



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Summer Program Guide
June – August, 2023

YMCA of Topeka **BE ACTIVE**
HAVE FUN

 @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 & 4pm-8pm**



- **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

Registration Begins July 17 for Fall of 2023! Please check our website: www.ymcatopeka.org for registration information beginning in July!

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

Registration Begins July 17 for Fall of 2023! Please check our website: www.ymcatopeka.org for registration information beginning in July!

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

SUMMER CAMPS, 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:
7:00 a.m. – 5:30 p.m.

Ages

K-6

Rates

- Members: \$27.00 per day
- Non-Members: \$30.00 per day

Y SUMMER CAMPS

YMCA SUMMER CAMPS

Daily activities include songs, arts, crafts, stories, games hiking, outdoor play, and sports games, (basketball, football, skating, fishing, and other outdoor fun). Summer camp program focused on quality, age-appropriate activities, safety, and fun.

May 29, 2023, thru August 4, 2023

Hours of Operation

- Monday–Friday:
7:00 a.m. – 5:30 p.m.
-
- Office # (785) 435-8651
- YMCA # (785) 271-7979
- Members: \$140.00
- Non-Members: \$150.00.

Location (3 sites)

Site #1

Covenant Baptist Church Hilltop Camp

5440 SW 37th ST Topeka, KS 66614

Ages

K-2nd grades

Site #2

Southwest Camp – SW YMCA

3635 SW Chelsea DR, Topeka, KS 66614

Ages

3rd-6th grades

Site #3

Adventure Camp S – SW YMCA

3635 SW Chelsea DR, Topeka, KS 66614

Ages

6th-7th grades

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)

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

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

HIIT 6:30-7:15PM (T)

CYCLE BEAT 6:30-7:15PM (TH)

CYCLE HIIT CIRCUIT 7:30AM-8:15AM (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!

Members wanting to come unwind and relax should check out Active Yoga or Stretch & Flex for a class geared towards improving balance and flexibility!



The Y offers plenty of FREE classes with your membership. From low-moderate intensity level classes to high intensity interval training and indoor cycling classes.

PERSONAL TRAINING

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

Contact our Certified Personal Trainer 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, and Power Surge classes focus on high-intensity cardio and strength training.

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



SHALLOW WATER CLASSES

	Time	Day(s)
Aqua HIIT	8:00-8:45 AM	TUES/SAT
Power Surge	8:00-8:45 AM	TH
Aqua Zen	12:25-12:55 PM	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
Aqua Fit Flow	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
Aqua HIIT	5:30-6:15 PM	TH

DEEP WATER CLASSES

Class (Deep Water)		
Aqua Aerobics	9:45-10:30 AM	T/TH
H2o Flow	10:00-10:45 AM	M/W/F

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 Baumgard at Lisab@ymcatopeka.org for more information.



SWIM LESSONS

SWIM LESSONS

Are your children water ready for the Summer? 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

Beginner Preschool

- 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,

3-WEEK SESSIONS

Dates	Days	Times
June 12-28*	M/W	eve/morning
July 10-26*	M/W	eve/morning
August 14-20	M/W	evening

6-WEEK SESSION

Dates	Days	Times
June 10-July 22*	Saturday	morning

***ALL June and July swim lessons are only \$30 thanks to a grant provided by KDHE!**

All Sessions consist of 6 30-minute lessons.

Cost: YMCA Members \$40 per session. Non-YMCA Members \$60 per session.

YMCA MEMBERS

4/30 minute lessons \$100
6/30 minute lessons \$135
8/30 minute lessons \$160

NON MEMBERS

4/30 minute lessons \$200
6/30 minute lessons \$270
8/30 minute lessons \$320



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

Alexis Hill Aquatics Coordinator
alexish@ymcatopeka.org

OPEN GYM and OPEN SWIM

OPEN GYM*

TIMES

MONDAY	6:45-8:45AM; 10:15AM-8:30PM
TUESDAY	6:45-8:45AM; 12:45- 6:30
WEDNESDAY	6:45-8:45AM; 10:15AM-8:30PM
THURSDAY	6:45-8:45AM; 12:45- 6:30
FRIDAY	6:45-8:45AM; 10:15AM-8:30PM
SATURDAY	9:00AM – 1:50PM



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

OPEN LAP SWIM*

MONDAY/WED
6:00AM-8:00AM
4 LANES

8:00AM-10:45AM
2 LANES

10:45AM-5:30PM
4 LANES

6:30PM-8:30PM
3 LANES

TUESDAY/THURS
6:00AM-7:00AM
4 LANES

7:00AM-9:45AM
2 LANES

9:45AM-10:30AM
1 LANE

10:30AM-7:00PM
4 LANES

7:00PM-8:30PM
3 LANES

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

10:00AM-11:00AM
3 LANES

11:30AM-8:30PM
4 LANES

SATURDAY
8:00AM-10:00AM
2 LANES

10:00AM-2:00PM
4 LANES



* All schedules are subject to change

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 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.

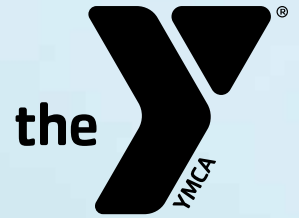
Credit Card # _____ Expires _____/____

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



**Register online
Camps • Programs
Membership**

YMCA OF TOPEKA
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