

NEW Y HOURS

MONDAY-FRIDAY 4:30AM-9:00PM

SATURDAY 7:00AM-4:00PM
(2:00PM-4:00PM Gym and Fitness Center only)

SUNDAY 10:30AM-3:30PM (Gym and Fitness Center only)



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



YMCA of Topeka
Fall Program Guide
September - November, 2023

FALL INTO FITNESS

 @ymcaoftopeka

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

KID ZONE



KidZone

KidZone is a free service for Y-members where they can leave their kids or grandkids while they exercise or participate in a group fitness class!

HOURS

Monday-Friday
8AM-12PM and 4:30-8:30PM

Saturday
10AM-2PM



- **Members only**
- **For children ages 2-11**
- **2 hour limit per child**
- **Parent(s) must remain in the facility**
- **Parent(s) must be active members of our Y. Children must also be on parent(s) membership**

Contact Cathyh@ymcatopeka.org for more info!

****See front desk for details about KidZone volunteer opportunities!****



CHILDCARE BEFORE/ AFTER SCHOOL PROGRAMS

CHILDCARE

Register now for the 2023–2024 school year. Please check our website: www.ymcatopeka.org or stop by the Y for registration information.

CHILD CARE

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

Hours of Operation

- Monday–Friday:
6:00 a.m. – 6:00 p.m.

Ages

PreK–6

Rates

- \$150/week
- \$35/day
- \$17.50/half day AM or PM

Terry Jones • Child Care Director
terryj@ymcatopeka.org

B/A SCHOOL PROGRAM

YMCA BEFORE/AFTERSCHOOL PROGRAM (PRIME TIME)

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 (3 sites)

Site #1
Lowman Hill Elementary School
(501 School District)
1191 SW Garfield Ave, Topeka, KS 66604

Site #2
Berryton Elementary School
Shawnee Heights School District)
2921 SE 69th St Berryton, KS 66409

Site #3
Shawnee Heights Elementary School
2410 SE Burton St,
Topeka, KS 66605

Hours of Operation

- Monday–Friday:
(Morning 7:00 AM–9:00 AM,
Evening 3:30 PM–6:00 PM)
Office: 785.435.8651)

Ages

PreK–6

Rates

- Morning Only \$ 10.00/per day
- Evening Only: \$ 15.00/per day

SCHOOL DAY OUT CAMP



SCHOOL DAY OUT

YMCA SCHOOL DAY OUT CAMP

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

Location

Southwest YMCA

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

Hours of Operation

Monday–Friday:
7:00AM –5:30PM

Ages

K-6

Rates

YMCA MEMBERS \$27.00 per day
NON MEMBERS \$30.00 per day



YOUTH SPORTS

BASKETBALL

SKILLS AND DRILLS CLINIC

October 7th

2nd–5th grade: 9am–12pm

6th–8th grade: 1pm–4pm

This clinic will focus on the fundamentals of basketball. We will be building up skills in ball handling, footwork, and team communication. Whether you are a beginner or have experience, spending time with people who have a common interest, practicing a sport you enjoy will help you reach your basketball goals.

Registration open now!

Cost:

\$25 YMCA Members

\$40 Non-Members



LAND GROUP FITNESS

LAND CLASS SCHEDULE*

ZUMBA® GOLD & ZUMBA® TONING 9:00-9:45AM (T/TH)

TOTAL BODY FIT
9:00-9:45AM (M/W/F)

FUN 2B FIT
9:00-10:00AM (M/W/F)

WEEKEND WARRIOR YOGA
9:00-10:00AM (SAT)

STRETCH & FLEX
10:00-10:45AM (T/TH)

DANCE-MOVE
10:15AM-11:00AM (M/W)

SHAPE & SCULPT
11:00AM-11:45AM (M/W)

**HOP, SKIP AND JUMP
YOUTH FITNESS AGES 5-12**
4:30-5:15PM (M/TH)

EXTREME HIP HOP STEP
4:30-5:15PM (M/W)

CORE & CYCLE
12:00-12:45PM (M/W/F)

ACTIVE YOGA
5:30-6:30PM (M/W)

HIIT
6:45-7:30PM (T)

EXTREME BURN
5:30-6:15PM (TH)

CYCLE BEAT
6:45-7:30PM (TH)

QIGONG
5:30-6:15PM (TH)

CYCLE HIIT CIRCUIT
8:00AM-8:45AM (SAT)

Check out Total Body Fit, Shape & Sculpt, Dance-Move, or Zumba® for a low-moderate intensity workout that will leave you feeling strong and energized! For our more active older adults, try out Fun 2B Fit or Zumba® Gold & Zumba® Toning!

For our members who want to be more challenged and work up a sweat, check out Cycle classes or HIIT!



Hop, Skip and Jump Youth Fitness This fun fitness class is designed to get kids up and moving. We will work on agility, coordination and teamwork all while having fun playing games and making new friends. Grab some friends and come play at the Y!

Qigong is an easy-to-follow system of gentle, mindful exercise and is welcoming for all fitness levels. You will also learn simple, powerful movements you can practice at home to

PERSONAL TRAINING

Interested in Personal Training or scheduling your FREE 30-minute Exercise Consultation?

Contact Lisa, CPT at lisab@ymcatopeka.org for more information.



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 Fit and Aqua Aerobics are amazing for working those muscles and increasing range of motion in a lower intensity class.

Aqua Fit and Move It & Lose it 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 our newest class, Run Strong (deep water running/interval training) will focus on high-intensity cardio and strength training.

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

Enjoy the benefits of meditation in a calm, quiet aquatic environment with AQUA ZEN. As you relax in the tranquility that water brings, you will improve your balance, flexibility and sense of peace with you. THIS IS A CLASS YOU DO NOT WANT TO MISS!



SHALLOW WATER CLASSES

	Time	Day(s)
HIIT	8:00-8:45 AM	TUES/SAT
Power Surge	8:00 -8:45 AM	TH
Aqua Fit	9:00-9:45 AM	M/W/F
Aqua Aerobics	9:00-9:45 AM	T/TH
Aqua Zumba	10:30-11:15 AM	T/TH
Mindful Zen	12:24-12:55 PM	T/TH
Energy Explosion	11:00-11:45 AM	M/W/F
Move It & Lose It	11:30-12:15 AM	T/TH
Power Surge	5:30-6:15 PM	TUES
HIIT	5:30-6:15 PM	TH
Aqua Zen	9:00-9:30AM	SAT

DEEP WATER CLASSES

Aqua Aerobics	9:45-10:30 AM	T/TH
H2o Flow	10:00-10:45 AM	M/W/F
Run Strong	7:00-7:45 PM	M/W

PERSONAL TRAINING (FITNESS IN THE WATER)

Whether you are new to Aqua Exercise or have been participating for a while, our Y offers Aqua Personal Training in a small group setting or individual sessions to ensure you are getting the most out of your Aqua Exercise. Contact Lisa, CPT, AFP at Lisab@ymcatopeka.org for more information.



Lisa Baumgard • Health & Wellness
lisab@ymcatopeka.org

SWIM LESSONS

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 progresses 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
Level 4

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,

Private lessons are offered year-round by appointment. Please contact Alexis at alexish@ymcatopeka.org to schedule.

3-WEEK SESSIONS

Dates	Days	Times
Sept 11 - 27	M/W	eve/morning
Oct 9 - 25	M/W	eve/morning
Oct 30 - Nov 15	M/W	evening
Dec 4 - 20	M/W	evening

6-WEEK SESSION

Dates	Days	Times
Sep 9 - Oct 14*	Saturday	morning

All Sessions consist of six 30-minute lessons.

YMCA MEMBERS \$40

NON MEMBERS \$60

2023 SAFE SWIMMER SCHOLARSHIP

The YMCA of Topeka is excited to offer scholarships for children aged seven to nine to receive an introductory session of swimming lessons and water safety. This opportunity is made possible through a cooperative partnership and grant funds from Safe Kids Kansas. Please apply on our website.



Alexis Hill • Branch Operations/Aquatics
alexish@ymcatopeka.org

FAMILY & YOUTH DEVELOPMENT



PROGRAMS

COME ON OUT AND TRY THE Y

During the months of September, October, and November we have something special for you!

Each month there will be 1 day a week that you can come in and try the YMCA. Come on in for a swim, some time in the gym, or a fun-filled group fitness class. If you join as a member on that day, all joining fees will be waived! This is a great opportunity to try out one of those classes you have been looking at with no commitment!

September:
Work it Out Wednesday

October:
Fun Family Fridays

November:
Thankful For All of You Thursdays



FAMILY FUN FRIDAYS

Join us every Friday evening at 6:30pm for a family friendly activity. The activity will change weekly and may vary from arts/crafts, movie nights, family fitness classes, or game nights. Visit our website or find us on Facebook to get a month-by-month schedule.

YOUTH ADVENTURE

YOUTH LEADERSHIP AND ADVOCACY PROGRAM

The YMCA of Topeka and the Topeka Center for Peace and Justice are partnering for our new "Youth Leadership and Advocacy Circle." We invite all youth **ages 11-15** to join us while being guided through conversations that will help build leadership skills as well as encourage self-awareness and responsibility. This is a 10-week curriculum and is being provided at no cost to help develop a strong community of leaders. Pre-registration is required. Please stop by the front desk or sign up online.
6th-7th grades



INTRO TO DANCE

Help your child begin to develop coordination, rhythm, and basic ballet and tap moves. Dance delivers a vehicle for self-expression and self-confidence as well as helps them begin to learn classroom etiquette.

Register at www.ymcatopeka.org,

YMCA MEMBERS \$20

NON MEMBERS \$30

3-4 year olds: 10:30-11:15AM Saturday

5-6-year-olds: 11:30AM- 12:15PM Saturday
(additional fee and registration required)

Session dates: September 9- September 30
October 7-October 28

OPEN GYM and OPEN SWIM

OPEN GYM*

TIMES

MONDAY	6:45-8:45AM; 12:30-8:50PM
TUESDAY	6:45-8:45AM; 12:30-6:30PM
WEDNESDAY	6:45-8:45AM; 12:30-8:50PM
THURSDAY	6:45-8:45AM; 12:30-6:30PM
FRIDAY	6:45-8:45AM; 12:30-8:50PM
SATURDAY	9:00AM - 4:00PM
SUNDAY	10:30AM-1:30PM



PICKLEBALL*

TIMES

MON-FRI	5:00-7:00AM; 10:15AM-12:30PM
TUESDAY and THURSDAY	6:30-8:50PM
SATURDAY	7:00-9:00AM

OPEN LAP SWIM*

MONDAY/WED
6:00AM-10:00AM
4 LANES

10:00AM-11:00AM
1 LANES

11:00AM-5:30PM
4 LANES

5:30PM-7:00PM
2 LANES

7:00PM-8:30PM
NO LANES AVAILABLE

TUESDAY/THURS
6:00AM-9:45AM
4 LANES

9:45AM-10:30AM
1 LANE

10:30AM-8:30PM
4 LANES

FRIDAY
6:00AM-10:00AM
4 LANES

10:00AM-10:45AM
1 LANES

10:45AM-8:30PM
4 LANES

SATURDAY
7:00AM-2:00PM
4 LANES

SUNDAY
POOL AVAILABLE FOR RENTAL ONLY.



OPEN SWIM*

TIMES

MONDAY	12:00-5:00PM; 6:45-8:30PM
TUESDAY	12:15-5:15PM; 6:30-8:30PM
WEDNESDAY	12:00-5:00PM; 6:45-8:30PM
THURSDAY	6:30-8:30PM
FRIDAY	12:00-8:30PM
SATURDAY	11:30AM-1:45PM

* All schedules are subject to change



SPECIAL EVENTS

FALL CAMP OUT SATURDAY SEPTEMBER 16TH

Come on out for an evening under the stars. Bring your sweatshirts and enjoy the cool evening with hot dogs, s'mores, and songs around the fire to make those memories and enjoy the quality time. Pre-registration is required.

Cost Per Family (up to 3 children):
\$25
\$5 per additional child



COMMUNITY GARAGE SALE SEPTEMBER 28TH 8AM-4PM SEPTEMBER 29TH 8AM-6PM

Once person's junk is another person's treasure. Come search our garage sale and see what treasure you can find! All Proceeds go to the YMCA. Have items that need to move out of your home that you would like to donate to the sale? Reach out to **Susan at susans@ymcatopeka.org to arrange a drop off or bring into the front desk.**

COMMUNITY CHILI COOKOFF OCTOBER 13TH 5PM-7PM

Does your chili have what it takes to claim to be the best? Sweet? Mild? Spicy? Whatever your flavor, there's one here for you. Good food and good company. More information at the front desk.
\$5 Per Bowl, Cinnamon roll included.

TRUNK OR TREAT OCTOBER 25TH 6PM-8PM

Bring out your ghosts and ghouls and trick or treat the silly and spooky trunks waiting in the parking lot. If you are interested in bringing your trunk to decorate and hand out candy during our fun evening, please sign up at the front desk.

BAKE SALE AND BINGO!

So many members share their talents and donate amazing goodies to the YMCA Bake sale Fundraiser. Grab a tasty treat to go or sit down and play some bingo and win some sweet prizes! Sales start on November 10th.

Bingo:

NOVEMBER 10TH 6:30PM-8:00PM

NOVEMBER 11TH 2:00PM-3:30PM

20 games for \$20 OR 10 games for \$10



CHRISTMAS VENDOR FAIR

Calling all vendors. Bring your goodies and set up a booth at the YMCA Community Christmas Vendor Fair on Sunday December 10th from 11am-3pm. We love to see the talent in our community and provide you a space to share your wares. Booth spaces are 10x10 and there are limited tables available for rent for an additional fee. Vendor registration is open now, so register online or reach out to the front desk to assist you with that process."

Booth rates: \$35

Table rentals: \$15 per table

MEMBERSHIP

OUR MISSION

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

The **YMCA of TOPEKA** is a membership organization. We welcome all individuals, regardless of age, income, background and ability. Our programs are designed to enhance the quality of your life and are geared to the development of character values.

The YMCA is a nonprofit organization dedicated to building healthy, confident, connected and secure children, adults, families, and communities. Financial assistance makes our programs and services available to everyone regardless of ability to pay.

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. Applications can be obtained at the Southwest YMCA of Topeka.

MILITARY DISCOUNTS ARE AVAILABLE.



COMMUNITY EVENTS/FACILITY RENTALS

FACILITY RENTAL

The Southwest YMCA of Topeka is available for your next birthday party, business meeting, or other special occasion. Book your special event online at www.ymcatopeka.org/rentals 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 alexishill@ymcatopeka.org.



YES! I want to show my support of YMCA of Topeka Kansas!

Name _____

Address _____

City _____ State _____ Zip _____

Mobile phone _____ Email _____

\$500

\$250

\$100

\$50

\$25

Other amount _____

New donation

Charge my credit card that is on file for tonight's event.

Credit Card # _____ Expires _____/_____/_____

CVV _____ Signature _____

Please send me an invoice.

Mail form to YMCA of Topeka | 3635 SW Chelsea Dr | Topeka KS, 66614

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



Register online
• **Programs** •
Join online
• **Membership** •

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