



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

Fall 2024
September–November



HOURS

M–F 4:30AM – 9PM

SAT 7AM – 4PM

SUN 10:30AM – 3:30PM

**FUN AND FAMILY
AT THE Y**

785.271.7979 • ymcatopeka.org • 3635 SW Chelsea Dr Topeka KS, 66614



facebook.com/topekaymca

GET INVOLVED

SOMETHING FOR EVERYONE

There are countless ways to get involved with the YMCA—from membership and program participation to volunteering and fundraising. There's something for everyone at the Y, engage your interests and connect with the Y today. There are countless opportunities to make a difference in your community and help to build a brighter future for future generations.



SCHOOL DAY OUT

WE NEED YOU

We rely on our members, participants, donors and volunteers to all work alongside us to strengthen our community. Whether you're mentoring young people, improving your family's health and wellbeing or supporting your neighbors, your involvement with the Y brings positive, meaningful, and impactful change to the community.

FINANCIAL ASSISTANCE

Everyone belongs at the Y, regardless of their ability to pay. We are committed to ensuring everyone has access through our financial assistance programs.

YMCA SCHOOL DAY OUT

This program offers daily childcare options for elementary-aged students during school days out such as teacher in-service days. Operated out of the YMCA of Topeka, students' in grades K–6th needs are balanced with learning, physical activities, swimming, basketball, gym, arts and crafts, and social skills.

LOCATION

YMCA of Topeka
3635 SW Chelsea Dr, Topeka, KS 66614
Office: 785.435.8651
YMCA: 785.271.7979

HOURS OF OPERATION

Monday – Friday:
7AM – 5:30PM

AGES

5 – 11 years

Y MEMBERS \$27/day
NON-MEMBERS \$30/day



Terry Jones • Youth Development Director
terryj@ymcatopeka.org

CHILDCARE

Find applications for childcare, before and after school care, or school day out at our website: ymcatopeka.org/childcare

COVENANT CHILDCARE CENTER

YMCA Covenant Childcare Center and Preschool will use some of the teaching strategies from the Child Care Aware Curriculum. The teacher will utilize the tools for observations, weekly planning progress, outcome reports, and parent-teacher communication.

Our goal is to help children become independent, self-confident, and inquisitive learners. We are teaching them how to learn, not just in the classroom, but throughout their lives. We understand and encourage learning at their own pace and in the ways that are best for them.

LOCATION

YMCA Covenant Childcare Center
5440 SW 37th St, Topeka, KS 66614
785.435.8651

HOURS OF OPERATION

Monday – Friday
6AM – 6PM

AGES

1 – 5 years

FULL DAY: \$160/week; \$45/day
HALF DAY: \$112.50/week; \$20/day



BEFORE & AFTER SCHOOL CARE

PRIMETIME BEFORE AND AFTER SCHOOL PROGRAMS

The Y's before and after school program employs mission oriented team members who are active, engaging, and responsible to work with your children. Based in elementary schools, students in grades K-6 are nurtured in a comfortable, thought-provoking childcare environment.

Lowman Hill Elementary

Topeka Public School District
1191 SW Garfield Ave, Topeka, KS 66604

Berryton Elementary

Shawnee Heights School District
2921 SE 69th St, Berryton, KS 66409

Shawnee Heights Elementary

Shawnee Heights School District
2410 SE Burton St, Topeka, KS 66605

HOURS OF OPERATION

Monday – Friday
Morning 7AM – 9AM
Evening 3:30PM – 6PM

AGES

Pre-K thru 6th Grade

MORNING ONLY \$10/DAY
EVENING ONLY \$15/DAY
BOTH \$25/DAY



FAMILY & COMMUNITY

YOUTH REVOLUTION: GET YOUR GAME ON!

SEPT 28, OCT 26, NOV 24, DEC 21 @ 7PM to 11PM

The Y is hosting a late-night event for youth going into grades 6-8. There will be activities such as basketball, ping pong, board games and more! We will provide food and drinks and you can guarantee your children will have a great and safe evening while making friends and memories at the Y. Once signed in, youth must remain inside the facility until signed out by a parent or the adult they were signed in by.

Y MEMBERS & NON-MEMBERS \$10

3RD ANNUAL Y CHILI COOK OFF NOV 13

Come support your "FLAV-orite" community for a great cause! Enjoy some tasty chili while supporting the community programs and services the Y is able to offer with support from our generous supporters.

Think your flavors are worthy? Enter your chili for the chance to be crowned the winner, complete with bragging rights!

\$5 SUGGESTED DONATION



SILENT AUCTION & BAKE SALE

Support the Y by browsing and bidding on an assortment of goods and services from our community partners. Funds raised go towards our annual campaign which provides for program scholarship and financial assistance to those who may need it.

NOV 13 to DEC 18 Silent Auction

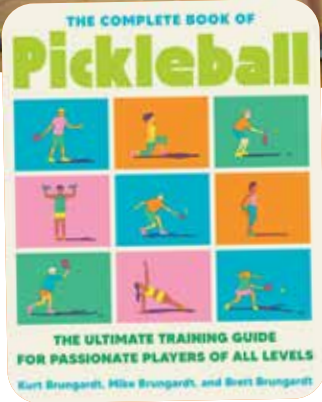
DEC 16 to DEC 18 Bake Sale in Lobby

3RD ANNUAL TRUNK OR TREAT

OCT 23 @ 6PM

Get ready for a spooktacular evening at the YMCA of Topeka's Third Annual Trunk or Treat Halloween Event! Join us on October 23rd from 6 PM to 8 PM for a night filled with fun, candy, and creative costumes. Families can enjoy trick-or-treating from decorated car trunks, games, and festive activities. Don't miss out on this safe and exciting community celebration!





1ST ANNUAL STATEWIDE YMCA

PICKLEBALL TOURNAMENT

NOV 16-17

Coming to Topeka this November, join in on the statewide YMCA pickleball tournament. Each month has offered a new opportunity to participate, November being Topeka's chance! The tournament concludes with the State Championship in Wichita on December 13-15.

This tournament is open to all skill levels from beginner to competitive, all are welcome and encouraged to participate!

The first 50 registrants will receive a free copy of "The Complete Book of Pickleball: The Ultimate Training Guide for Passionate Players of All Levels" by local Kansas authors Kurt, Mike, and Brett Brungardt of Garden City, Kansas.

FOR MORE INFORMATION OR TO REGISTER ONLINE VISIT

www.ymcatopeka.org/pickleball

FUN FOR THE WHOLE FAMILY!

FAMILY FUN FRIDAYS

CHECK ONLINE FOR DATES

Check our website for Family Fun Friday events. These events are hosted one Friday a month at 6:30pm for a fun-filled, family-friendly, good time. Themes and activities range from arts and crafts to family fitness. Family evening events are free and open to all Y members and non-members.



ADULT PAINT ALONGS

SEPT 19, OCT 7, NOV 14, AND DEC 9 @ 5:45PM

Grab your friends and join us for mocktails and a step by step paint session with Alex! Feel free to bring snacks, however everything else is provided.

Y MEMBERS \$20 NON-MEMBERS \$25

YOUTH PAINT ALONGS

OCT 18 AND DEC 2 @ 6:30PM

An easier, family-friendly paint along for the kids and those young at heart.

Y MEMBERS \$10 NON-MEMBERS \$15



ENROLLING SOON!

ADVOCACY AND LEADERSHIP 101

MONDAYS @ 4:30PM NEXT SESSION IN JANUARY

"Advocacy and Leadership 101" is an 8-week free program for teens aged 13-18 that uses various activities to develop self-awareness, leadership, and community responsibility, culminating in a free YMCA membership.

FREE COMMUNITY PROGRAM

BEGINNER TAP DANCE FOR ADULTS

OCT 9-OCT 30 OR NOV 6-DEC 4 ON WED @ 10:30AM

This class will teach rhythmic skills coordination, precision and musicality. Participants will learn tap fundamentals, step, and combinations.

Y MEMBERS \$20 NON-MEMBERS \$30

LIFE SAVING SKILLS

Are your children water safe? Now is the time to start. The YMCA offers swimming lessons beginning at 6 months of age. Beginning in a parent and child class, we help you as the parent learn water safety skills to begin instilling in your little ones. As they develop more confidence, we offer our preschool lessons to continue to build on water comfortability and swimming skills through songs and games.

Levels 1 -3 are for children age 5 and up and will progress from breath control and water comfortability to a variety of strokes and endurance levels.

COURSES OFFERED AT THE Y:

Parent and Child
Aqua Baby
Aqua Tot
Preschool
Level 1
Level 2
Level 3
Teen
Adult

PRIVATE LESSONS

The YMCA offers private lessons for all ages, including teens and adults, to help those who would like more direct attention to meet their goals.

Y MEMBERS

4 30-min lessons \$100

6 30-min lessons \$135

8 30-min lessons \$160

NON-MEMBERS

4 30-min lessons \$200

6 30-min lessons \$270

8 30-min lessons \$320

SWIM LESSONS



UPCOMING SESSIONS

Dates	Days	Times
SEPT 9-SEPT 25	M/W	evening
OCT 7-OCT 23	M/W	evening
NOV 4-NOV 20	M/W	evening
DEC 2-DEC 18	M/W	evening



HELP TEACH CONFIDENCE

We are looking for a few people to join our team of swim instructors! Do you know someone who may be interested in working a few hours a week while helping kids learn lifesaving skills? Evening and weekend hours are available with flexible scheduling. Applicants must be at least 15 years old. Apply online at ymcatopeka.org/jobs

Swim Lesson Coordinator
swim@ymcatopeka.org

AQUATIC PROGRAMS

GRANT FUNDED/REDUCED COST INTRO TO SWIM & WATER SAFETY

Do you have a child who is nervous or fearful of the water?

Want to focus on being safe around water? Check out this grant-subsidized swim lesson program, perfect for those just “getting their feet wet” and getting started in the water!

This class focuses on skills such as breath control, going underwater and floating as well as safety skills in and around the water. It is designed as an introduction to swimming lessons. If this is your child’s first time taking swimming lessons, you have tried lessons in the past and they are still fearful, or they are over confident but lack the skills to remain safe, this class is a great choice to ensure your child learns how to be safe in and around water.

This class is at a discounted rate thanks in part to Safe Kids Kansas and our community partners. It is our desire to make sure that as many children as can be in Shawnee County are water safe.

This program is for children 5 to 9 years old. Limit one session per child.

Y MEMBERS & NON-MEMBERS \$20/session



SCUBA SANTA

He does exist! Coming to the Y in November, Scuba Santa will be here.

Get your photo taken underwater with Scuba Santa! He'll be here with enough tinsel and bows to create a unique and memorable photo not found elsewhere.

Dates, times and pricing will be posted to our website in October.

100% of all donations received from Scuba Santa go directly to YMCA community programs and services.



GROUP FITNESS

LAND CLASS SCHEDULE

	TIME	DAY
STRETCH & FLEX	8AM	M/W
CYCLE HIIT	8AM	SAT
NEW! BUILD & BURN	9AM	M/W/F
FUN 2 B FIT	9AM	M/W/F
ZUMBA GOLD	9AM	TUES
MOVIN' N' GROOVIN'	9AM	THURS
DANCE-MOVE	10AM	M/W
STRETCH & FLEX	10AM	T/TH
SHAPE & SCULPT	11AM	M/W
CORE & CYCLE	12PM	M/W
CYCLE	12PM	FRI
HIIT	7PM	TUES
CYCLE BEAT	7PM	WED

LAND EXERCISE

Land exercise is a great way to burn calories, strengthen your muscles, improve your mind-body connection and have fun! Each class will offer modifications to fit your abilities and your fitness goals.

Not sure which classes are right for you?

Stretch and Flex—Bring your mat and enjoy peaceful meditation and gentle stretch to rebalance and strengthen your body and mind.

Fun 2 B Fit is great for working on balance, strength and range of motion (ROM). This is a low intensity and low-impact class for all ages and fitness levels.

Dance-Move and **Zumba Gold** are fun classes that get you moving to the music. Work on balance, coordination and get your heart pumping.

For a higher intensity workout or to tone and strengthen, try any of our cycle classes, **Build & Burn**, or **Shape & Sculpt**. Be ready to burn calories and build muscle. Don't forget to bring your water bottle!

Ask about our FREE 30-minute New Member Orientation. We will provide you with all the information you need to begin safely using our fitness center and familiarize you with any equipment you're unsure of. Complete a new member orientation form at the member services desk or visit the Health and Wellness Office to schedule.



PERSONAL TRAINING

The Y provides personal training services with certified and experienced trainers both on land and in the water. Train one-on-one or get a buddy or two for small group sessions!

For more information, contact Lisa lisab@ymcatopeka.org.



AQUA FITNESS

AQUATIC EXERCISE

Looking to increase your range of motion, balance, mobility and burn up to 50% OR MORE calories from your workout? Aquatic exercise covers all of that PLUS is low impact and can be modified for just about everyone.

Aqua Tone and **Aqua Aerobics** are great for working muscles and increasing range of motion in a lower intensity class.

Aqua Fit, **H2o Flow** and **Energy Explosion** incorporate more movement along with strength and flexibility in a moderate intensity workout.

Join us for high intensity workout—**HIIT**, **Power Surge**, **6 in 6** and **Run Strong** will get your heart rate up for that calorie burn and strength training to build muscle. Bring your water bottle!

Ebb and Flow is an hour-long class divided into strength and cardio for the first half and cooling down by focusing on balance, coordination and flexibility for the last part of the class.



AQUA CLASS SCHEDULE

	TIME	DAY
VIDEO CLASS	6AM	M/T/W/TH/F
POWER SURGE	8AM	THURS
AQUA FIT	9AM	M/W/F
AQUA TONE	9AM	T/TH
RUN STRONG	6:45PM	M/W
	9AM	SAT
H2O FLOW	10AM	M/W/F
AQUA AEROBICS	9:45 AM	T/TH
AQUA ZUMBA	10:30AM	T/TH
ENERGY EXPLOSION	11AM	M/W/F
NEW! EBB & FLOW	11:30AM	T/TH
POWER SURGE	5:45PM	THURS
6 IN 6	5:45PM	TUES
	8AM	SAT
COMING SOON!		
BOUNCE N' BURN	8AM	M/W/F

PERSONAL TRAINING: FITNESS IN THE WATER

Regardless of whether you are a newcomer or an experienced athlete, the Y provides aquatic personal training with the assistance of our Certified Personal Trainer/Certified Aquatic Fitness Professional. We strive to ensure that your workout sessions are efficient and effective. We can provide personal training individually or in small groups.

To learn more, contact Lisa, CPT, AFP, at lisab@ymcatopeka.org.

Lisa Baumgard • Health & Wellness
lisab@ymcatopeka.org



GYM & POOL TIMES

OPEN GYM

	TIMES	
MONDAY	7AM-9AM	1:30PM-9PM
TUESDAY	7AM-9AM	1:30PM-6:30PM
WEDNESDAY	7AM-9AM	1:30PM-6PM
THURSDAY	7AM-9AM	1:30PM-6:30PM
FRIDAY	7AM-9AM	1:30PM-9PM
SATURDAY	9AM-4PM	
SUNDAY	10:30AM-3:30PM	

OPEN SWIM

	TIMES	
MONDAY	12PM-5PM	6:45PM-8PM
TUESDAY	12:30PM-5:30PM	6:45PM-8PM
WEDNESDAY	12PM-5PM	6:45PM-8PM
THURSDAY	12:30PM-5:30PM	6:45PM-8PM
FRIDAY	12PM-8PM	
SATURDAY	11:30AM-2PM	
SUNDAY	BY RENTAL ONLY	

PICK-UP B-BALL

WED
TIMES
6PM-9PM



OPEN LAP SWIM

M / W	T	TH	F	SAT
6AM-10AM 3 lanes	6AM-9:45AM 3 lanes	6AM-9:45AM 3 lanes	6AM-10AM 3 lanes	7AM-9AM 3 lanes
10AM-11AM 1 lane	9:45AM-10:30AM 1 lane	9:45AM-10:30AM 1 lane	10AM-11AM 1 lane	9AM-10AM 0 lanes
11AM-5:30PM 4 lanes	10:30AM-8PM 4 lanes	10:30AM-12PM 4 lanes	11AM-8PM 4 lanes	10AM-2PM 4 lanes
5:30PM-6:30PM 2 lanes		12PM-5PM 2 lanes		
6:30PM-8PM 0 lanes		5PM-8PM 4 lanes		

PICKLEBALL

MON-FRI
TIMES
5AM-7AM
10:30AM-12:30PM
T/TH
6:30-9PM
SATURDAY
7AM-9AM



All schedules are subject to change



KID ZONE

Kid Zone is a kid-friendly, safe place for youth aged 2 to 11 to hang out while parents work out and use the facility for up to 2 hours!

Family memberships have KidZone included. All other membership types and day pass guests can use KidZone for \$5/child per day.



NEW MEMBER PROMOS

JOIN ONLINE FOR NO JOIN FEE

Register for your membership online at ymcatopeka.org or using our self-service kiosk at the front desk to start your membership with no join fee



MEMBERSHIP RATES

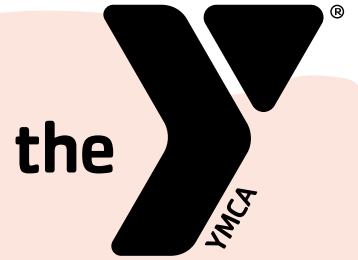
MEMBERSHIP TYPE	JOIN FEE	MONTHLY	ANNUAL
TEEN (ages 13-17)	\$10	\$20	\$240
YOUNG ADULT (ages 18-25)	\$20	\$31	\$372
ADULT (ages 26+)	\$35	\$42	\$504
SENIOR ADULT (ages 60+)	\$35	\$37	\$444
SENIOR FAMILY (ages 60+)	\$35	\$60	\$720
SINGLE PARENT FAMILY	\$35	\$51	\$612
FAMILY	\$35	\$64	\$768

Financial Assistance — Our Financial Assistance program enables individuals and families to become active members and participants at a reduced rate.

FIRST RESPONDER AND MILITARY DISCOUNTS ARE AVAILABLE WITH VALID ID.

OUR MISSION

To put Christian principles into practice through programs that build healthy spirit, mind and body for all.



FACILITY RENTAL

The YMCA of Topeka is available for your next birthday party, business meeting, or other special occasion. Email Robin at robinm@ymcatopeka.org with any questions or for more details.

AMERICAN RED CROSS CERTIFICATIONS

Learn more about becoming a Lifeguard or get your CPR, AED, and First Aid training and certification. Check the website for open certification courses or contact Alexis at alexish@ymcatopeka.org to arrange a course for your group or organization.



**TOGETHER WE CHANGE LIVES
DONATE TODAY**

[] YES! I want to show my support of YMCA of Topeka!

Name _____ Member ID: _____

Address _____

City _____ State _____ Zip _____

Phone _____ Email _____

\$500

\$250

\$100

\$50

\$25

\$_____

One-time donation Recurring monthly donation

Use the payment method I have on file for this donation

Use the credit card below for this donation

CC # _____ Expiration Date ____/____

CVV _____ Signature _____

I've included cash or check for this donation

Mail or return this form to: YMCA of Topeka, 3635 SW Chelsea Dr, Topeka KS, 66614

Or, donate online at www.ymcatopeka.org/support-the-y/donate/