



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

Winter Program Guide  
December 2023  
through  
February 2024

**HOURS**

M-F 4:30AM-9:00PM

SAT 7:00AM-4:00PM

SUN 10:30AM-3:30PM

# FEEL THE WARMTH OF THE Y

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

follow us on Instagram

## JOIN US THIS WINTER

### TWO OPPORTUNITIES TO JOIN AND SAVE!

JOIN THE Y  
BETWEEN  
DECEMBER 18 -31  
AND WE WILL  
WAIVE THE  
JOIN FEE!



### PAY THE DAY - JANUARY!

**Join in January and Pay The Day\*!  
The earlier you join, the more you save!**

Join January 2, pay just \$2 JOIN FEE, join January 3, pay just a \$3 join fee, and so on. Join up to January 15, for \$15 join fee, on the TOPEKA Y - PAY THE DAY - JANUARY MEMBERSHIP PROMOTION.

Tell your neighbors, family, friends and co-workers to join in the fun and start out January fresh... for healthier you, together with your friends and quality time together with your FAMILY!

\*Regular membership rates still apply, see page 11.

## KID ZONE



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

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







# CHILDCARE BEFORE/ AFTER SCHOOL PROGRAMS

## CHILDCARE

Register now! Please check our website: [www.ymcatopeka.org](http://www.ymcatopeka.org) or stop by the Y for registration information.

### CHILD CARE

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  
5440 SW 37th ST Topeka, KS 66614  
785.435.8651

#### Hours of Operation

- Monday–Friday:  
6:00AM - 6:00PM

#### Ages

1-6

#### Rates

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



## 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 7AM–9AM,  
Evening 3:30PM–6PM)  
Office: 785.435.8651

#### Ages

PreK-6

#### Rates

- Morning Only: \$10/per day
- Evening Only: \$15/per day
- Both Sessions: \$25/per day

Terry Jones • Child Care Director  
[terryj@ymcatopeka.org](mailto:terryj@ymcatopeka.org)

## 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:  
7AM –5:30PM

#### Ages

5–11

#### Rates

**YMCA MEMBERS** \$27/day  
**NON MEMBERS** \$30/day

## GET READY FOR CAMP

### SUMMER CAMP

Looking for a fun and safe place for your children to spend their summer? Do you want them to be able to make great memories with great friends? YMCA summer camp registration opens in March.

**Ages**  
5–12



**Terry Jones** • Child Care Director  
terryj@ymcatopeka.org



# 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**  
4:30-5:00PM (W)

**EXTREME HIP HOP STEP**  
6:45-7:45PM (M)

**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**  
6:45 - 7:30PM (TH)

**CYCLE BEAT**  
6:45-7:30PM (W)

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

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

For your high intensity workouts, join our 6:45PM classes Monday-Thursday.



## PERSONAL TRAINING

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

Contact Lisa, CPT, AFP at [lisab@ymcatopeka.org](mailto: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 MINDFUL ZEN. As you relax in the tranquillity that water brings, you will improve your balance, flexibility and sense of peace within 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       | 12:25-12:55 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       |
| Mindful 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](mailto:Lisab@ymcatopeka.org) for more information.

Lisa Baumgard • Health & Wellness  
[lisab@ymcatopeka.org](mailto: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

Teen

Adult

### 3-WEEK SESSIONS

| Dates     | Days | Times     |
|-----------|------|-----------|
| Dec 4-20  | M/W  | evening   |
| Jan 9-25  | T/Th | afternoon |
| Jan 15-31 | M/W  | evening   |
| Feb 12-28 | M/W  | evening   |
| Feb 6-29  | T/Th | afternoon |



### 6-WEEK SESSION

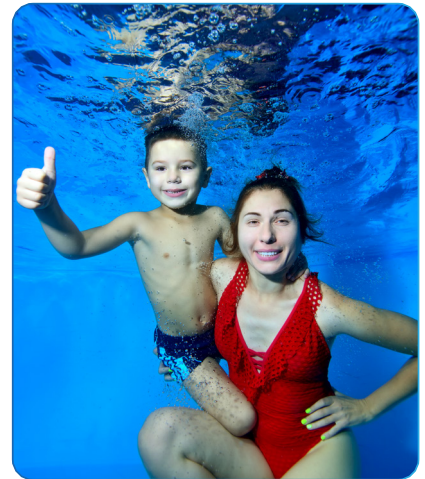
| Dates          | Days | Times   |
|----------------|------|---------|
| Jan 13-Feb 17* | SAT  | morning |

### YMCA MEMBERS

6/30 minute lessons \$135

### NON MEMBERS

6/30 minute lessons \$270



## 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 swimming lessons coordinator at [swim@ymcatopeka.org](mailto:swim@ymcatopeka.org) to schedule.**

Aquatics  
[swim@ymcatopeka.org](mailto:swim@ymcatopeka.org)

# FAMILY & YOUTH DEVELOPMENT

## PROGRAMS

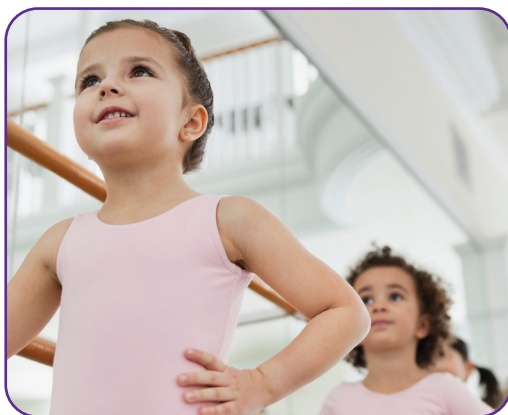
**NEW!**

### CO-ED BASKETBALL LEAGUE

Put together a team and come on out for our adult co-rec basketball league. This league will run for 6 weeks and include a final bracket play tournament. Build your team now and come out for a fun Sunday afternoon. Team registration forms can be found on the YMCA website or at the front desk. Games will be played from 1pm-4pm on Sunday afternoons.

**Team Fees: \$320.00**

**Registration Deadline: 1/3/2023**



### INTRO TO DANCE

Help your child begin to develop rhythm, coordination, 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](http://www.ymcatopeka.org),

**YMCA MEMBERS \$20**

**NON MEMBERS \$30**

**3-4 year olds: 5:30-6:15PM Wednesday**

**5-6-year-olds: 6:30-7:15PM Wednesday**

(additional fee and registration required)

**Session dates: January 10-31**

**February 7-28**

## YOUTH ADVENTURE

### ADVOCACY AND LEADERSHIP 101

This program is a 10-week leadership development program for youth ages 14-18 years old. Each week will focus 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 be working on self-control, self-awareness, self-care, self-advocacy, and self-empowerment.

Being aware of oneself can make a positive impact on building healthy relationships, developing leadership and teambuilding, 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.

**With 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.

Group will meet on

**Monday** afternoons from **4:30PM-5:30PM.**

**Session Begins: January 8th**





# 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 |
| T and TH | 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–8:00PM  
NO LANES AVAILABLE

### TUESDAY/THURS

6:00AM–9:45AM  
4 LANES

9:45AM–10:30AM  
1 LANE

10:30AM–8:00PM  
4 LANES

### FRIDAY

6:00AM–10:00AM  
4 LANES

10:00AM–10:45AM  
1 LANES

10:45AM–8:00PM  
4 LANES

### SATURDAY

7:00AM–2:00PM  
4 LANES

### SUNDAY

POOL AVAILABLE FOR RENTAL ONLY.



## OPEN SWIM\*

### TIMES

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

\* All schedules are subject to change



## SPECIAL EVENTS

### DECEMBER

#### UNDERWATER PICTURES W/ SANTA DECEMBER 3RD 10AM-1PM

Have the best holiday card in town. Wear your pajamas or your swimsuit and come get your pictures taken with Scuba Santa in the pool! All proceeds go towards 2024 Swimming Lesson Scholarships to help children learn how to swim. Family or Individual Photos can be taken. Register for your 15-minute time slot online now.

**YMCA MEMBERS \$10**  
**NON MEMBERS \$20**

#### PARENT'S NIGHT OUT DECEMBER 8TH 7PM-9PM

Parent's Night Out (Hosted at the YMCA Childcare inside Covenant Baptist Church.) Drop off your kiddo for an evening fun. We will provide a snack and have a movie and games going. This is a great time to take care of those last-minute Christmas shopping trip, gift wrapping time, or even a date night. [Ages 1-12](#)

**YMCA MEMBERS \$10**  
**NON MEMBERS \$15**

#### MEMBER APPRECIATION DAY DECEMBER 13TH 10AM-7PM

Stop by the YMCA for holiday treats and hors d'oeuvres beginning at 10am and going until 7pm. Pick up a raffle ticket and spend some time together celebrating the season of good cheer. We feel so blessed to have such a great community and wish all of our YMCA members a Happy Holidays.

#### HOLIDAY BAKE SALE DECEMBER 18TH - ALL DAY BEGINNING AT 6AM

Swing by for a sweet treat for yourself, a gift for a friend, or stocking stuffers! We will have all the goodies from several of our amazing members and love to share their talent while providing you with a tasty treat.



#### JANUARY COMMUNITY POTLUCK

JANUARY 14TH  
SET UP AT 12:30PM; LUNCH BEGINS AT 1PM

Join us at the YMCA for a Sunday lunch. Main course will be provided. You can join us and bring a side or dessert. Secret recipe? Favorite food? We can't wait to see all the amazing and yummy talents. All are welcome! Please sign up your dish by calling or stopping by the front desk.

#### FEBRUARY PANCAKE FEED FUNDRAISER

FEBRUARY 10TH - 9AM-12PM

Come on out and fill your belly for a good cause. The YMCA staff will be cooking loads of pancakes and sausage and you are sure to go home full and happy.





# 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](http://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](http://ymcatopeka.org) or reaching out to Alexis Hill at [alexish@ymcatopeka.org](mailto:alexish@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](http://www.ymcatopeka.org/support-y/donate)