



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Summer 2024
June-August



HOURS

M-F 4:30AM - 9PM

SAT 7AM - 4PM

SUN 10:30AM - 3:30PM

**SUNSHINE AND SMILES
AT THE Y**

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



facebook.com/topekaymca

SUMMER CAMP

YMCA SUMMER CAMPS

Y Summer Camp will start May 30, and run thru August 02, 2024.

The 10-week camp will give kids from Pre-K to Middle school the opportunity to experience fun and excitement. Campers will enjoy opportunities to build relationships with other youth from Topeka and surrounding communities. We are focused on giving campers the structure to build self-growth and confidence in themselves, while learning in a safe and healthy environment.

Some of the activities the campers will attend this summer include: swimming at the YMCA and other local pools, basketball, volleyball, roller skating, dancing, arts & crafts, cooking, sewing, and visiting local parks and museums.

There will be three camps:

Pre-K thru 2nd grade

HILL TOP CAMP

5440 SW 37th St, Topeka KS 66614

3rd thru 6th grade

SW CAMP

3635 SW Chelsea Dr, Topeka KS 66614

7th thru 8th grade

ADVENTURE CAMP

3635 SW Chelsea Dr, Topeka KS 66614

HOURS OF OPERATION:

Monday – Friday

7AM – 5:30PM

Price: \$160.00/week

- Enroll for 1 week at a time or all 10 weeks ••

Registration process: Pick up a registration form at the YMCA or print from our website and return to the front desk.

Website: www.ymcatopeka.org

Phone: (785) 271-7979 or (785) 435-8651



SCHOOL DAY OUT

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

RATES

YMCA MEMBERS \$27/day

NON-MEMBERS \$30/day



Terry Jones • Youth Development Director
terryj@ymcatopeka.org

CHILDCARE

Register now for the 2024-2025 School Day Out and B/A school programs! Check our website: www.ymcatopeka.org or stop by the Y for more information.

CHILDCARE

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

RATES

Full Day: \$160/week or \$45/day
Half Day: \$112.50/week or \$20/day



B/A SCHOOL PROGRAM

YMCA PRIME TIME BEFORE AND AFTER SCHOOL PROGRAM

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.

LOCATION #1

Lowman Hill Elementary School
Topeka Public School District
1191 SW Garfield Ave, Topeka, KS 66604

LOCATION #2

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

LOCATION #3

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

HOURS OF OPERATION

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

RATES

Morning Only \$10/Day
Evening Only \$15/Day
Both \$25/Day

AGES

Pre-K thru 6th Grade



YOUTH PROGRAMS AND DEVELOPMENT



NEW!

STROKE REFINEMENT/CONDITIONING

Join this swim class for ages 9 and above who can swim at least 25 yards to improve skills in front crawl, backstroke, breaststroke, and butterfly. Enhance strength and endurance with timed swims, goal-setting, and personal best challenges. Classes are 1 hour, Monday and Wednesday evening, for 3 weeks.

Program dates to be determined.

Y MEMBERS \$55

NON-MEMBERS \$75

NEW!

YOUTH BOXING

Participants will learn the basics of boxing including but not limited to:

- The six basic punches utilized in boxing.
- The proper body mechanics when boxing.
- Proper hand wrapping techniques.
- Footwork skills.

This class is strictly no contact. Under no circumstance will participants spar or make contact with each other.

Program runs July 23rd to August 15th

Y MEMBERS \$30

NON-MEMBERS \$50

SKILL & DRILL BASKETBALL CLINIC

Since you made our November Intro to Basketball a success, we are doing it again with 3 more dates. Work on learning new skills and improving old ones in this 2-hour clinic.

Hosted on August 25th

Grades: K-4 12PM-2PM

Grades 5-8 2PM-4PM

Y MEMBERS \$20

NON-MEMBERS \$30



ADVOCACY AND LEADERSHIP 101

This is an 8-week leadership development program for youth aged 14 to 18 years old. Each week focuses on a main topic using team building activities, meditative and martial arts, short reads, art, music, journal entries and other facilitated conversations or "circles." Utilizing these circle techniques, teens will work on self-control, self-awareness, self-care, self-advocacy, and self-empowerment.

Being aware of oneself can have a positive impact on building healthy relationships, developing leadership and teambuilding skills, and discovering one's responsibility to their family and community. Each participant will receive a free day pass at the end of each session to work out, play basketball, or swim.

Upon successful completion of the program, each participant will be gifted a **free 6 month membership to the YMCA of Topeka**. This program is provided at no cost thanks to a partnership with the Topeka Center for Peace and Justice.

The group meets on Mondays from 4:30PM to 5:30PM.

The next session starts August 19th.



NEW!

**YOUTH REVOLUTION:
GET YOUR GAME ON!**

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.

**Come join us June 29th, July 20th,
and August 24th from 7PM – 12AM!**

**Y MEMBERS \$5
NON MEMBERS \$5**



FAMILY & COMMUNITY PROGRAMS/EVENTS

**FAMILY FUN FRIDAYS
CHECK ONLINE FOR DATES**

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



**ADULT PAINT ALONG
AUGUST 23RD @ 5:45PM**

Grab your friends and come on out to the Y. Join us for mocktails and a step by step paint session with Alex! Feel free to bring something to eat while painting. Mocktails and all paint supplies are provided.

Y MEMBERS & NON-MEMBERS \$20.00 per person

**YOUTH PAINT ALONG
AUGUST 29TH @ 6:30PM**

Come join us for a family friendly paint along evening. This registration includes two canvases. Parent not required to paint, but welcome to. Parents must remain in the painting room to assist their children.

**Y MEMBERS & NON-MEMBERS
\$15 for 2 canvases, \$5/each add'l canvas**



NEW!

NUTRITION 101

THURSDAYS @ 6:30PM STARTING JULY 25TH

FRIDAYS @ 1:00PM STARTING JULY 26TH

We are hosting a FREE nutrition class open to all. In this class, we will cover topics such as; making a diet you can stick to, how to keep eating your favorite foods, debunking diet myths, and how to keep that sweet tooth satisfied!

FREE to Y MEMBERS & NON-MEMBERS

SWIM LESSONS

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. Our "Level" courses are for children ages 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

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



UPCOMING SESSIONS

Dates	Days	Times
Jul 15–Jul 31	M/W	evening
Jul 16–Aug 1	T/TH	evening
Aug 12–Aug 28	M/W	evening
Sept 9–Sept 25	M/W	evening



PRIVATE LESSONS

Private lessons are offered year-round by appointment for both youth and adults. Please contact swimming lessons coordinator at swim@ymcatopeka.org with any questions, for more information, or to schedule your private sessions.

Swim Lesson Coordinator
swim@ymcatopeka.org

WATER SAFETY AT THE Y

INTRO TO SWIM AND WATER SAFETY

Do you have a child who is nervous or fearful of the water?
Want to focus on being safe around water?

This class will focus on pertinent skills such as breath control, submersion, and floating, as well as safety skills in and around the water and is designed as an introduction to swimming lessons. So, if this is your child's first time taking 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 for your child. This class is being offered at a discount rate thanks to community partnerships and our desire to make sure that as many children as can be in Shawnee County are water safe.

Limit one session per child. Children Age: 5-9 years old

Y MEMBERS \$20/session

NON-MEMBERS \$20/session



LIFE JACKET LOANER STATION

Has your child grown out of their life jacket? Spending the day with friends or family on a boat, but don't want to spend a fortune for one day? Going on a beach vacation? The Y's life jacket loaner station is here for you.

Anyone, member or non-member, is welcome to come in and borrow a life jacket for up to **2 weeks at a time at no cost.**

Infant, children, and adult sizes available. Check out life jackets at the front desk.



LAND GROUP FITNESS

LAND CLASS SCHEDULE

	TIME	DAY
STRETCH & FLEX	8AM	M/W
CYCLE HIIT	8AM	SAT
CARDIO CRUSH	9AM	M/W
FUN 2 B FIT	9AM	M/W/F
ZUMBA® GOLD & ZUMBA® TONING	9AM	T/TH
DANCE-MOVE	10:15AM	M/W
STRETCH & FLEX	10AM	T/TH
BOX & BURN	9AM	F
SHAPE & SCULPT	11AM	M/W
CORE & CYCLE	12PM	M/W
CYCLE	12PM	FRI
HIIT	6:45PM	TUES
CYCLE BEAT	6:45PM	WED

Ask about our FREE 30-minute New Member Orientation. We will provide you with all the information you need to begin safely using the fitness center and familiarize you with any equipment you're unsure of. Check with the front desk to schedule.



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? Fun 2 B Fit is great for working on balance, strength and range of motion (ROM). It is low intensity and perfect for everyone of all ages.

Looking for a low to medium intensity strength or cardio class? Try Dance-Move or Zumba Gold and Zumba Toning.

For a higher intensity workout, try any of our cycle classes, Cardio Crush, Box & Burn, or Shape & Sculpt.

If you are looking for a yoga-type experience, try Stretch and Flex to improve flexibility, strength and balance for both mind and body.



PERSONAL TRAINING

The Y provides personal training services with certified and experienced trainers both on land and in the water.

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



AQUATIC GROUP FITNESS

AQUATIC EXERCISE

Looking to increase your range of motion, balance, mobility and burn up to 50% or MORE calories from your workout? Come join our many Aquatic classes. Each class will offer modifications of exercises to fit your fitness goals and physical abilities. There is something for everyone. Classes such as Aqua tone and Aqua Aerobics are amazing for working those muscles and increasing range of motion in a lower intensity class.

Aqua Fit, Energy Explosion and Hydro Gym incorporate more movement along with strength and flexibility in a moderate intensity workout.

If you are looking for a high intensity workout- Aqua HIIT, Power Surge, and Run Strong (deep water running/ interval training) and strength training.

Don't forget about Aqua Zumba if you would like to move to the music.

We offer shallow water and deep water classes for everyone to enjoy. Give them all a try.



AQUA CLASS SCHEDULE

	TIME	DAY
VIDEO CLASS	6AM	M/T/W/TH/F
HIIT	8AM	SAT
POWER SURGE	8AM	THURS
AQUA FIT	9AM	M/W/F
AQUA TONE	9AM	T/TH
RUN STRONG	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
HYDRO GYM	11:30AM	T/TH
POWER SURGE	5:30PM	TUES
6 IN 6	8AM/5:30PM	SAT/TH

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.

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



Lisa Baumgard • Health & Wellness
lisab@ymcatopeka.org

* All schedules are subject to change

OPEN GYM & OPEN SWIM

OPEN GYM*

	TIMES	
MONDAY	7AM-9AM	12:30PM-9PM
TUESDAY	7AM-9AM	12:30-6:30PM
WEDNESDAY	7AM-9AM	12:30-6PM
THURSDAY	7AM-9AM	12:30-6:30PM
FRIDAY	7AM-9AM	12:30-9PM
SATURDAY	9AM-4PM	
SUNDAY	10:30AM-3:30PM	

OPEN SWIM*

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

PICK-UP B-BALL*

WED
TIMES
6PM-9PM



PICKLEBALL*

MON-FRI
T/TH
SATURDAY
TIMES
5AM-7AM
10:15AM-12:30PM
6:30-9PM
7AM-9AM



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-8PM 2 lanes		12PM-5PM 2 lanes		
		5PM-8PM 4 lanes		



KID ZONE

Kid Zone is a free service we provide a for Y-members where they can leave their children while they exercise or participate in a group fitness class!

Kid Zone is included with all family memberships for children ages 2-11. Adult guardian must remain in the facility.



MEMBERSHIP

SUMMER MEMBERSHIP PROMOTIONS!

JULY

- Beat the heat and enjoy \$0 joiner fee for all new family memberships.

AUGUST

- Help us start the new school year! No join fee on any membership when you donate a new, unopened school supply (pencils, markers, crayons, etc).



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.

WE OFFER AMERICAN RED CROSS CERTIFICATIONS!

Learn more about becoming a Lifeguard, get your CPR, AED, and First Aid training and certification by checking the Y website for open classes at ymcatopeka.org or reaching out to Alexis Hill at alexish@ymcatopeka.org.



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/