passes annually.

24-7 ACCESS

Available at Wisconsin Rapids, Port Edwards, and Adams. Wisconsin Rapids members (18+) pay a \$30 key fob fee and \$5/month. Adams members receive a free key fob. See the front desk for details.

MEMBERSHIP DISCOUNTS

Check with your employer, insurance provider, or our front desk staff to see if you qualify for a corporate, insurance, or workplace wellness membership discount.

FINANCIAL ASSISTANCE

The South Wood County YMCA offers financial assistance for those in need. We raise funds through our Annual Campaign, which allows us to welcome all who wish to belong. Financial assistance is determined by income. Discounts are available for memberships and most programs. Stop by or call the front desk for details.

VETERAN DISCOUNT

To demonstrate our appreciation for our veterans, we offer a 5% discount and a waived joiner fee for our military members with valid veteran status. Please provide a copy of your DD214, VA card, or driver's license with veteran designation.

MEMBERSHIP POLICY

The Y welcomes all; however, for your safety, the Y maintains the right to deny access to the facility and/or participation to any person who does not adhere to the mission, values, or goals of the YMCA.

MEMBERSHIP BENEFITS

- Free drop-in childcare with extended hours
- Family-focused programs and special events
- Access to a full-size gym that includes 3 cross courts and 5 pickleball courts
- Access to a first-rate aquatics center that includes a 6-lane lap pool, family recreational pool with splash features, two 16-foot rock climbing walls, warm water therapy pool, basketball hoops, whirlpool, and sauna
- New and expanded nutrition programs in our Teaching Kitchen
- Continued access to reduced program rates

You're Invited!

**John E. Alexander Community Center
Grand Reopening**

August 28, 2026 | 3-5pm

180 Edwards Ave, Port Edwards WI 54469

All community members are welcome!

FACILITY USAGE



Can utilize



Can not utilize



Adult must be present



Must complete Wellness Orientation



Must be able to stand/reach the bottom



Must pass swim test



Must have individual fob



Must have pre-approved adult holding a fob

WISCONSIN RAPIDS YMCA

	Ages 0-7	Ages 8-10	Ages 11-12	Ages 13-15	Ages 16-17	Ages 18+
Independent Facility Use	×	×	✓	✓	✓	✓
24/7 Access	×	×	×	A	A	
Adventure Center	✓	✓	✓	×	×	×
Wellness Center	×	×	A		✓	✓
Group Fitness	×	×	A	A	✓	✓
Walking Track	A	A	✓	✓	✓	✓
Gymnasium	A	A	✓	✓	✓	✓
Recreational Pool	A	A	✓	✓	✓	✓
Lap Pool	×	A			✓	✓
Therapy Pool	×	A		✓	✓	✓
Hot Tub & Sauna	×	×	×	×	✓	✓

ADAMS YMCA

	Ages 0-7	Ages 8-10	Ages 11-12	Ages 13-15	Ages 16-17	Ages 18+
Independent Facility Use	×	×	✓	✓	✓	✓
24/7 Access	×	×	×	A	A	
Drop-In Child Watch	✓	✓	✓	×	×	×
Wellness Center	×	×	A		✓	✓
Group Fitness	×	×	A	A	✓	✓

PORT EDWARDS YMCA

	Ages 0-7	Ages 8-10	Ages 11-12	Ages 13-15	Ages 16-17	Ages 18+
24/7 Access	×	×	×	A	A	



SOUTH WOOD COUNTY YMCA

— ACCREDITED BY —
PRAESIDIUM
— 2026-2029 —

"Praesidium Accreditation reflects **our unwavering commitment to creating the safest, most trusted environment possible for every child and family we serve.**"

— Erin Hess, CEO

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WELCOME TO YMCA 360

YMCA360.ORG

Now Available at South Wood County YMCA!

The YMCA 360 app is an added benefit of membership that allows you to track your workouts, earn rewards points, access schedules, enroll in fitness challenges, and use your phone for check-in!

BE AMONG THE FIRST MEMBERS TO



APPLE



GOOGLE

DOWNLOAD THE APP & GET A
FREE WATER BOTTLE!

Stop by the front desk to claim yours!

REGISTER FOR PROGRAMS AT:
SWCYMCA.ORG

EVENTS

MOTHER DAUGHTER PAJAMA PARTY

Put on your favorite pajamas and join in the fun. Activities include a pizza party, arts & crafts, face painting, games in the gym, a scavenger hunt, a glow-in-the-dark party, and a keepsake photo!

DATE	TIME	AGES	PRICING
Sept 11	5:30-7:30 PM	All Ages	\$30/Family of Girls

MONSTER MASH WITH THE BOYS & GIRLS CLUB

Join us for a night of Halloween-themed family fun! Activities will include a kid-friendly haunted house, games with prizes, a costume contest, face painting, arts and crafts, and a photo booth.

DATE	TIME	LOCATION	AGES	PRICING
Oct 30	5:30-8:00 PM	SWC YMCA & Boys & Girls Club	All Ages	FREE w/Non-Perishable Donation

BREAKFAST WITH THE GRINCH

Join the Grinch and Cindy Lou Who for a pancake breakfast filled with games, photos, letters to Santa, cookie decorating, and holiday spirit.

DATE	TIME	AGES	PRICING
Dec 5	8:00-11:00 AM	All Ages	\$15 \$20

FATHER SON GAME NIGHT

Boys and their father figures are invited to this special event. Wear comfortable clothes and athletic shoes and join us for a pizza party with treats and a variety of games, such as dodgeball.

DATE	TIME	AGES	PRICING
Jan 8	6:00-7:30 PM	All Ages	\$30/Family of Boys

FATHER DAUGHTER DANCE

Spend a magical evening with your princess! Enjoy a night of dancing, contests, crafts, appetizers, and sweet treats. Each daughter will also receive a special gift.

DATE	TIME	LOCATION	AGES	PRICING
Feb 6	6:00-8:00 PM	SWC YMCA & Boys & Girls Club	All Ages	\$30/Family

STAFF CONTACT: Tracy Vruwink • [715.818.6018](tel:715.818.6018) • vruwink@swcymca.org

5K Turkey Trot Run/Walk

November 26, 2026 | 8:00am

Start your Thanksgiving on the right foot! Join the South Wood County YMCA Turkey Trot 5K for fun, fitness, and community before the holiday feast begins.



SAVE THE DATE



August 2, 2027

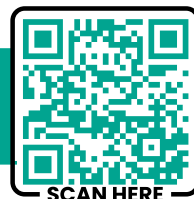
2027 ANNUAL YMCA GOLF CLASSIC

SOUTH WOOD COUNTY YMCA



GROUP EXERCISE

FIND OUR GROUP EXERCISE SCHEDULE ON [SWCYMCA.ORG](https://www.swcymca.org)!



FOREVERWELL: ACTIVE OLDER ADULTS

Active Older Adults offers joint-friendly workouts suitable for all levels to enhance strength, flexibility, balance, and coordination.

LOCATION: Studio A

CHAIR FLOW

Chair Flow is a gentle exercise routine that uses a chair for support, combining breath awareness and gentle stretches to relax and rejuvenate the body.

LOCATION: Studio A

HIIT & TABATA

A fun, fast-paced cardio class using HIIT and Tabata-style intervals to get your heart pumping and your body moving. Burn a ton of calories in a short time. You'll work through short bursts of exercise followed by quick breaks, with options to go at your own pace while building endurance, burning calories, and getting a great sweat.

LOCATION: Studio A

FOREVERWELL: FOREVER ACTIVE

Forever Active improves muscle strength, range of motion, and functional ability through seated and standing exercises using a chair for support. Movements can be tailored to individual fitness levels.

LOCATION: Studio A

MOBILITY

Move better, feel better, and make everyday activities easier with gentle stretches and controlled movements. This class helps loosen tight muscles, improve balance, and keep your joints moving smoothly.

LOCATION: Studio A

STAFF CONTACT: Izaak Ortiz • [715.818.6015](tel:715.818.6015) • ortiz@swcymca.org



GROUP EXERCISE

ZUMBA

This is a fun dance workout with upbeat music. You follow easy dance moves that help your heart get stronger while having a good time.

LOCATION: Studio A

ZUMBA + LIFT

This class mixes Zumba dancing with strength exercises. You will dance, then use light weights or bands to help your muscles and bones get stronger.

LOCATION: Studio A

LOW IMPACT CARDIO

Expect a full-body workout using various pieces of equipment as well as foundational, compound, and isolation exercises for toning and aerobic fitness. Low impact movements decreases stress on the joints while getting a great cardio workout.

LOCATION: Studio A

BOOT CAMP

This class will feature a variety of compound movements, cardio techniques, and high-intensity training to promote weight loss and strength gain.

LOCATION: Studio B

STRENGTH CIRCUIT

This class combines weights and bodyweight exercises in a fun, full-body workout. With a HIIT-inspired format, you'll move through challenging circuits designed to build strength endurance, improve muscular stamina, and keep your heart rate up.

LOCATION: Studio B

STAFF CONTACT: Izaak Ortiz · [715.818.6015](tel:715.818.6015) · ortiz@swcymca.org



GROUP EXERCISE

CYCLING

This class simulates outdoor cycling challenges, such as hills and uneven terrain, and is set to music with motivating drills. It provides a lower body workout and boosts cardiovascular health.

LOCATION: Studio B

SPIN & STRENGTH

This engaging workout class goes beyond cardio with diverse movements, core focus, and cycling. Experience fun and challenging sessions in a vibrant atmosphere with energetic music.

LOCATION: Studio B

SPRINT 8

This is a fast workout where you go really hard for a short time, then rest. You do this a few times using Matrix machines. It helps your heart get stronger, gives you energy, and helps your body get healthier.

LOCATION: Studio B

YOGA FLOW

Yoga Flow is inspired by Vinyasa, a style of yoga that synchronizes movement with breath, flowing smoothly from one pose to the next. This class helps build strength, increase flexibility, and cultivate focus through deep breathing.

LOCATION: Studio A

PILATES & YOGA FUSION

This class will feature a variety of compound movements, cardio techniques, and high-intensity training to promote weight loss and strength gain.

LOCATION: Studio B

PILATES

This class helps you practice balance, stretching, and core strength. Core strength means making your belly and back muscles stronger. It is great for beginners because you can go at your own pace and learn one step at a time.

LOCATION: Studio B

STAFF CONTACT: Izaak Ortiz • [715.818.6015](tel:715.818.6015) • ortiz@swcymca.org



GROUP EXERCISE

ADAMS CLASSES

LOCATION: Adams Group Fitness Studio

CARDIO DRUMMING

Cardio drumming uses drumsticks to strike an exercise ball placed on a bucket, following the beat of upbeat music. It can be done at home, in a gym, or in a group class, and no prior drumming experience is required. The class often incorporates dance steps, lunges, jumping jacks, and other choreography to engage the entire body.

FOREVER ACTIVE

Increase muscle strength and range of movement, and improve activities for daily living. You'll have a chair for seated exercises and standing support. Your instructor can modify the exercises for your fitness level.

LOW IMPACT STRENGTH

Expect a workout that challenges your whole body. Utilizing various pieces of equipment, and both floor and standing work, your muscles will be fired up and challenged.

TOTAL BODY LOW IMPACT CARDIO

Expect a full-body workout using various equipment that promote foundational, compound, and isolation exercises for toning and aerobic fitness.

TOTAL BODY RESISTANCE BAND HIIT

This class uses resistance bands to combine strength training with cardiovascular conditioning, designed to maximize calorie burn and build lean muscle in a short amount of time.

TRX (TOTAL BODY RESISTANCE EXERCISE)

Suspension training builds flexibility, strength, and endurance. Use your own body weight to complete challenging exercises. Take your performance to the next level or modify movements to accommodate ability or experience level. First come, first served. Instruction off-strap is available.

STAFF CONTACT: Heather Khachani • [715.818.6011](tel:715.818.6011) • khachani@swcymca.org



FITNESS PROGRAMS

HOMESCHOOL STRENGTH & DEVELOPMENT

This strength training program is a 6-week course designed to educate homeschooled youth on free weight exercises, strength programming, and nutrition. Participants will learn safe exercise techniques, how to plan effective workouts, and how to prioritize proper nutrition.

DATES	DAYS	TIME	AGES	PRICING
Sep 8 - Oct 15	T Th	8:00-9:00 AM	11+	\$40 \$60
Jan 5 - Feb 11	T Th	8:00-9:00 AM	11+	\$40 \$60

HOMESCHOOL GYM & SWIM

4 week cycles of gym and swim for kids to get kids active playing a variety of games like kickball, dodgeball, scooter games, and a variety of sports.

DATES	DAYS	TIME	AGES	PRICING
Sep 8 - 29	T	2:00 - 3:00 PM	8-12 years old	\$40 \$60
Oct 13 - Nov 3	T	2:00 - 3:00 PM	8-12 years old	\$40 \$60
Nov 17 - Dec 8	T	2:00 - 3:00 PM	8-12 years old	\$40 \$60
Jan 5 - 26	T	2:00 - 3:00 PM	8-12 years old	\$40 \$60
Feb 9 - March 2	T	2:00 - 3:00 PM	8-12 years old	\$40 \$60

STAFF CONTACT: Izaak Ortiz • [715.818.6015](tel:715.818.6015) • ortiz@swcymca.org



PERSONAL TRAINING

PERSONAL TRAINING

Personal training packages include 60-minute sessions and 2-3 additional workouts to do on your own. Packages of more than 5 sessions also include up to 2 InBody body composition analyses.

PACKAGE TYPE	1 SESSION	5 SESSIONS	10 SESSIONS	16 SESSIONS
Individual Training	\$55 \$70	\$230 \$300	\$400 \$550	\$600 \$800
2-Person Training	\$70/Group	\$300/Group	\$500/Group	-

INBODY BODY COMPOSITION ANALYSIS

An InBody body composition analysis includes a 20-minute consultation with a personal trainer to receive a full-body body composition analysis, an explanation of the results, and advice on Y resources that can support your goals based on your InBody results. You may take a picture of the result sheet, but you will not be able to take it with you.

1 SESSION	2 SESSIONS	6 SESSIONS	12 SESSIONS
\$40 \$80	\$70 \$140	\$180 \$360	\$300 \$600



WELLNESS PROGRAMS

LIVESTRONG AT THE YMCA

This is a free, small-group wellness program for adult cancer survivors. Certified instructors are trained in cancer recovery, post-rehabilitation exercise, and supportive care. The 12-week program includes 75-minute sessions held twice per week. Participants receive a free family membership for the duration of the program.

DATES	DAYS	TIME	PRICING
Sept 28-Dec 16	M W	1:00-2:15 PM	FREE

PARKINSON'S POWER

This ongoing group exercise class is designed specifically for individuals living with Parkinson's disease and their caregivers. It's an upbeat class with great music, focused on getting the body moving while improving balance, strength, and flexibility. Participants will engage in both seated and standing exercises, with modifications available to accommodate all ability levels. The class is led by two local physical therapists: Heather McCarthy, PT with Pinnacle Performance Therapy and Elizabeth Ironside, PT, with Aspirus.

DAYS	TIME	LOCATION	PRICING
W	12:00-1:00 PM	Studio A	Member FREE Non-Member \$5

BLOOD PRESSURE MONITORING PROGRAM

The Y designed the Blood Pressure Self-Monitoring program to help adults with hypertension lower and manage their blood pressure. The four-month program focuses on regulated home self-monitoring of one's blood pressure using proper measuring techniques, individualized support and nutrition education for better blood pressure management.

DATES	DAYS	Y MEMBERS ONLY
Feb 8	M W	FREE

STAFF CONTACT: Izaak Ortiz · [715.818.6015](tel:715.818.6015) · ortiz@swcymca.org



NUTRITION PROGRAMS

LUNCH & LEARN

Join registered dietitian Karrie Benda each month for a delicious lunch! She'll prepare and serve the meal while explaining how she prepares the meal and highlighting the health benefits of the ingredients.

- **Wednesday, August 26th:** Fresh Vietnamese Spring Rolls with Peanut Sauce
- **Wednesday, September 9th:** Street Corn Chicken Rice Bowl
- **Wednesday, October 14th:** Mandarin Orange Chicken Salad
- **Monday, November 2nd: Protein** Balls and Smoothies
- **Wednesday, November 11th:** Feta, Tomato & Basil Spaghetti Squash Bake
- **Wednesday, December 9th:** Korean Beef Bowl

TIME	LOCATION	Y MEMBER NON-MEMBER
11:15-12:15 PM	Teaching Kitchen	\$15 \$20

1:1 NUTRITION CONSULTATION

Meet with registered dietitian, Karrie Benda, to go over personalized nutrition information. Ask away and get expert insight on nutrition for your personalized goals.

TIME	LOCATION	Y MEMBER NON-MEMBER
Contact Izaak Ortiz to Schedule	Consult Rooms	\$50 \$60

STAFF CONTACT: Izaak Ortiz · [715.818.6015](tel:715.818.6015) · ortiz@swcymca.org

SESSION DATES

S1: SEPT 8 - OCT 24
(CLOSED FOR LABOR DAY)
S2: OCT 26 - DEC 19
(THANKSGIVING BREAK)
S3: JAN 4 - FEB 20

PRICING: MEMBER | NON-MEMBER

WATER AEROBICS

WATER AEROBICS PUNCH CARDS | GOOD FOR 10 INDIVIDUAL CLASSES

Punch cards can be purchased at the front desk. They are valid for 6 months from the purchase date and **must be presented** at time of use. Purchasing a card does not guarantee a space in class. If a class is at capacity, it may be unavailable.

LOCATION	AGES	PRICING
Recreational Pool	18+ Years	\$2/Class \$4/Class \$20/Punch Card \$40/ Punch Card

AQUA MOTION | M/W/F • 8-9AM & 10-11 AM

A dynamic, full-body water workout that emphasizes fluid movement, cardio fitness, strength, and flexibility. This high-energy class keeps participants moving with motivating music and flowing exercises designed to improve endurance while being gentle on the joints. Select classes feature dance-inspired routines that make fitness both fun and engaging.

AQUA STRENGTH & BALANCE | T/TH 11:30AM-12:30 PM

Designed for all fitness levels, this class focuses on proper movement, functional strength, and individualized modifications to help every participant succeed. Exercises are carefully explained with attention to body mechanics, muscle groups, and technique, allowing participants to build confidence while improving strength, balance, and overall mobility.

FOREVERWELL: AQUA RESTORE | M/W/F • 1-2PM, M/W • 5:30-6:30 PM

Enjoy a gentle, low-impact class centered on stretching, flexibility, balance, and overall wellness. This welcoming environment encourages participants to move at a comfortable pace while improving range of motion, relieving stiffness, and building connections with others. Aqua Restore is ideal for those seeking a relaxing workout that supports lifelong health and mobility.

STAFF CONTACT: David Wittenberg • [715.818.6031](tel:715.818.6031) • wittenberg@swcymca.org

SESSION DATES

S1: SEPT 8 – OCT 24
(CLOSED FOR LABOR DAY)
S2: OCT 26 – DEC 19
(THANKSGIVING BREAK)
S3: JAN 4 – FEB 20

SWIM LESSONS

PRICING: MEMBER | NON-MEMBER

PARENT-CHILD SWIM LESSONS

PARENT AND CHILD STAGE A/B: WATER DISCOVERY/EXPLORATION

Infants and toddlers are introduced to the aquatic environment, accompanied by a parent in the water for each lesson. The class focuses on strengthening the parent-child relationship while teaching the fundamentals of movement in water and water safety.

LOCATION	AGES	CLASS MAX	PRICING
Recreational Pool	6 Months–3 Years	12	\$28 \$56

PRESCHOOL SWIM LESSONS

Preschool swim lessons allow children to progress at their own rate. Each level incorporates stroke development, endurance, and personal safety. Successful completion of the previous level is required to register for the next level.

PRESCHOOL STAGE 1: WATER ACCLIMATION

New swimmers are introduced to the pool and will explore floating, kicking, blowing bubbles, and pool safety with an instructor's assistance. This level also incorporates underwater exploration and basic self-rescue skills performed with support.

PRESCHOOL STAGE 2: WATER MOVEMENT

Beginner swimmers continue to adjust to chest-deep water, swimming 5 yards independently. Progress is made in forward movement, floating, kicking, and blowing bubbles without assistance. This level also incorporates the basic self-rescue model: "jump, push, turn, grab".

LOCATION	AGES	CLASS MAX	PRICING
Activity Pool	3–5 Years	6	\$28 \$56

LESSONS WILL MEET ONCE A WEEK. DAYS AND TIMES TO BE ANNOUNCED.

STAFF CONTACT: Ian Hess • [715.818.6014](tel:715.818.6014) • ihess@swcymca.org

SESSION DATES

S1: SEPT 8 - OCT 24
(CLOSED FOR LABOR DAY)
S2: OCT 26 - DEC 19
(THANKSGIVING BREAK)
S3: JAN 4 - FEB 20

SWIM LESSONS

PRICING: MEMBER | NON-MEMBER

YOUTH SWIM LESSONS

Your child will learn personal safety, stroke development, and rescue skills.

YOUTH STAGE 1: WATER ACCLIMATION

New swimmers explore floating, kicking, blowing bubbles, and pool safety, supported by an instructor. This level incorporates underwater exploration and basic self-rescue skills.

YOUTH STAGE 2: WATER MOVEMENT

Swimmers continue to build on floating, kicking, and gliding skills without assistance. This level introduces treading water and a basic "jump, turn, swim, grab" self-rescue model in deep water.

YOUTH STAGE 3: WATER STAMINA

Swimmers strive to improve their existing stroke skills from Stage 2. Independent swimming of both the front crawl and back crawl for 15 yards will be introduced. Additionally, the self-rescue model, "jump, swim, turn, swim, grab", is performed over longer distances than in previous stages.

YOUTH STAGE 4: STROKE INTRODUCTION

Swimmers learn the dolphin and breaststroke kicks, in addition to improving existing skills. This level also reinforces water safety through treading water and incorporates the self-rescue model, "jump, swim, turn, swim, grab", performed over increasingly longer distances.

YOUTH STAGE 5: STROKE DEVELOPMENT

Swimmers focus on developing their breaststroke and butterfly kicks while reinforcing front crawl, back crawl, and water safety through treading water. Swimmers should be able to swim 35 to 50 yards of front and back crawl.

YOUTH STAGE 6: STROKE MECHANICS

Swimmers refine their technique in all major strokes, and swimming is encouraged as part of a healthy, active lifestyle.

LOCATION	AGES	CLASS MAX	PRICING
Recreational, Activity, or Lap Pool	6-13 Years	6	\$28 \$56

LESSONS WILL MEET ONCE A WEEK. DAYS AND TIMES TO BE ANNOUNCED.

STAFF CONTACT: Ian Hess • [715.818.6014](tel:715.818.6014) • ihess@swcymca.org



SWIM LESSONS

PRIVATE SWIM LESSONS

Private swim lessons are one-on-one, 30-minute sessions available for all ages and skill levels. Lessons are scheduled to fit your availability, based on pool and instructor scheduling. Participants focus on swimming skills appropriate for their ability, aligned with individual goals.

	1 LESSON	3 LESSONS	5 LESSONS
Y MEMBER	\$20	\$60	\$100
NON-MEMBER	\$25	\$75	\$125

SEMI-PRIVATE SWIM LESSONS

Semi-private swim lessons are designed for two students with one instructor. The Y does not pair individuals for lessons. These 30-minute sessions are available for all ages and skill levels and are scheduled to fit your availability, based on pool and instructor scheduling.

	1 LESSON	3 LESSONS	5 LESSONS
Y MEMBER	\$30	\$90	\$150
NON-MEMBER	\$40	\$120	\$200

To inquire about private or semi-private swim lessons, please scan the QR code:



STAFF CONTACT: Ian Hess • [715.818.6014](tel:715.818.6014) • ihess@swcymca.org



SAFETY COURSES

AMERICAN RED CROSS ADULT AND PEDIATRIC FIRST AID/CPR/AED

This is a blended learning class. You will be completing online modules prior to your class session. Please create a profile, close out, and reopen the link to access your modules. These modules will take around 4 hours. You do NOT need to print anything for this course. Please forward the email you receive from the Red Cross upon completion to ihess@swcymca.org at least 24 hours prior to the start of class.

COURSE DATES	COURSE SCHEDULE	LOCATION	AGES	CLASS MAX	Y MEMBER NON-MEMBER	SIGN UP CLOSED
Sept 25	12:00–5:00 PM	Teaching Kitchen	15+ Years	10	\$65	Sept 18
Oct 23	12:00–5:00 PM	Teaching Kitchen	15+ Years	10	\$65	Oct 16
Nov 20	12:00–5:00 PM	Teaching Kitchen	15+ Years	10	\$65	Nov 13
Dec 18	12:00–5:00 PM	Teaching Kitchen	15+ Years	10	\$65	Dec 11
Jan 22	12:00–5:00 PM	Teaching Kitchen	15+ Years	10	\$65	Jan 15
Feb 26	12:00–5:00 PM	Teaching Kitchen	15+ Years	10	\$65	Feb 19

STAFF CONTACT: Ian Hess • [715.818.6014](tel:715.818.6014) • ihess@swcymca.org



SAFETY COURSES

AMERICAN RED CROSS LIFEGUARD TRAINING

This course includes an online component that must be completed prior to the classroom portion. A valid email address must be on the account so course information can be sent to the participant. Certifications include American Red Cross Lifeguard Training, First Aid, CPR for the Professional Rescuer, and AED.

The class requires passing a prerequisite swim test prior to entry, consisting of 2 parts:

- Jump in the deep end, surface and swim 150 yards continuously using either front crawl with rhythmic breathing and/or breaststroke; tread water for 2 minutes using only your legs; swim a final 50 yards of front crawl or breaststroke (goggles may be used for this portion)
- A timed brick retrieval – beginning in the shallow end, swim 20 yards using front crawl or breaststroke, surface dive 9ft, and retrieve a 10 lb brick, returning to the start point on their back with both hands on the brick. Exit the water without using a ladder or step in 1 minute 40 seconds (goggles can not be used for this portion)

Swim tests will be scheduled prior to the first day of class. Participants will be refunded the cost of class if they do not pass the swim test. You must bring your ID. Every session must be attended in full.

COURSE DATES	COURSE SCHEDULE	LOCATION	AGES	CLASS MAX	Y MEMBER NON-MEMBER	SIGN UP CLOSED
October 16 th – 18 th	Oct 16 4:00–8:00 PM Oct 17 7:00–5:00 PM Oct 18 10:00–5:00 PM	Aquatics Area & Teaching Kitchen	15+ Years	10	\$125	Oct 2 nd
December 11 th – 13 th	Dec 11 4:00–8:00 PM Dec 12 7:00–5:00 PM Dec 13 10:00–5:00 PM	Aquatics Area & Teaching Kitchen	15+ Years	10	\$125	Nov 30 th
February 17 th – 20 th	Feb 17 4:00–8:00 PM Feb 18 4:00–8:00 PM Feb 19 4:00–8:00 PM Feb 20 7:00–5:00 PM	Aquatics Area & Teaching Kitchen	15+ Years	10	\$125	Feb 3 rd

STAFF CONTACT: Ian Hess • [715.818.6014](tel:715.818.6014) • ihess@swcymca.org



YOUTH SPORTS

PRICING: MEMBER | NON-MEMBER

TINY TOTS SPORTS

Tiny Tots Sports are designed for boys and girls ages 3-5. Parent participation is **required**. Each week, children will learn the basic skills of a sport through fun, engaging games.

CLASS	SESSION DATES	DAYS	TIME	AGES	PRICING
Flag Football	Sep 12 - Oct 3	Sa	8:15-8:45 AM	3-5 Years	\$25 \$40
Basketball	Jan 9 - Jan 30	Sa	8:15-8:45 AM	3-5 Year	\$25 \$40

BOYS BASKETBALL LEAGUE & GIRLS BASKETBALL LEAGUE

Signup individually and get placed on a team selected by the YMCA! Come together, learn the game, and have some fun. 5 game pool play with 2 weeks of double elimination play. Get registered by **December 9th** so we may have the league running at it's best! There are registration deadlines for early bird, regular, and late registration. Refer to the website for more details.

SESSION DATES	DAYS	TIME	AGES	PRICING
Jan 9 - Feb 20	Sa	9:00 AM	7-12 Years	\$30 40

BASKETBALL CLINIC WEEKEND

Come together and learn the fundamentals of basketball. Passing, shooting, dribbling, rebounding and much more will be covered. All experience levels welcomed!

SESSION DATES	DAYS	TIME	FEE
Nov 21 - 22, 2026	Sa Su	8:00-10:00 AM	\$20

STAFF CONTACT: Izaak Ortiz · [715.818.6015](tel:715.818.6015) · ortiz@swcymca.org



ADULT SPORTS

MEN'S BASKETBALL LEAGUE 5 ON 5

Create a team or signup as a free agent to get placed on one. 5 week pool play followed by 2 weeks of double elimination. Early bird, regular, and late fee rates apply. Visit our website for specific dates on registration deadlines.

SESSION DATES	DAYS	TIME	TEAM FEE
Jan 14 – Feb 18	Th	5:00–8:00 PM	\$150

CO-ED VOLLEYBALL LEAGUE

Create a team or signup as a free agent to get placed on one. 5 week pool play followed by 2 weeks of double elimination. Early bird, regular, and late fee rates apply. Visit our website for specific dates on registration deadlines.

SESSION DATES	DAYS	TIME	TEAM FEE
Sep 10 – Oct 15	Th	5:00–8:00 PM	\$150

COACHING & OFFICIATING

VOLUNTEER OPPORTUNITIES AVAILABLE!

We are seeking Youth Basketball, Adult Basketball, and Adult Volleyball coaches, referees, and program organizers who are ready to create a fun, welcoming, and encouraging experience for every participant. No extensive coaching background is required. This is a great opportunity to get your feet wet, build confidence, and make a positive impact. Volunteer coaches can expect a manageable commitment of approximately one practice and one game each week. Training, resources, and program guidance will be provided.

STAFF CONTACT: Izaak Ortiz • [715.818.6015](tel:715.818.6015) • ortiz@swcymca.org

SESSION DATES

NOV 2-20
NOV 30 - DEC 18
JAN 4-22
FEB 1-19

GYMNASTICS

PRICING: MEMBER | NON-MEMBER

2026 TURNERS GYMNASTICS TEAM

Turners Gymnastics Team focuses on building character, confidence, and community alongside high-level athletic skills. Operating under both YMCA and USA Gymnastics rules, the team program transitions young athletes from recreational progressive classes into a structured goal oriented competitive environment.

Team is uniquely driven by a dual mission: Pushing physical boundaries while instilling the Y core values of caring, honesty, respect and responsibility. We encourage our coaches to foster a supportive, encouraging atmosphere while focusing on personal progression, life skills, healthy choices, and long lasting friendships.

SESSION DATES	DAYS	TIME	PRICING
Sept - Feb	M T W Th	5:30-7:30 PM	\$540/Season

PROGRESSIVE GYMNASTICS

Boost confidence, build technical skills, stay active, and have a blast in our progressive gymnastics at the YMCA! Gymnasts will develop skills and build a strong foundation for healthier habits while working on strength, flexibility, and technical skills on the floor, bar, vault, and beam.

TODDLER GYMNASTICS

PARENT-TOT TUMBLING

A chance to introduce parent & child to basic gymnastic movement. Instructors will guide the parent & child through instruction to develop coordination skills, balance, and flexibility.

DAYS	TIME	AGES	PRICING
Tuesdays	4:30-5:00PM	1-3 Years	3-week Session: \$26 \$38 4-week Session: \$35 \$51

TINY TUMBLERS

This class is designed for youth who would like to learn the fundamentals of gymnastics. Children will learn basic tumbling skills and movements on bars, floor, beam, vault, and trampoline.

DAYS	TIME	AGES	PRICING
Thursdays	4:30-5:00PM	4-6 Years	3-week Session: \$26 \$38 4-week Session: \$35 \$51

WATCH FOR SPECIAL GYMNASTICS PROGRAMS AT [SWCYMCA.ORG](https://www.swcymca.org)!

STAFF CONTACT: Tracy Vruwink • [715.818.6018](tel:715.818.6018) • vruwink@swcymca.org

SESSION DATES

NOV 2-20
NOV 30 - DEC 18
JAN 4-22
FEB 1-19

GYMNASTICS

PRICING: MEMBER | NON-MEMBER

PROGRESSIVE GYMNASTICS

SCHOOL-AGE GYMNASTICS

If you are unsure of where to start, contact our Gymnastics Coordinator, Sam Smazal at smazal@swcymca.org. Gymnasts may test out of a class based on skill level.

ROLLERS | BASIC

This class is designed for school-aged children who are new to gymnastics or any children who have completed our toddler gymnastics classes. Instructors will guide them to improve their strength and flexibility; work on handstands and cartwheels; balancing skills, jumps and dismounts on beam; swings and hip circles on bars; and other fun skills. This class will help lay down a foundation for upcoming levels.

DAYS	TIME	PRICING
M W	4:30-5:15 PM	3-week Session: \$46.50 \$71 4-week Session: \$62 \$95

CARTWHEELERS | INTERMEDIATE

This class is designed for gymnasts who have completed Rollers gymnastics to continue developing skills. Instructors will help reinforce previous skills; improve strength and flexibility; work on turns, bridges, and round-offs on the floor; balancing skills, jumps, turns, and dismounts on beam; pull-overs and hip circles, and handstands on bars; and vaulting skills.

DAYS	TIME	PRICING
M W	4:30-5:15 PM	3-week Session: \$46.50 \$71 4-week Session: \$62 \$95

STAFF CONTACT: Tracy Vruwink • [715.818.6018](tel:715.818.6018) • vruwink@swcymca.org



CHILDCARE

DROP-IN CHILDCARE AT THE ADVENTURE CENTER

Our Adventure Center is a drop-in childcare service for Y members and their families. We provide flexible childcare for children ages 6 weeks to 12 years, allowing parents time to catch a workout, take a class, or simply relax in our facility — all with the peace of mind that their child is in a safe and fun environment. Our professional providers engage with each child to offer attentive, high-quality care that is both meaningful and enjoyable.

PLEASE NOTE: Be sure to reserve care for ages 6 weeks–12 months 24 hours in advance!

WISCONSIN RAPIDS YMCA

3 HOUR LIMIT

M–F: 8:00 AM–1:00 PM

M–TH: 4:00–7:30 PM

SAT: 8:00–12:00 PM

ADAMS YMCA

M | W | F: 9:00–11:00 AM

T | TH: 4:45–6:45 PM

ADVENTURE CENTER FAMILY TIME

Family Time is an opportunity for Y members and their families to enjoy the Adventure Center together. Adult supervision is required at all times. Children age 12 years and under are permitted in the play area.

M–TH: 1:00–4:00 PM | F: 1:00–7:00 PM

SAT: 12:00–2:30 PM | SUN: CLOSED

KIDS CLUBHOUSE | NEKOOSA & WISCONSIN RAPIDS

What are your children doing before and after school? Kids Clubhouse childcare, offered at two convenient locations (Humke in Nekoosa and the Early Learning Center in Wisconsin Rapids) is a safe, fun place to be. At KCH, we foster virtues, life skills, self-esteem, and provide homework help for your child. With a focus on safety, health and physical activity, social growth, and academic enhancement, you'll know they're growing and exploring to their fullest potential. The Y's four core values of caring, honesty, responsibility, and respect are implemented into lesson planning.

21ST CENTURY LEARNING CENTER | HUMKE ELEMENTARY

This program is a collaboration between the YMCA and Nekoosa School District providing Pre-School, 4K Wrap-Around Care, and Before & After School programming.

DAYS OF NO SCHOOL CARE

We offer a full-day program for children ages 5 to 10 years. The Wisconsin Rapids, and Nekoosa Schools currently have several days of no school during the school year. We offer the best solution to both members and non-members on these days. Our state-licensed program will ensure your child is safe and having fun with our quality-trained staff.

STAFF CONTACT: Tracy Vruwink • [715.818.6018](tel:715.818.6018) • vruwink@swcymca.org



THANK YOU FROM YMCA CAMP ALEXANDER!

Thank you to our campers, families, and community members for an incredible summer filled with fun, learning, friendship, and adventure. We hope you will join us throughout the year as we grow our events and programming—and for another unforgettable summer at camp!

SAVE THE DATE: Summer Camp Begins June 7, 2027

GIVE THE GIFT OF CAMP!

Some gifts are only opened once. Camp is the gift that keeps on giving.

Give a child the opportunity to explore, build confidence, make new friends, and experience the adventure of YMCA Camp Alexander. It is a meaningful gift for Christmas, birthdays, or any special occasion. Watch for details this fall on how you can give the gift of Camp!

YOUTH ARCHERY PROGRAM – NEW!

Learn the fundamentals of archery through this exciting 8-week program presented by the SWC YMCA in partnership with Centershot. Participants will develop archery skills, range safety awareness, focus, faith, discipline, and confidence in a fun and supportive environment. No experience necessary; equipment provided.

Register early – space is limited! Max 15 participants.

SESSION DATES	DAYS	TIME	GRADES	Y MEMBER NON-MEMBER
January 18 – March 8	M	4:30–6:00 PM	4–12	8-week Session: \$25 \$35

STAY CONNECTED

Follow [Camp Alexander on Facebook](#) and visit swcymca.org for updates about Fall and Winter activities and events at beautiful Camp Alexander!



South Wood
County YMCA



YMCA
Camp Alexander



STAFF CONTACT: Trisha Steinhorst • [715.818.6010](tel:715.818.6010) • steinhorst@swcymca.org



CAMP ALEXANDER

Photo By: XOXO Wedding Rentals

YOUR NEXT GATHERING BELONGS AT CAMP

Celebrate. Connect. Discover a destination worth sharing.

Set along Nepco Lake in the Wisconsin Rapids area, YMCA Camp Alexander offers a distinctive lakeside setting for local gatherings and destination events alike. Surrounded by 33 wooded acres, Camp Alexander gives guests room to relax, reconnect, explore, and enjoy an experience that feels different from a traditional event venue.

Camp Alexander is available for:

- Weddings, showers, and anniversary celebrations
- Family reunions, graduation parties, and milestone events
- Company, nonprofit, and board retreats
- Employee and volunteer appreciation events
- School, church, and youth group outings
- Workshops, fundraisers, and community gatherings

Lester Hall accommodates up to 175 guests and is available throughout the year. Depending on the season and your group's needs, additional options may include cabins, trails, waterfront areas, campfire spaces, outdoor recreation, and facilitated camp activities. Whether you are planning a few meaningful hours, a full-day gathering, or weekend event, Camp Alexander offers a setting where people can slow down, spend time together, and make lasting memories.

Planning something different? Ask us. Camp Alexander can accommodate a wide range of private, business, nonprofit, educational, and community gatherings.

Come experience the possibilities.

Ready to schedule a tour or request rental information? Contact our Camp Director, Trisha Steinhorst at 715.818.6010 or steinhorst@swcymca.org.

CAMP ALEXANDER ALUMNI REUNION

Camp Alexander Alumni—We're Bringing Everyone Back Together!

Former campers, staff, volunteers, families, and friends of YMCA Camp Alexander are invited to reconnect with camp during a special alumni event planned for spring. Come back to the place where friendships were formed, adventures were shared, and generations of camp memories were made. Additional event details, including the date and activities, will be announced as plans are finalized.

STAFF CONTACT: Trisha Steinhorst • [715.818.6010](tel:715.818.6010) • steinhorst@swcymca.org



SOUTH WOOD COUNTY YMCA
CELEBRATE YOUR
BIRTHDAY
AT THE Y!

ADVENTURE CENTER & POOL PARTY

601 W GRAND AVENUE, WISCONSIN RAPIDS, WI 54495

Y MEMBERS

\$175 FOR UP TO 34 PARTICIPANTS | \$200 FOR 35+

NON-MEMBERS

\$195 FOR UP TO 34 PARTICIPANTS | \$225 FOR 35+

+ \$50 RENTAL DEPOSIT (REFUNDABLE FOLLOWING RENTAL)

	SUMMER	FALL & WINTER
FRIDAYS	4:00 PM - 7:00 PM	4:00 PM - 7:00 PM
SATURDAYS	11:15 AM - 2:15 PM	1:00 PM - 4:00 PM
SUNDAYS	CLOSED	11:15 AM - 2:15 PM

Up to 20 Swimmers per Group at a Time.

SCAN THE QR CODE TO BOOK YOUR PARTY!

Questions? Contact us at 715.818.9622.



Enjoy 3 Hours in the Adventure Center, Pool & Party Room!



Use the Party Room for your food, cake, & decorations!





NOW HIRING

THE Make a Living *and a Difference* PLACE

Join a team where your work matters—every day.

We're looking for passionate individuals who want to do meaningful work. When you join us, you'll become part of a supportive team dedicated to improving lives and strengthening communities. Your role isn't just a job—it's a chance to make a lasting difference.

Why you'll love working here:

- Competitive pay and benefits
- Leadership and growth opportunities
- A mission that changes lives

SOUTH WOOD COUNTY YMCA



the

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



PAINTING PROS

RESIDENTIAL & COMMERCIAL PAINTING SERVICES



Nekoosa Port Edwards State Bank

We Want to be Your Financial Partner® • est. 1913



SCOTT & ANN
BLANKE

TODD & TERRA
DUELLMAN

ERIN & RICK
HESS

PHYSICAL THERAPY



MATRIX



CARRICO AQUATIC
RESOURCES, INC.



JASPERSON
FAMILY FOUNDATION



BELL
FAMILY FOUNDATION

ALEXANDER
FAMILY FOUNDATION

THANKS OUR DONORS!