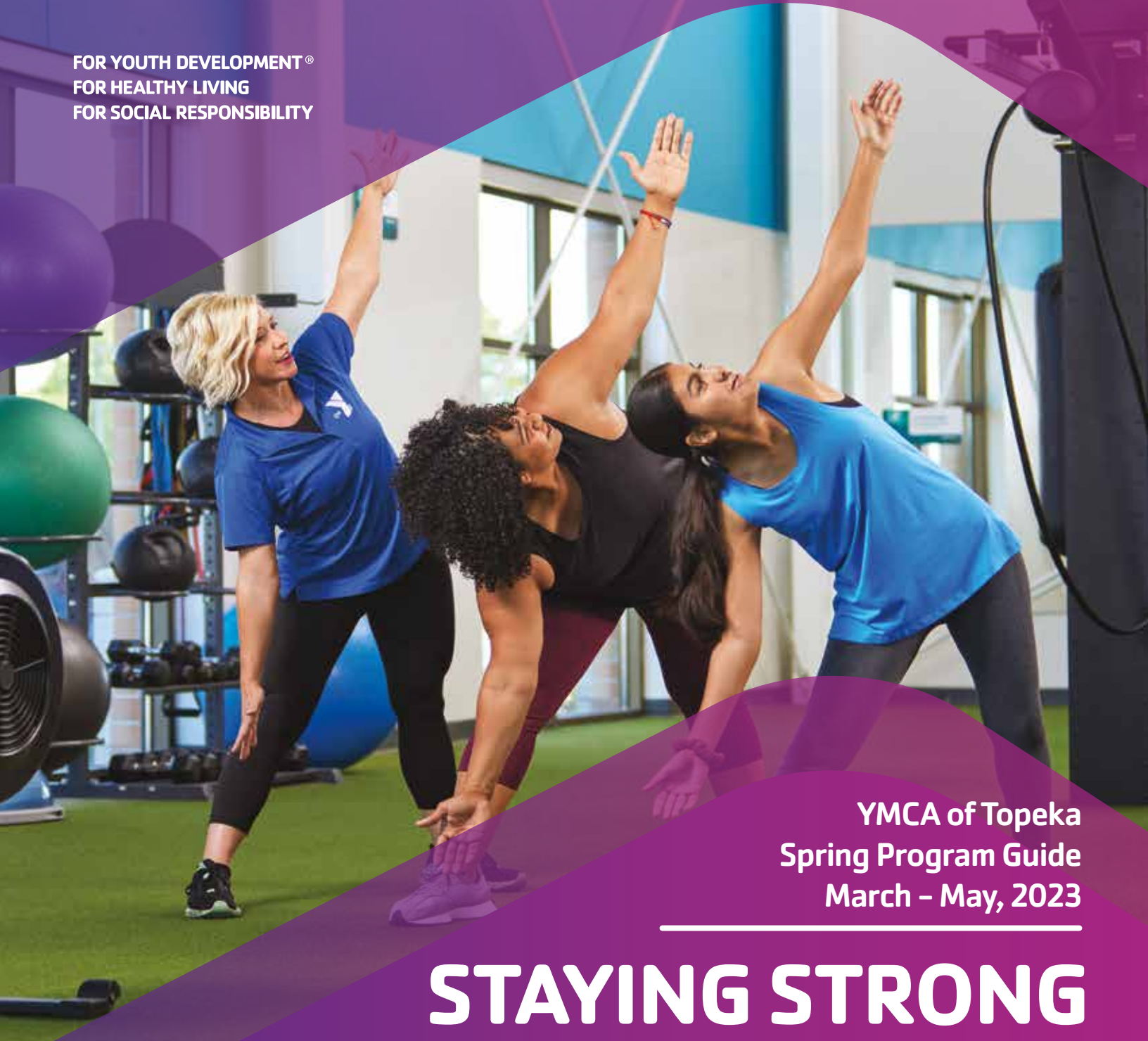




FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



YMCA of Topeka  
Spring Program Guide  
March – May, 2023

# STAYING STRONG TOGETHER

 @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](mailto:Cathyh@ymcatopeka.org) for more info!**

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



# CHILDCARE BEFORE/ AFTER SCHOOL PROGRAMS

## CHILDCARE

### 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

## 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 GROUP EXERCISE

## LAND CLASS SCHEDULE\*

### CARDIO BOXING

8:00-8:45AM (M/W/F)

### 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

7:30AM-8:15AM (SAT)

### SHOCK WALK

6:45-7:30PM (W)

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 Cardio Boxing, 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](mailto:lisab@ymcatopeka.org) for more information.



# GROUP FITNESS AQUATICS

Lisa • Health & Wellness  
lisab@ymcatopeka.org

## 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, H2o GO, and SHOCKWAVE AQUA FITNESS classes focus on high-intensity cardio and strength training.

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

Small group Form and Function is a 4-week class focusing on correctly performing exercises and using equipment in the water. Modifications are also introduced, if needed, so that when you hit that group class, you get the most out of it. (This is a pre-registration/paid 4-week session beginning the first Saturday of each month. Visit our website [www.ymcatopeka.org](http://www.ymcatopeka.org) to register or contact Lisa at Lisab@ymcatopeka.org for more information.



## SHALLOW WATER CLASSES

	Time	Day(s)
*SHOCKWAVE AQUA FITNESS*	8:00 AM	M/W/F
*SHOCKWAVE AQUA FITNESS*	9:00 AM	SAT
Aqua HIIT	8:00 AM	TUES/SAT
H2o GO	8:00 AM	TH
Aqua Fit	9:00 AM	M/W/F
Aqua Aerobics	9:00 AM	T/TH
Aqua Zumba	10:30 AM	T/TH
Aqua Fit Flow	11:00 AM	M/W
Move It & Lose It	11:30 AM	T/TH
H2o Go	5:30 PM	TUES
Aqua HIIT	5:30 PM	TH
*SHOCKWAVE AQUA FITNESS*	7:00 PM	M/T/TH

## DEEP WATER CLASSES

Class (Deep Water)	Time	Day(s)
Aqua Aerobics	9:45 AM	T/TH
H2o Flow	10:00 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.

\*The Southwest YMCA of Topeka is excited to have SHOCKWAVE AQUA FITNESS as a Community Partner offering expanded aqua fitness classes during the Spring, Fall, and Winter months. SHOCKWAVE AQUA FITNESS IS AN INDEPENDANT BUSINESS AND NOT A PART OF THE YMCA.



# SWIM LESSONS

Alexis Hill Aquatics Coordinator  
alexish@ymcatopeka.org

## 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

### 3-WEEK SESSIONS

Dates	Days	Times
Mar 27-April 12	M/W/F	evening
April 17-May 3	M/W/F	evening
May 8-May 24	M/W/F	evening

### 6-WEEK SESSIONS

Dates	Days	Times
April 1-May 6	Saturday	mornings

Dates	Days	Times
Mar 27-Apr 27	Saturday	mornings



All Sessions consist of 6 30-minute lessons.

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

## 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 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.

# OPEN GYM and OPEN SWIM

## OPEN SWIM\*

	TIME AM	TIME PM
MONDAY	6-8	12-5:30 & 7:45-8:30
TUESDAY	6-8	12:15-5:30 & 7:45-8:30
WEDNESDAY	6-8	12-5:30 & 6:35-8:30
THURSDAY	6-8	12:15-5:30 & 7:45-8:30
FRIDAY	6-9	12-8:30
SATURDAY	11:00AM- 1:45PM	

### MEMBERS OPEN LAP SWIM\*

MONDAY- FRIDAY	6:00 AM- 8:30 PM
SATURDAY	7:00 AM - 1:45 PM



## OPEN LAP SWIM\*

<b>MONDAY/WED</b> 6:00AM-8:00AM 4 LANES	<b>FRIDAY</b> 6:00AM-10:00AM 4 LANES
8:00AM-10:45AM 2 LANES	10:00AM-11:00AM 3 LANES
10:45AM-5:30PM 4 LANES	11:30AM-8:30PM 4 LANES
6:30PM-8:30PM 3 LANES	<b>SATURDAY</b> 8:00AM-10:00AM 2 LANES
<b>TUESDAY/THURS</b> 6:00AM-7:00AM 4 LANES	10:00AM-2:00PM 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	

## OPEN GYM\*

	TIME AM	TIME PM
MONDAY	6:45-8:45	12:45-8:50*
TUESDAY	6:45-8:45	12:45- 6:30
WEDNESDAY	6:45-8:45	12:45-8:50
THURSDAY	6:45-8:45	12:45- 6:30
FRIDAY	6:45-8:45	12:45-8:50
SATURDAY	9:00 AM - 1:50PM	



\* All schedules are subject to change





## YOUTH SPORTS

### SPRING YOUTH BASKETBALL WORKSHOP

Saturday May 20 and Saturday May 27

- Grades 1-2 from 9am-12pm
- Grades 3-4 from 12:30pm-3:30pm

Whether your kids are looking to learn the basics or brush up on their skills, come sign-up and check out our Spring Basketball Workshop. This workshop will focus on developing and improving essential skills such as shooting, ball handling, passing, footwork, and athleticism.

Saturday May 20th Schedule: Kids will learn and work on drills to improve change of direction, quickness, and agility. Kids will also learn and work on drills for improving shooting, dribbling, and passing.

Saturday May 27th: Kids will revisit skills learned from the previous session. At the end of this Saturday session, kids will scrimmage at the end of the day to put their new skills to the test

#### Fees

- \$40 for Y-members
- \$60 for non-members

## ADULT SPORTS

### 1/2 COURT GYM ACTIVITIES

Come and join us on Monday evenings as we offer fun 1/2 court activities in the GYM such as **Dodgeball, Volleyball,** and **Badminton.**

**Begins in April, 6:30-8:30 pm.**

### PICKLEBALL

As the fastest growing sport in America, Pickleball is also becoming the fastest growing sport at the Southwest YMCA of Topeka. We offer fast-paced fun several times a day, several times each week.

#### We offer:

**5:00 AM Monday- Friday**

**10:15 AM Monday- Friday**

**6:30 PM Tuesday & Thursday**

**7:00 am Saturday**



# 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	Yearly
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.



# COMMUNITY EVENTS/FACILITY RENTALS

## “ALL ABOUT MOM” VENDOR FAIR May 14, 2023 | 11:00 AM – 4:00 PM

Find that unique gift for Mom at the Y’s Vendor Fair. A fun experience for the entire family. Arts and craft, health and beauty, messages, jewelry, wearable art, food truck vendor, and so much more!

It’s Free and open to the community. Stop by for a great find for Mom!

## 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.

## BECOME A LIFE GUARD!

Learn more about becoming a Life Guard, 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)



**Register online  
Camps • Programs  
Membership**

**YMCA OF TOPEKA**

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