



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

South Wood County YMCA Winter Programs 2024-2025

SPORTS & CAMP

Winter Session 1: December 5 – 26, 2024

Soccer

Come learn the basics of soccer. The 1st week will be a one hour practice. The next 3 weeks will be a 30 minute practice followed by a 30 minute scrimmage. Teams will mix up each week so kids get a chance to play with different players.

Grades K-2 Wednesdays 4:30-5:30pm
Grades 3-6 Wednesdays 5:45-6:45pm
Fees: \$35 Member / \$50 Non-Member

Beginner Taekwondo – Limited to 10 participants.
Learn the basics of Taekwondo. Practice discipline, kicking, self defense and more!

Grades K-2 Thursdays 4:30-5:30pm
Grades 3-6 Thursdays 5:45-6:45pm
Fees: \$40 Member / \$50 Non-Member

Micro Sports – Soccer

Ages 3-6 with parent Mondays 4:30-5:15pm
Fees: \$25 Member / \$40 Non-Member

Winter Session 2: January 6 – January 30, 2025

Basketball

Come learn the basics of basketball. The 1st week will be a one hour practice. The next 3 weeks will be a 30 minute practice followed by a 30 minute scrimmage. Teams will mix up each week so kids get a chance to play with different players.

Grades K-2 Wednesdays 4:30-5:30pm
Grades 3-6 Wednesdays 5:45-6:45pm
Fees: \$35 Member / \$50 Non-Member

Micro Sports – Multi-Sport

Ages 3-6 with parent Mondays 4:30-5:15pm
Fees: \$25 Member / \$40 Non-Member

Basketball League (8 weeks)

January 7 – February 27, 2025

Contact your school to join a team and come together at the Y for our community recreation basketball league!

- Tuesdays or Thursdays
- 4:30-8:00pm
- Registration opens Nov. 1 and closes Dec. 20
- Cost per team: \$200

AQUATICS

Swim Lessons

Our instructors are trained leaders who are ready to help infants to school age find their love of water. Lessons meet once a week for 7 weeks – 40 minutes each lesson. Check out our website for more specific details.

SESSION 1: January 6 – February 22, 2025
Registration opens December 20, 2024
\$28 Member / \$56 Non-Member

SESSION 2: March 3 – April 19, 2025
Registration opens February 21, 2025
\$28 Member / \$56 Non-Member

Private Swim Lessons (30 minutes)

Private lessons are great for more personalized attention.

- \$20 for 1 lesson (\$25 Non-Member)
- \$60 for 3 lessons (\$75 Non-Member)
- \$100 for 5 lessons (\$125/Non-Member)

Semi-Private Swim Lessons (30 minutes for 2 swimmers)

- \$30 for 1 lesson (\$40/non-member)
- \$90 for 3 lessons (\$120/non-member)
- \$150 for 5 lessons (\$200/non-member)

We are hiring lifeguards! Contact the YMCA for details.

REGISTER TODAY at the SWC YMCA or online at www.swcymca.org



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HEALTHY LIVING

Irish Dance Youth Program

Zenaida Mckinney has 17 years experience with Irish dancing. She has taught youth ranging from beginners to champions. She will help youth understand this style of dance and prepare them for a show on St. Patrick's Day.

Date: Mondays, January 20 – March 17, 2025 (9 weeks)
Time: 5:00–5:45pm (Ages 3–5)
6:00–7:00pm (Ages 6–10)
Fee: \$60 Member / \$75 Non-Member

YMCA Strength Program

This 6 week progressive overload training is led by NSCA certified strength and conditioning coaches. Focus is increased strength in free weight movements and techniques. Limited spots are available. (Youth ages 14+)

Date: Mondays & Wednesdays, Feb. 10 – March 19, 2025
Time: 5:30–6:30pm
Fee: \$40 Member / \$60 Non-Member

Beginner Strength & Conditioning (Adult with a Youth)

This 6 week program will introduce parents and their youth to resistance training and conditioning by understanding movement patterns, metabolic taxing exercise routines and age-appropriate weight training styles. Come sweat together, learn and support each other! Limited spots are available. (Youth ages 11+)

Date: Wednesdays, January 8 – February 26, 2025
Time: 6:15–7:15pm
Fee Per Couple: \$100 Member / \$140 Non-Member

Smart Start Weight Loss (ADULTS ONLY)

10 week weight loss program that includes access to group exercise classes, personal training, behavior change, weekly discussions and monthly nutritional education programs led by a registered dietitian – a holistic approach to weight loss.

Date: Thursdays, January 9 – March 13, 2025
Time: 5:30–6:30pm
Fee: \$450 Member / \$600 Non-Member

EVENTS

Breakfast with the Grinch

Join the Grinch and Cindy Lou Who for a pancake breakfast, games, crafts, hot cocoa, cookie decorating and write a letter to Santa.

Date: Saturday, December 7, 2024
Place: Boys & Girls Club of Wisconsin
Time: Rapids 8:00–11:00am
Fee: \$10 Member / \$15 Non-Member

Father Daughter Dance

Dads, bring your daughter to an evening filled with dancing, contests, a craft, appetizers, treats and photo.

Date: Saturday, February 1, 2025
Time: 6:00–8:00pm
Fee: \$30 Member / \$35 Non-Member (COUPLE)
\$10 per additional daughter

Father Son Game Night

Dads, bring your sons to an evening filled with games, activities, pizza party, treats and a photo.

Date: Friday, January 10, 2025
Time: 5:30–7:30pm
Fee: \$30 Member / \$35 Non-Member (COUPLE)
\$10 per additional son

Birthday Parties at the YMCA

Adventure Center

Friday, Saturday and Sunday options
2 hours, up to 20 children, party room included
\$100/Member & \$125/Non-member

Pool Parties

Friday, Saturday and Sunday options
2.5 hours, up to 20 swimmers, party room included
\$125 Member / \$150 Non-Member

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