



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



HOURS

M-F 4:30AM - 9PM

SAT 7AM - 4PM

SUN 10:30AM - 3:30PM

LET'S GROW STRONGER TOGETHER



SUMMER CAMP

YMCA SUMMER CAMP 2024

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:

7am thru 5:30pm

Monday – Friday

Price: \$160.00/week

Enroll for 1 week at a time or all 10 weeks

Registration process: Pick up at the YMCA, 3635 SW Chelsea Dr, Topeka, KS 66614

Website: www.ymcatopeka.org (download forms and returned to YMCA)

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



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



Terry Jones • Youth Development Director
terryj@ymcatopeka.org

CHILDCARE

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
5440 SW 37th St, Topeka, KS 66614
785.435.8651

HOURS OF OPERATION

Monday–Friday:
6AM – 6PM

AGES

1–5

RATES

\$160/week
\$112.50/weekly AM or PM
\$45/daily
\$20/daily AM or PM



B/A SCHOOL PROGRAM

YMCA BEFORE/AFTER SCHOOL 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 #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

Mon– Fri:
Morning 7am–9am
Evening 3:30pm–6pm

RATES

Morning Only \$10/Day
Evening Only \$15/Day
AM & PM \$25/Day

AGES

Pre K– 6



YOUTH PROGRAMS AND DEVELOPMENT

NEW!

YOUTH INTRO TO WEIGHTLIFTING

Weightlifting and conditioning are vital for the overall health and well-being of young individuals. This 4-week, one-hour class caters to young beginners, emphasizing weight-bearing exercises, cardiovascular workouts, proper form, and coordination. The classes for teenagers introduce weight machines, free weights, cardio, proper form, and an understanding of the various muscle groups.

Program begins March 2nd, 2024 and will be on Saturdays

Ages 8-12 Group A 11am-noon
Ages 13-16 Group B 12:30pm- 1:30pm

Cost: \$40 for Y Members
Cost: \$60 for Non-member

SKILL & DRILL BASKETBALL CLINIC MARCH 24, 2024

Since you made our November Intro to Basketball clinic a success, we are doing it again in MARCH! The participants will review basic skills and work on more advanced drills and finish up the session with a short game.

Grades: K-4 12PM-2PM
Grades 5-8 2PM-4PM
Cost: \$20 for Y Members
Cost: \$30 for Non-member



ADVOCACY AND LEADERSHIP 101

This program is an 8-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:
April 1 - May 20, 2024



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,

YMCA MEMBERS \$20

NON MEMBERS \$30

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

Wednesday

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

Wednesday

Session dates: **March 6-27**



FAMILY & COMMUNITY PROGRAMS/EVENTS

FAMILY FUN FRIDAYS

Join us at the Y every **Friday evening 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 members and non-members



ADULT PAINT AND SIP

March 7th- 6pm-8pm

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 supplies to paint are provided. **\$20.00 per person, registration is required.**

ANNUAL SPRING CLEAN UP

APRIL 9, 10, 11

It's that time of the year again - let's get our hands dirty and give our YMCA a makeover inside and out! Sign up at the front desk for morning and/or evening shifts and join in the fun. It is the perfect chance to rally our community and make our beloved Y sparkle like never before.



YMCA OPEN HOUSE AND SPRING BASH

MAY 11: 11AM - 4PM

Guess what's blooming at the YMCA? It's the YMCA Open House and Spring Bash. Everyone is invited to spend the day with us. All are welcome, members and non-members alike. Get your family and friends ready for a day of food, fun, and games. Let's have some FUN!

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 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.

YMCA 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



3-WEEK SESSIONS

Dates	Days	Times
Mar18-Apr 3	M/W	evening
Apr 8-24	M/W	evening
Apr 29-May 15	M/W	evening
Adult:		
Apr 2-19	T/TH	evening
Apr 30-May 16	T/Th	evening

6-WEEK SESSION

Dates	Days	Times
Mar 23-Apr 27	SAT	morning
May 4-Jun 8	SAT	morning

YMCA MEMBERS

6/30 minute lessons \$135

NON MEMBERS

6/30 minute lessons \$270

Private lessons are offered year-round by appointment. Please contact swimming lessons coordinator at swim@ymcatopeka.org to schedule.



Aquatics
swim@ymcatopeka.org

SWIM AND WATER SAFETY

New Swim Class

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
\$20 per session.**



YMCA 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 YMCA's life jacket loaner station is here for you.

Anyone 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 CIRCUIT	8AM	SAT
TOTAL BODY FIT	9AM	M/W/F
FUN 2B FIT	8AM	M/W/F
ZUMBA® GOLD & ZUMBA® TONING	8AM	T/TH
WEEKEND WARRIOR YOGA	9AM	SAT
STRETCH & FLEX	10AM	T/TH
DANCE-MOVE	10:15AM	M/W
SHAPE & SCULPT	11AM	M/W
CORE & CYCLE	12PM	M/W
CYCLE	12PM	FRI
YOGA	5:30PM	M/W
XTREME HIP HOP STEP	6:45PM	MON
HIIT	6:45PM	TUES
CYCLE BEAT	6:45PM	WED
QIGONG	5:30PM	THUR
XTREME BURN	6:45PM	THUR

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 to B Fit is great for working on balance, strength and range of motion (ROM). It is low intensity and perfect for everyone.

Need to find your Zen? Yoga, Stretch and Flex, and Qigong have what you are looking for.

Low to Medium intensity strength and cardio classes include: Total Body Fit, Dance-Move, Zumba Gold and Zumba Toning.

For High intensity, try all the Cycle classes, Xtreme Hip Hop Step, Xtreme Burn, and Shape & Sculpt (med. to high intensity).



Ask about our FREE 30-minute New Member Orientation. One of our Fitness Center Staff will provide you with all the info you need to begin using the weight room equipment. See the front desk for information.

PERSONAL TRAINING

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

For more information, please contact Lisa at 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 Mindful Zen and Aqua Aerobics are amazing for working those muscles and increasing range of motion in a lower intensity class.

Aqua Fit , Energy Explosion 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 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.



SHALLOW WATER CLASSES

	TIME	DAY
HIIT	8:00-8:45 AM	TUES/SAT
POWER SURGE	8:00 -8:45 AM	THURS
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	THURS

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)

Personal Training in Aquatic Fitness: Regardless of whether you are a newcomer or an experienced athlete, the Y provides Aqua 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

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

OPEN SWIM*

TIMES

MONDAY	12:00-5:00PM; 6:45-8:00PM
TUESDAY	1:00-5:15PM; 6:30-8:00PM
WEDNESDAY	12:00-5:00PM; 6:45-8:00PM
THURSDAY	1:00-5:15PM; 6:30-8:00PM
FRIDAY	12:00-8:00PM
SATURDAY	11:30AM-2:00PM

SUNDAY

POOL AVAILABLE FOR RENTAL ONLY.



PICKLEBALL*

TIMES

MON-FRI	5:00-7:00AM; 10:15AM-12:30PM
T/TH	6:30-8:50PM
SATURDAY	7:00-9:00AM

OPEN LAP SWIM*

M/W	6:00AM-10:00AM	4 LANES
M/W	10:00AM-11:00AM	1 LANES
M/W	11:00AM-5:30PM	4 LANES
M/W	5:30PM-7:00PM	2 LANES
M/W	7:00PM-8:00PM	NO LANES AVAILABLE
T/TH	6:00AM-9:45AM	4 LANES
T/TH	9:45AM-10:30AM	1 LANE
T/TH	10:30AM-8:00PM	4 LANES
FRI	6:00AM-10:00AM	4 LANES
FRI	10:00AM-10:45AM	1 LANE
FRI	10:45AM-8:00PM	4 LANES
SAT	7:00AM-2:00PM	4 LANES

* All schedules are subject to change



MEMBERSHIP

SPRING MEMBERSHIP PROMOTIONS!!!!

MARCH 18th - Your Luck Continues-



Free day at the Y and no join fee for new members- Monday only!



APRIL 6th - National Library Day-

Bring in and donate a new or gently used book anytime from April 1-7 and we will **WAIVE THE JOIN FEE!**

Books will be given to kids in Y programs.



MAY - Teacher appreciation Month- All Teacher will enjoy no join fee during the month of May-

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.

FIRST RESPONDER AND MILITARY DISCOUNTS ARE AVAILABLE.

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 HOURS

Monday -Friday
5PM - 8PM
ONLY

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



OUR MISSION

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



FACILITY RENTAL

The Southwest 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 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
- 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