



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



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digital program guide**

**Fall Program Guide
August – November 2025**



**NEW SEASON
SAME PURPOSE
ALWAYS THE YMCA**

785.271.7979 • ymcatopeka.org • 3635 SW Chelsea Dr Topeka KS, 66614
HOURS • M-F 4:30AM – 9PM • SAT 7AM–4PM • SUN 10:30AM–3:30PM



KID ZONE

Kid Zone provided for all YMCA family memberships at no cost for up to two hours a day. Children ages 2-11 can play in a safe and supervised space while parents utilize the facility.

Non-member drop-in rate: \$5.00 per child for up to two hours.



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.

COMMUNITY EVENTS



BOOK BINGO

Join the YMCA of Topeka for an exciting round of Book Bingo, a fun and engaging way to celebrate reading for all ages! Thanks to generous support of the Fred and Julia Kuehne Trust, participants can enjoy prizes, community connection, and a love of literature.

Location: Rouge Event Studio @ 917 N Kansas Ave

Date & Time: Friday, Sept 12th, 6PM

TRUNK OR TREAT

Get ready for a Spooktacular evening filled with Fun, Candy and Costumes as you Trick or Treat from creatively decorated car trunks in a safe and exciting community celebration. Don't miss out on the candy, the costumes, and all the magic!

Date & Time: Wednesday, Oct 22th,
6 – 7:30 PM

CHILI FEED

It's time once again for the Topeka Y Chili Feed. Sign up at the front desk to show off your best Chili Recipe. Will you earn bragging rights! We'll let the people be the judge!

Date & Time: Wednesday, Nov 12th, 5-7 PM

SCUBA SANTA

Santa's coming—and he's bringing all the tinsel, bows, and holiday magic for a one-of-a-kind Christmas photo experience!

Whether you're a kid, a family, or simply young at heart, this is your chance to capture a festive moment you won't find anywhere else. Spots are limited—register online now to reserve your time slot!

Date: Sunday, November 2nd



NEW FAMILY SOCIAL DEVELOPMENT AND HEALTHY LIVING PROGRAMS

PARENT & BABY SOCIAL GROUP (AGES 0-18 MONTHS)

Saturdays @ 10AM

Members Free

Non Members \$3.00

Join us weekly at the YMCA of Topeka for a warm and welcoming gathering designed for parents and caregivers. Connect with others, share your experiences, and build a supportive community—while your little ones play, learn, and explore in a safe and fun environment. Whether you're a mom, dad, or guardian, you're invited to relax, make new friends, and enjoy meaningful moments with your child.



PARENT & TOT SOCIAL GROUP (AGES 18 MONTHS & UP)

Saturdays @ 11AM

Members Free

Non Members \$3.00

Come connect with fellow parents and caregivers while your little one plays, explores, and socializes in a fun, age-appropriate setting. This weekly gathering at the YMCA of Topeka offers a wonderful opportunity to build community, share experiences, and enjoy meaningful time with your child in a welcoming, supportive environment.

DISCOVER BABY SIGN LANGUAGE

Monthly 4 Week Sessions

Saturday @ 9AM

Members \$15.00

Non Members \$25.00

Discover a new way to connect with your baby—through Sign Language! Baby sign language is a powerful tool that helps bridge the gap between your baby's needs and their ability to speak. In this hands-on class, you'll learn how to introduce signs into your daily routine and practice commonly used signs related to food, family, feelings, and more.

Each participant will receive a helpful sign language guide and a fun, interactive baby sign book to take home—perfect for reinforcing what you've learned and continuing the journey together.

Whether you're a new parent, caregiver, or simply curious, we'd love to welcome you. All participants will receive a baby-friendly sign language book to keep!

DISCOVER BASIC SIGN LANGUAGE

8 Week Sessions, August/September and October/November

Tuesday evenings @ 5:30PM

Members \$40.00

Non Members \$60.00

Explore the world of American Sign Language (ASL) and Deaf culture in this engaging introductory class! You'll learn foundational signs—including the alphabet, numbers, family terms, food, feelings, and more—that will help you hold basic conversations with members of the Deaf community.

Whether you're hoping to connect with someone you know or are simply curious about ASL, this class offers a welcoming and supportive space to begin your journey. All participants will receive a sign language booklet and a set of flashcards to continue learning at home. Recommended for ages 10 and up.

We'd love to have you join us as we dive into the basics of sign language and meaningful communication!



PAINT-ALONG

Tap into your creativity with a fun, guided paint-along perfect for all ages and skill levels! Whether you're a first-time painter or a seasoned artist, this relaxed and inspiring session invites youth and adults to create side by side. Enjoy quality time together, express yourself through art, and leave with your very own masterpiece to proudly take home.

Youth: Oct 27th & Dec 15th @5:30PM

Adult: Sept 29th & Dec 8th @5:45PM

Members \$15.00 | Non Members \$20.00

BLOOD PRESSURE CLINIC

A registered nurse is on-site at the YMCA of Topeka on the third Wednesday of each month, from 9am-11am to check blood pressure and help track your readings over time. This free service supports your wellness goals by helping you monitor patterns and stay informed about your health.

BIRTH EDUCATION CLASS

SEPT 20th, 1PM-5PM

Members Free

Non Members \$20.00

Prepare for your birthing journey with confidence and calm. This comprehensive class guides you through what to expect during labor and delivery, while teaching practical comfort techniques—such as breathing, positioning, and relaxation—to help manage pain and reduce anxiety.

Whether you're a first-time parent or simply looking for a refresher, you'll leave feeling informed, empowered, and supported every step of the way.

CRAFTY CREW

Join us on the **third Friday of every month @6:30PM** to share ideas, materials, and creativity. It's a relaxed and welcoming space where everyone brings their own project and enjoys company of fellow makers.

LEARN A NEW SKILL

Sewing 101

Want to learn a new skill? The YMCA of Topeka is offering another series of beginner sewing classes. Join us for a great class and learn the basics of a sewing machine, fabric types, and work together as you create your own pair of pajama pants.

Session Dates:

Thursdays, September 4th-25th, 5:30-7:00PM

Sundays, November 2nd-23rd, 1:30-3:30PM

Members \$65.00

Non-members \$80.00



Quilting

Ever wanted to try your hand at quilting and not sure how to get started? The time is now to begin quilting. Sew a beautiful Rail Fence quilt pattern with only 3 yards of fabric. More fabric is required for backing and binding. This pattern is an excellent pattern for beginners. Supply lists available on line at time of registration.

Session Dates:

Tuesdays, October 7th-28th, 5:30-7:00PM

Members \$65.00

Non-members \$80.00

Registration is now open for ages 8 and up!
Pre-registration is required as space is limited—
reserve your spot today

ALL THINGS SPORTS



YOUTH FLAG FOOTBALL

The YMCA is excited to introduce our new flag football program with the **NFL**! It's a great chance for kids to learn football basics in a fun and safe environment.

PROGRAM DETAILS

Game Days: Play begins at 8:30am on Saturdays

Dates: Sept 20th – Nov 8th

Practices: Two weekdays (days and times vary by age group)/ YMCA game field available for weekday practices. Coaches will sign up for practice days and times.

For more information, email Kalienn@ymcatopeka.org.

Looking for volunteer coaches and youth sports staff! Apply to be a Y program volunteer online today.

OPEN GYM

	TIMES	
MONDAY	7AM-9AM	12:30PM-8:50PM
TUESDAY	7AM-9AM	12:30-6:30PM
WEDNESDAY	7AM-9AM	12:30-5PM
THURSDAY	7AM-9AM	12:30-6:00PM
FRIDAY	7AM-9AM	12:30-8:50PM
SATURDAY	9AM-4PM	
SUNDAY	10:30AM-3:30PM	

OPEN VOLLEYBALL

Tuesday @ 6:30PM- 8:45PM

PICKUP BASKETBALL

Wednesday @ 6:30PM - 9PM

PICKLEBALL

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



GET READY TO HIT THE COURT!

Adult basketball leagues are back at the Y for players of all skill levels.

Dates: Sept 28th – Nov 16th

Day: Sunday Afternoon 11AM-3:30PM

Gather your friends for this coed league! Whether you're a seasoned player or just want a fun workout, our league offers a chance to stay active.

Build Your Team: Recruit friends, family, and coworkers for your team.

Sign Up: Register on the YMCA website or at the front desk.

CHILD CARE

YMCA EARLY LEARNING CENTER

At the YMCA Early Learning Center, we empower children to become confident, curious, and independent learners, ready to thrive in the classroom and beyond. By honoring each child's unique pace and style, we create joyful learning experiences that spark growth and a lifelong love of discovery.

LOCATION

YMCA Early Learning Center
4746 SW 21st St, Topeka, KS 66604
785.435.8651

HOURS OF OPERATION

Monday – Friday: 6AM – 6PM

AGES

1 – 5 years

MEMBERS **Toddlers**

FULL DAY: \$200.00/week

HALF DAY: \$100.00/week

NON-MEMBERS

FULL DAY: \$264.00/week

HALF DAY: \$132.00/week

MEMBERS **Preschool**

FULL DAY: \$180.00/week

HALF DAY: \$ 95/week

NON-MEMBERS

FULL DAY: \$206.00/week

HALF DAY: \$103.00/week

DCF Accepted Scholarships Available

Drop-in Rates: Toddlers: \$55.00 Preschool: \$45.00

Limited Space, Site Director Approval Required

HALF DAY: \$132.00/week

BERRYTON ELEMENTARY | SHAWNEE HEIGHTS ELEMENTARY | LOWMAN HILLS ELEMENTARY



SCHOOL DAY OUT

When school's out, the fun is in!

Our **School Day Out** program offers kids a full day of engaging activities, games, learning in a safe and welcoming environment- perfect for working families and curious minds alike. Aligns with USD 437, USD 501, and USD 450 days out of school.

Questions? Email terryj@ymcatopeka.org

Billing? Email Oclaim@ymcatopeka.org



Primetime YMCA Before and After School Care

At the YMCA of Topeka, we believe every child deserves a safe, supportive space to grow, before and after the school bell rings.

Our Before & After School Care program offers more than just supervision; it's a nurturing environment where children can thrive socially, emotionally, and academically.

We offer consistent weekly scheduling and accept DCF assistance. Scholarships are available.

Weekly Rates

Before School: \$55/week

After School: \$55/week

Before/After School: \$100/week

COURSES OFFERED AT THE Y:

Parent and Child

Aqua Baby

Aqua Tot

Preschool

Level 1

Level 2

Level 3



SWIM LESSONS



UPCOMING SESSIONS

Dates	Days	Times
AUG 11 - 27	M/W	evening
SEPT 8 - 24	M/W	evening
OCT 6 - 22	M/W	evening
NOV 3 - 19	M/W	evening
DEC 1 - 17	M/W	evening



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.

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

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

YMCA FALL POOL HOURS AUGUST–NOVEMBER 2025

OPEN SWIM

	TIMES	
MONDAY	12PM–5PM	6:45PM–8PM
TUESDAY	12:30PM–5:30PM	6:30PM–8PM
WEDNESDAY	12PM–5PM	6:45PM–8PM
THURSDAY	12:30PM–5:30PM	6:45PM–8PM
FRIDAY	12PM–8PM	
SATURDAY	11:00AM–2PM	
*SUNDAY	10:30AM–1:30PM	
*These times begin September 6, 2025		



Please be aware that open swim and lap availability may change without notice.

OPEN LAP SWIM

Monday – Friday	6–8AM	4 Lanes
Monday – Friday	8–11AM	1–3 Lanes (Dependent on aquatic class size)
Monday – Friday	11AM–8PM	4 Lanes
Saturday	7–8:45AM	3 Lanes
Saturday	8:45–10AM	1–2 Lanes (Dependent on aquatic class size)
*Sunday	10:30AM–1:30PM	4 Lanes

* These times begin September 6, 2025



GROUP FITNESS/ LAND

LAND CLASS SCHEDULE

CLASS	TIME	DAY	INSTRUCTOR
CHAIR YOGA	7AM	M-S	VIDEO LED
STRETCH & FLEX	8AM	M/W	PEGGY
STRETCH & FLEX	10AM	T/TH	PEGGY
BUILD & BURN	9AM	M/W/F	LISA
FUN 2 B FIT	9AM	M/W/F	FAUN/EVELYN/SYLVIA
ZUMBA GOLD®-TONING	9AM	TH	EVELY
MOVIN & GROOVIN	9AM	TH	FAUN
DANCE MOVE	10:15AM	M/W	DENISE
SHAPE & SCULPT	11AM	M/W	MICHELLE
CORE & CYCLE	12PM	M/W/F	CHRIS
HIIT	6:45PM	TH	ALEX
CYCLE HIIT	8AM	SAT	ALEX
FAMILY ZUMBA®	9:30AM	SAT	MONICA



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!

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.



**Experience The Y
like never before.**

Y360

Y360 is the YMCA's all-in-one digital platform that brings fitness, wellness, and family-friendly content right to your fingertips—anytime, anywhere. With the “Y in your pocket,” members can stream live and on-demand classes, track activities, and stay connected to their local Y community through a seamless mobile experience. Included in your membership.

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 motions 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

CLASS	TIME	DAY	INSTRUCTOR
VIDEO CLASS	6AM	M-F	Video Led
BOUNCE & BURN	8AM	M/W	Teri
SHALLOW	9AM	M/W/F	Teri
DEEP	10AM	M/W/F	Teri
ENERGY EXPLOSION - SHALLOW	11AM	M/W	Lisa
HIGHER INTENSITY - SHALLOW	8AM	T/TH/SAT	Lisa
MINDFUL ZEN - SHALLOW	11:30AM	T/TH	Lisa
HIGHER INTENSITY - SHALLOW	5:45PM	T	Lisa
RUN STRONG - DEEP	9AM	SAT	Lisa
AQUA TONE - SHALLOW	9AM	T/TH	Susan
AQUA DEEP	9:45AM	T/TH	Susan
AQUA ZUMBA® - SHALLOW	10:30 AM	T/TH	Evelyn/Kalee Jo
HIGHER INTENSITY - SHALLOW	5:45PM	TH	L'Erin

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



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/