



# WINTER/SPRING 2024 PROGRAM GUIDE

January–May



# Welcome to the Y!

We welcome & encourage anyone to be a member at our Y. To ensure the welfare of members, participants and staff, there are certain restrictions on membership and participation. Membership at the Muscatine Community YMCA is open to all persons except: those who are listed on the Iowa Sex Offender Registry or another state's similar registry, a person convicted of a crime against a minor, or a person who poses a threat to the health and/or safety of the other members, participants, or staff. If you have any questions, please contact the Executive Director, Bret Olson.

The Y is committed to quality family programming & strengthening our community. Every day, we work hard to make sure that everyone, regardless of age, income or background, has the opportunity to learn, grow & thrive. We are dedicated to:

**Youth Development:** Nurturing the potential of every child & teen.  
**Healthy Living:** Improving the nation's health & well-being.  
**Social Responsibility:** Giving back & providing support to our neighbors.

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## ♦ COMMUNITY PARTNER MEMBERSHIPS

The Muscatine Community YMCA offers reduced rates on memberships to those who are income-eligible. There are also a select group of classes offered at reduced rates to children who currently receive a reduced-rate membership at the Y. Eligible classes will be noted in this catalog by a diamond symbol next to the class title. For more information, please contact Member Services.



The Muscatine Community YMCA is handicap accessible.

## CELL PHONE POLICY

Members and guests are permitted to talk on cell phones in hallways and lobbies only. Photographs and video recordings are not permitted. Absolutely no cell phones or other recording devices should be used in locker rooms, bathrooms, pool and childcare areas. Other restrictions apply.

## MEMBERSHIP RATES

(effective Jan 1, 2024)

MEMBERSHIP TYPE	ANNUAL RATE	MONTHLY BANK-DRAFT
Adult	\$420	\$35
Family	\$720	\$60
Household Membership (Two adults with dependent children)	\$720	\$60
Single Parent Family	\$480	\$40
Youth & Teen (Up to 12th Grade)	\$180	\$15
Senior Discount (60+)	20%	20%
Monthly	\$55	
College	\$30 for 30 days \$60 for 60 days \$90 for 90 days	

## PAYMENT OPTIONS

**Bank Draft:** This payment plan electronically deducts the monthly dues from your checking or savings account, or credit card. A 12-month commitment is required.

**Annual Full Payment:** We accept cash, check & credit card. Y memberships are sold on an annual basis and are not refundable or transferable. New members are charged a one-time \$25 processing fee. Memberships that have lapsed for three months or more are considered new and will be charged the processing fee.

All Members must present their membership card to use the facility.

Any Nonmember or Guest who is 18 years or older must present a birthdate, photo ID to sign-up for a Membership, attend a class, or purchase a Day Pass.

**Day Pass Fees (effective Jan 1, 2024):**  
 Youth or Adult = \$10.00 Family = \$20.00

## VISITOR PUNCH PASS

Adult members who have out of town guests who would enjoy using the Y can purchase a \$25.00 Visitor's Punch Pass. The pass is good for 10 visits during a one-year period from the time of purchase. Each punch is good for one guest and one visit. Visitors 18 years and older should present a birthdate, photo I.D. when checking in to use the facility. Passes can only be purchased by current Y members.





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[www.facebook.com/MuscatineY](http://www.facebook.com/MuscatineY)

## PROGRAM POLICIES

All Muscatine Community YMCA programs have limited enrollment. Registration is on a first-come, first-serve basis.

The Y reserves the right to cancel, reschedule, or combine classes that do not have sufficient enrollment.

No credit is given for individual classes missed.

Make up classes require prior approval from a Program Director.

## FACILITY RESTRICTIONS FOR CHILDREN

Children in the facility who are 7 years and younger must be accompanied by someone 16 years or older at all times.

For all Adult Fitness Classes, children younger than 6th Grade are not allowed to remain in the room while fitness classes are being conducted. Youth who are 6th Graders and older may participate.

Our Kids' Adventure Center is available for members who are 8 years old and younger, and requires supervision by a parent/ guardian at all times.

## POOL RESTRICTIONS FOR CHILDREN

Children who are 7 years or younger must be accompanied IN THE WATER by a parent/ guardian who is at least 16 years old at all times.

No more than 2 non-swimming children per accompanying adult/guardian.

Non-swimming children must be within arm's reach of a responsible adult and/or wearing an approved floatation device.

Children who wish to swim in deep water or in shallow water over their heads will be required to prove their swimming capabilities to the lifeguard(s) on duty. Swimmers will be issued a wrist band by the lifeguard(s) based on their swimming abilities to indicate where they are allowed to swim, if they are required to wear floatation devices, etc.

Children 7 years or younger with no wrist bands in water over their heads will be considered non-swimmers and will be required to wear floatation devices and/or be within arm's reach of an adult at all times.

Use of the Small Pool for Family Swim requires at least one adult over 18 years old in the water at all times.

## INDOOR TRACK & COURT FOR GRADES K-8

Kids may use the indoor running track at anytime.\*

A Wallyball Court is also available. Youth members may reserve a 30 minute court time at the Welcome Center. \*

\*Children 7 years and younger must be accompanied by someone 16 years or older at all times.

## EXERCISE AREA FOR GRADES 6-8

6th - 8th Graders who have completed W.O.W., the youth weight training class, may use the weight area during all operating hours if accompanied by a parent or guardian. They may participate alone during the following hours:

Days: Monday - Friday (Muscatine No School Days)  
Time: 9:00am - 1:00pm

Days:	Tuesday - Thursday	Day:	Saturday
Time:	6:30pm - 8:30pm	Time:	9:00am - 1:00pm

The Muscatine Community YMCA will be closed to observe the following Holidays:

**Christmas Eve:** Sunday, Dec 24th

**Christmas Day:** Monday, Dec 25th

**New Year's Eve:** Sunday, Dec 31st  
Close at 4:00pm

**New Year's Day:** Monday, January 1st

**Easter:** Sunday, March 31st

**Memorial Day:** Monday, May 27th

## RACQUETBALL COURTS

Racquetball courts can be reserved by members 9th grade or older. 6th-8th Grade youth need to check at the Welcome Center for available walk-on court time. Children in 5th Grade and younger must participate with a parent or in a scheduled program.

To reserve a court, call 263-9949.

A court may be reserved for a one hour period and is free of charge.

## PARTIES & RENTALS



PLEASE NOTE: Birthday Party Packages are not currently being offered due to lack of staffing, but room rentals are available during normal operating hours.

Please call Member Services for details & availability.

Check our Facebook page & website for changes or updates.

## LOCKER ROOMS

Women Only Locker Room - Adult and post high school females only

Men Only Locker Room - Adult and post high school males only

Women/Girls Locker Room - Females of any age

Men/Boys Locker Room - Males of any age

Children 1st grade and older must use appropriate same sex locker room OR they may use the Family Locker Room if accompanied by a caregiver.

Family Locker Room - Children and their caregivers; Individuals with special needs and their caregivers

## LOCKER RENTALS

Lockers can be rented on a yearly basis in any of the locker rooms. Towel service is included.

Rental Fees:

Half Locker	\$132.00
Full Locker	\$168.00
Two Person full locker	\$132.00 per person

## ADULT PROGRAMS

Class day/ time  
schedule on page 6

### Head To Toe Toning

Low impact warm-up plus a variety of exercises using exercise tubing, weights, stability balls, and mats for full body conditioning.

### Step Aerobics/Step Circuit

Safe & fun workout for all fitness levels. Low impact, high intensity, great quad, glut, hamstring & cardio workout.

### Early Bird Circuit

Interval training circuit combines cardio, conditioning and resistance training in a station or interval format. Will use a variety of equipment including stability balls, resistance bands and weights along with body weight and cardio exercises.

### Cardio Kickboxing

Jab, punch & kick your way to fitness with moves choreographed to current music! This total body workout increases endurance, flexibility, coordination & strength, while burning calories and reducing stress.

### Pilates

Pilates lengthens, stretches, and strengthens major muscle groups, especially the core muscles (abs, glutes, hip area) and improves flexibility, balance and posture. Each exercise has prescribed placement, rhythm and breathing patterns, done on the mat and standing. Class will occasionally use hand weights and stability balls.

### T'ai Chi

Flowing movements offer many health benefits including relaxation, body/mind awareness, improved balance and flexibility. Classes begin with chi gung (breathing) exercises, followed by short & long Yang style forms. Classes will also do easy yoga-based stretching. Beginners welcome.

### Core & More

This class combines the best of ChicoMetrics, Pilates, and traditional toning exercises. Class formats will vary. All ages & fitness levels welcome.

### Zumba®

Zumba is an easy to follow, Latin-inspired dance & exercise program for all fitness levels. The fast & slow rhythms include salsa, merengue, cumbia & reggaeton along with hip hop & pop songs for cardio and muscle toning. Classes may include Zumba Sentao™ & Zumba Toning™ using chairs & hand weights. It's fun to get fit! "Ditch the Workout, Join the Party!"



### Group Strength

This instructor-led weight training class will include a warm-up, full body conditioning and a good stretch at the end. Class will incorporate hand weights, exercise tubing and steps, along with body weight exercises.

### Boot Camp

This advanced boot camp fitness class will be an extreme challenge in a circuit format which may include: running & sprints, plyometrics, jumping, calisthenics, and strength training. The class IS NOT for beginning exercisers.



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## INDOOR CYCLING

These instructor-led classes will bring an exciting new dimension to your workouts! Classes are first-come, first-served. Registration is not required. Please note, High School age & adult members may use the Indoor Cycling Studio anytime a class is not in session.

### Senior Cycling

Classes are designed for active older adults, or anybody looking for a more relaxed cycling experience. Join us for a low-impact class full of great, healthy benefits.

## SILVER SNEAKERS®

Silver Sneakers is a health & fitness program designed for adults 65+ of all fitness levels. Classes help improve strength, flexibility, balance and endurance. While designed for seniors, there is no age requirement.

### Silver Sneakers® Classic (Beginner)

Increase muscle strength and range of movement, and improve activities for daily living. Class uses a chair for seated exercises and standing support, hand weights, exercise tubes and a small ball.

### Silver Sneakers BOOM™ MOVE (Advanced)

This fun, dance-inspired workout improves your cardio fitness with easy-to-follow moves set to energizing music.

### Silver Sneakers BOOM™ MUSCLE (Advanced)

This class incorporates athletic exercises that boost your overall fitness. Move through muscle-conditioning blocks and activity-specific drills to improve strength and functional skill using free weights.

### Silver Sneakers® Splash (Beginner)

Please see page 5 for class details.



**ALL Adult Fitness Classes are FREE with  
Membership!**

Nonmembers may purchase a  
Fitness Punch Card: 6 Classes = \$30.00  
-OR-  
Pay a Class Drop-In Fee: 1 Class = \$5.50

Please note: Yoga and Martial Arts classes are not included in these offerings. Please see page 5 for pricing for these classes.

Participation in all classes is on a first-come, first-served basis.

## 90 Miles in 90 Days Fitness Challenge

The Goal: Exercise Your Way to 90 Miles in 90 Days (Jan 8 – April 6th)!



- Sign up at Member Services & pay a \$15 fee (which includes a t-shirt)!
- Complete your “mileage” in 90 days (January 8 – April 6) doing activities you enjoy. Whether it’s walking, basketball, swimming, exercise classes, weight lifting, or something more, you can use the conversion chart at the Welcome Center to help track your mileage in the fitness activity you choose.
- Record your miles daily in the log book at the Y’s Welcome Center.

Let’s have fun getting fit!

## YOGA

Hatha Yoga classes teach the basic principles of breathing & body alignment through a series of poses that promotes strength, balance, flexibility, and aids in relaxation & stress reduction.

### Chair Yoga

This class is for those who have issues with floor exercises. This gentle chair yoga class uses modifications for those less flexible or with balance issues to derive the benefits of yoga practice while seated.

### Alive at Five

Join us Friday nights for this Hatha mat class. Unwind from the week, and start the weekend off right!

### Mat Yoga

This early morning Mat Yoga class gives us all a chance to try something new. Class will improve flexibility, balance, posture, mindfulness, clarity, sense of self, well-being and so much more.

YOGA Fees: Member: FREE  
Nonmember: \$10 per class or 6-class Yoga Punch Card for \$60

## MARTIAL ARTS

### Shorin Ryu Karate

Shorin Ryu Karate is a combination of Chinese Kung Fu and Okinawan punching art (Te). Traditional techniques and conditioning exercises form an integral part of the training. This controlled style of karate helps the student develop physical and mental discipline. Participants must be at least 14 years old.

Fee: Member: FREE  
Nonmember: \$20.00/month  
\*Or receive a discount for prepayment (Jan – May).  
Nonmember Fee \$90.00



## ADULT AQUATICS

Nonmembers may purchase a Fitness Punch Card  
6 Classes = \$30.00

Class day/time schedule on page 6

### Nice & Easy

This class consists of stretching, toning and easy aerobic activity. Class is designed to help people who are a bit stiff or those new or returning to an exercise program. Class is held in the small pool.

### Tone & Talk

Toning, stretching, and mid-level aerobic activities. A great place for beginners and experienced exercisers. Class is held in the small pool.

### Churn & Burn

High-intensity cardio, strengthening and resistance workouts using a variety of equipment. Workouts are advanced and not designed for beginning exercisers. Class is held in the small pool.

### Rusty Hinges

This class is designed for those with arthritis or similar conditions. Program focuses on increasing strength, range of motion, and stability. Instructors follow guidelines set by the Arthritis Foundation. Class is held in the small pool.

### Silver Sneakers Splash

A fun, shallow-water exercise class that uses a signature splash-board to increase movement and intensity options. Splash is another great option for beginners and all skill levels. It’s also safe for non-swimmers. Class is held in the small pool.

### Hydrobics

This class incorporates resistance, cardio and toning exercises to give you a total body workout in both shallow and deep water. Class is held in the large pool. Participants should be very comfortable in both shallow and deep water. Swimming skills are not required, but highly recommended.

### Aqua Zumba®

Aqua Zumba is perfect for anyone looking to make a splash by adding a low-impact, high-energy aquatic exercise to their fitness routine. The water creates natural resistance, so every step is more challenging and helps tone your muscles. This is one pool party you don’t want to miss!



### Senior Swim

This time is set aside for persons 55 and older who want to enjoy the small pool without lots of noise and splashing. Nonmembers can purchase a 10-visit punch card for \$22.00.

# ADULT FITNESS & AQUATICS SCHEDULE

LAND FITNESS CLASSES

AQUATIC CLASSES

	Monday	Tuesday	Wed	Thursday	Friday	Sat	Sun
Boot Camp				5:30-6:30pm			
Silver Sneakers®		9:10-10:00am Boom Move 10:10-11:00am 11:10am-Noon Classic		9:10-10:00am Boom Move 10:10-11:00am 11:10am-Noon Classic	9:30-10:15am Boom Muscle		
Head 2 Toe Toning					5:30-6:20am		
Early Bird Circuit	5:45-6:30am		5:45-6:30am				
Step / Circuit		4:30-5:30pm					
Core & More	9:10-10:00am		9:10-10:00am				
Group Strength	8:15-9:00am	10:15-11:00am	8:15-9:00am		8:15-9:00am		
Cardio Kickboxing			5:30-6:20pm				
Zumba®	5:30-6:20pm			5:30-6:20pm			
Yoga	10:10-11:10am Chair Yoga	6:15-7:00am Mat Yoga	10:10-11:10am Chair Yoga	6:15-7:00am Mat Yoga	5:00-6:00pm Alive at Five		
Pilates	6:30-7:20pm	5:30-6:20pm	6:30-7:20pm				
Shorin Ryu Karate		5:30-7:00pm		5:30-7:00pm			
T'ai Chi		9:00-10:00am		9:00-10:00am			
Indoor Cycling	5:30-6:15pm	5:15-6:00am 9:10-9:55am		5:15-6:00am 5:30-6:30pm	9:10-9:55am		11:00-Noon
Senior Cycling	10:05-10:40am		10:05-10:40am	9:30-10:05am (New Time)			
Aqua Zumba®	6:00-6:45pm			10:00-10:45am			
Nice & Easy	10:00-10:45am		10:00-10:45am				
Tone & Talk	1:00-1:45pm	10:00-10:45am	1:00-1:45pm		1:00-1:45pm		
Churn & Burn	8:00-8:45am 9:00-9:45am	8:00-8:45am 9:00-9:45am	8:00-8:45am 9:00-9:45am	8:00-8:45am 9:00-9:45am	8:00-8:45am		
Rusty Hinges	2:00-2:45pm		2:00-2:45pm		2:00-2:45pm		
Silver Sneakers® Splash					9:00-9:45am		
Hydrobics		6:00-6:45pm					

## PERSONAL TRAINING

Let us help you meet your health & fitness goals and get the most from your workouts!

Each session package will include:

- Initial consultation
- Individualized program
- Designated number of one-on-one sessions with an experienced trainer
- Each session takes approximately 1 hour



For those who continue their Personal Training sessions, a 10% discount will be given for additional 4, 8, and 12- session packages. Please note that only personal trainers employed by the Muscatine Community YMCA can provide personal training within the Y programs and facilities, and sessions must be scheduled through the Personal Training Coordinator. **For two people, both must be same fitness level & goals.**

**Body Composition Profile:** The proper proportion of lean weight & body fat is important for good health. A hand-held Body Composition Analyzer is available for use and is free to members and personal training participants.

New Session Packages	1 Person		2 People (at same time)	
	Member	Nonmember	Member Per Person	Nonmember Per Person
4, 1-hour sessions	\$154.00	\$270.00	\$118.00	\$206.00
8, 1-hour sessions	\$268.00	\$470.00	\$206.00	\$360.00
12, 1-hour sessions	\$354.00	\$620.00	\$272.00	\$476.00



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## FREE WORKOUT ORIENTATION



The three main elements to a well-rounded fitness program are:  
1) Cardiovascular Training  
2) Strength Training  
3) Stretching / Flexibility

We can help you get started on all three! Our experienced Exercise Area Staff can answer your questions & get you started on a basic routine. For a free orientation on equipment usage options, call the Y at 263-9996.

## FULL COURT BASKETBALL

High School students and adults can drop in for pick-up basketball games in Gym 3.

Days: Mondays and Wednesdays  
Time: 5:00-7:00pm

Fee: Member: FREE  
Nonmember: Guest/Day pass

## ADULT DROP-IN PICKLEBALL

Pickleball is a net court sport using a paddle and perforated plastic ball for a "life-sized" ping pong game. There are some similarities to badminton & tennis, but Pickleball has several unique rules that allow all skill levels to play together. Nets will be set up at the following times.

Day: Sunday  
Time: 1:30-4:00pm

Days: Monday - Friday  
Time: 8:30-11:00am

Days: Tuesday & Friday  
Time: 5:30-8:30pm

Fee: Members: FREE  
Nonmembers: 1-time drop in fee \$3.50 per person OR Pickleball Pass \$30 per 10 visits

**\*\*Nonmembers should bring a photo ID**

Please see Page 8 for NEW Pickleball Leagues this Winter!

## PICKLEBALL 101

Never played or new to the game? Join Y staff and/or Pickleball players to learn basic rules, hits, terms and strategies. Practice skills and some game play without getting pounded! Drop-in. Equipment is provided.

Day: Sunday  
Time: 12:00-1:00pm

Fee: Members: FREE  
Nonmembers: 1-time drop in fee \$3.50 per person OR Pickleball Pass \$30 per 10 visits

**\*\*Nonmembers should bring a photo ID**

## ADULT DROP-IN BADMINTON

Adult recreational and competitive badminton players are looking for players of all abilities to join them at the following times:

Day: Wednesday  
Time: 6:30-8:45pm

Day: Sunday  
Time: 11:30am-2:00pm

Fee: Members: FREE  
Nonmembers: 1-time drop in fee \$3.50 per person OR Badminton Pass \$30 per 10 visits

**\*\*Nonmembers should bring a photo ID**

## OUTDOOR FITNESS AREA

Our outdoor fitness area is closed for the Winter, and will re-open this Spring as soon as weather permits.

Our Hammer Strength System includes kettlebells, medicine & wall balls, battle ropes, Olympic pull down stations, outdoor sled, and more!





### WALKING BOOK CLUB

Fitness and reading, a NOVEL idea! The group will meet at the designated time to walk & listen (on personal devices) to the monthly, assigned Audio Book. The 4<sup>th</sup> Wed of the month will be a Walk & Discussion. Titles will be selected by the Musser Public Library.

Our goals include connection with others, accountability, and a specific time to get us moving in the New Year. We will use the indoor track & outdoor walking trail when weather permits. Selected titles and more amazing e-materials can be found from your library on the Libby app: <https://rivershare.overdrive.com/>



**When:** January 3rd – April 24  
Mon, Wed, & Fri  
**Time:** 6:00–7:00am OR 9:00–10:00am  
**Fee:** FREE to YMCA Members & Musser Public Library card holders. Nonmembers may purchase a \$10.00 monthly punch card at the Y.



### KING OF THE COURT: PICKLEBALL LEAGUE

Join us each week as participants compete for the King's Court! We will start the season with a random draw for partners and courts. Players will move forward or backward depending on winning or losing. The goal is to play 3 matches per day. We will continue from week to week based on the last match of the previous week. Week 5 will be crowning week. When players move to new court for the next match, the partners will split to play with a new partner. All levels of play are welcome, but some experience is needed. Registration is open to 12 players.

**When:** Tuesdays  
Session I (Jan 2 – Feb 3)  
Session II (Feb 4 – Mar 9)  
**Time:** 6:00–7:00am  
**Fee:** Member \$15.00 / Nonmember \$30.00\*  
\* price is per session



### PICKLEBALL SCRAMBLE LEAGUE

This league is round-robin style so participants will rotate partners throughout the 5 weeks. Each week participants will play with 2 partners, and play 4 matches. We will play two games to 11, and must win by 2. (Please note, if final score is 13 to 11, the recorded score will be 11 to 9 so all games have equal point value).

The league winner will first be decided by wins; tiebreakers will be determined by points scored and finally, a head to head match! After 5 weeks we will crown our winner! All levels of play are welcome, but some experience is needed.

**When:** Thursdays  
Session I (Jan 2 – Feb 3)  
Session II (Feb 4 – Mar 9)  
**Time:** 6:00–7:00am  
**Fee:** Member \$15.00 / Nonmember \$30.00 \*  
\* price is per session

## AQUATICS

Lifeguards protect our community by preventing, recognizing, and responding to emergencies in and around aquatic environments. By becoming a certified lifeguard, you will obtain the lifelong, lifesaving skills necessary to assist in emergencies in and out of the water.

### AMERICAN RED CROSS LIFEGUARD CERTIFICATION

Certification requires participants be at least 15 years old by the last day of the course, attendance at all class sessions is **MANDATORY**, and is dependent on class and exam performance. This is a blended learning course, so participants complete online and in-class activities. Some lessons/ activities **MUST** be completed prior to the first class meeting. Certification is valid for 2 years and includes Lifeguarding, First Aid, and CPR/AED for the Professional Rescuer.

Course dates, times, and pricing will be shared on our website at [www.muscatiney.org](http://www.muscatiney.org) as soon as they are available.



### RECERTIFICATION

Need to recertify your Lifeguarding/ First Aid and CPR/ AED certifications? American Red Cross Lifeguarding has been updated. Therefore there will be no refresher or challenge courses offered. The only way to renew your Lifeguarding/ First Aid, and CPR-PR certifications is to participate in the full course or this recertification. All certifications are now valid for 2 years so these review sessions will include ALL Lifeguarding, First Aid, and CPR-PR skills and exams.

If you need recertification please contact Jocelyn Paxton at 563/ 263-9996 or email [jpaxton@muscatiney.org](mailto:jpaxton@muscatiney.org)



At the Y, our **SWIM LESSONS** build skills, confidence, and character. Our curriculum focuses on developing sequence based skill sets that organically build on one another. Students will learn faster, be safe sooner, and progress more quickly through the various levels. This exciting curriculum also helps each participant experience a sense of accomplishment after each lesson and build relationships with other swimmers. Contact Jocelyn Paxton at 263-9996 or email [jpaxton@muscatiney.org](mailto:jpaxton@muscatiney.org) for more information.

**PERSONAL SWIM LESSONS**

Personal swim lessons are available for children (age 2 & older) and adults, at any ability level. Participants get a 1-on-1 lesson with a certified instructor. Personal lessons are 15 minutes, 1-2 times per week, and are scheduled based on the availability of instructors. Please visit the aquatics page at [www.muscatiney.org](http://www.muscatiney.org) and follow the instructions to request personal lessons.

**GROUP LESSONS  
STAGE 1-6 & STAGE A/B**

Group Swim Lessons are not currently offered, but will be scheduled as soon as we have instructors available.

Please visit our website and Facebook page for upcoming dates and additional details.

When lessons are made available, sign up may be completed online, over the phone, or in-person at Member Services.

If you are interested in joining our team and teaching swim lessons, please contact [jpaxton@muscatiney.org](mailto:jpaxton@muscatiney.org)



For the most up to date details regarding Lifeguard Courses, Group Swim Lessons, Competitive Prep Program, and more:

**VISIT US ONLINE**

**W** [muscatiney.org](http://muscatiney.org)

 [@muscatine\\_ymca](https://www.instagram.com/muscatine_ymca)

 [@muscatiney](https://www.facebook.com/muscatiney)

 [@muscatineymantarays](https://www.facebook.com/muscatineymantarays)

# PRESCHOOL & YOUTH PROGRAMS

## ♦ TODDLER PLAYGROUND

The Toddler Playground will introduce playground and park games, while kiddos gain large motors skills and agility, form bonds with other kids & have time with a loving adult in their lives. A variety of games and activities will all help develop skills, patience, and sharing. Parents/ caregivers are encouraged to participate with the child; fitness is more fun together! Class meets 1 day each week.

## ♦ YOUTH BOOT CAMP

Get your heart rate going and let the fun begin. Enjoy a combination of boot camp style activities and games that really get your heart pumping. Participants will build strength, and start on the road to being healthy and active. Circuits, relays, and games are just the beginning. Class meets 2 days each week.

## ♦ ROAD RUNNERS

Running is a life-long fitness activity. Road Runners makes running fun, encourages personal growth and develops teamwork through running games. Road Runners encourages fitness through speed workouts, aerobics and distance running. Class meets 2 days each week.

## SPORTS CAMP

Put a bit of sport in your day over spring break! Join the Y staff for some fun and games, team building and fitness! We will play host to several sports during the week. Lunch will be served every day. Open to youth in grades K-5th. Camp meets Monday, March 11th – Friday, March 15th from 8:00am–12:30pm each day. Cost for the week is \$60 for Members and \$90 for Nonmembers.

## ♦ TOTS SOCCER / PEE WEE SOCCER

You are never too young to enjoy fitness and team sports. Build confidence, teamwork, and decision making skills through the soccer skills of passing, dribbling, ball handling, shooting and beginner goalie skills. Pee Wee Soccer gives youth one more chance to focus on skills before moving up to our YMCA Youth Soccer Program. Classes meet 2 days each week.

## ♦ PEE WEE BASKETBALL / YOUTH BASKETBALL SKILLS

Participants will gain knowledge of basketball skills and team-play of the sport. Youth of a younger age can participate in small-sided skill games of basketball, Kings' Corner, HORSE, Dribble Tag, and more. Classes meet 2 days each week.

## ♦ GYMNASTICS

Explore a lifetime of fitness and flexibility through basic tumbling, progressive skills, movement exploration, balance beam and more. Watch your child gain confidence, build relationships, and benefit from cooperative learning. Class meets one day each week. Preschool Gymnastics is for 3–4 year olds and 2 year old gymnastics is also available.

### SESSION DATES

Session I: Jan 2 – Feb 3    Session II: Feb 4 – Mar 9  
Session III: Mar 17 – Apr 20    Session IV: Apr 21 – May 25

Class	Age	Member Fee/ Non-Member Fee	Monday	Tuesday	Wednesday	Thursday	Friday
Toddler Playground	18 month – 3 year olds	\$19 / \$38				10:10–10:50am Session I & II only	
2 Year Old Gymnastics	2 year olds	\$19 / \$38					9:45–10:30am All Sessions
Tots Soccer	3 year olds	\$19 / \$38		4:00–4:40pm Session III & IV only		4:00–4:40pm Session III & IV only	
Preschool Gymnastics	3–5 yr olds	\$19 / \$38					9:00–9:45am All Sessions
Pee Wee Basketball	3–5 year olds	\$19 / \$38		4:00–4:40pm Session I & II only		4:00–4:40pm Session I & II only	
Pee Wee Soccer	4–5 year olds	\$19 / \$38		4:45–5:25pm Session III & IV only		4:45–5:25pm Session III & IV only	
Youth Basketball Skills	K–1st Graders	\$19 / \$38		4:45–5:25pm Session I & II only		4:45–5:25pm Session I & II only	
Road Runners	K–5th Graders	\$19 / \$38	4:00–4:40pm Session III & IV only		4:00–4:40pm Session III & IV only		
Youth Boot Camp	K–5th Graders	\$19 / \$38		5:30–6:10pm All Sessions		5:30–6:10pm All Sessions	
Sports Camp	K–5th Graders	\$60 / \$90	8am–12:30pm March 11 – 15	8am–12:30pm March 11 – 15	8am–12:30pm March 11 – 15	8am–12:30pm March 11 – 15	8am–12:30pm March 11 – 15

## ♦ SPRING SOCCER

Muscatine Community YMCA Youth Soccer is a developmental, recreational program for boys and girls in 4-year old PreK – 8th Grade. The emphasis is on the development of soccer skills, good sportsmanship and fair play, socialization among teammates and other teams, enjoyment of the sport of soccer, low competition and high participation. Every participant gets a team T-Shirt! There is a possibility all age groups will be co-ed, depending on number of registrants.

### REGISTRATION:

The deadline to sign up for soccer is Saturday, February 17th, 2024. After this date, names will be placed on a waiting list with no guarantee of team placement. If placed on a team, a \$5.00 late registration fee will be charged.

### GAME LOCATION:

Games will be played at the Muscatine Soccer Complex on Saturdays & during the week depending on Soccer Complex availability. Please note, games will not be played on Easter weekend.

### SEASON:

Practices: March 25th – May 10th  
Games: April 6th – May 11th

### FEES:

Member: \$43.00  
Nonmember: \$63.00



## SCHOOL-AGE CHILDCARE

### BEFORE / AFTER SCHOOL & FULL-DAY KIDS' CLUB

The Muscatine Community YMCA's licensed child care is for children in 4-year old Preschool (enrolled in the Muskie Early Learning Center) through 6th grades. Children will benefit from a variety of fun activities in Arts & Humanities, Fitness & Wellness, Homework Support, Science & Technology, Service Learning, Healthy Snacks, and lots of fun!

There is a 15% discount for additional children from the same family. Transportation is provided by the Muscatine Schools; please contact them directly to make busing arrangements.

A \$25 nonrefundable deposit is all it takes to reserve your spot.

If there is a scheduled early out, child care will be provided.

Registration for Fall 2024 will open June 17th.

BEFORE SCHOOL Hours: 6:45–8:15am

AFTER SCHOOL Hours: 3:00–6:00pm Monday– Friday

1:00–6:00pm Occasional early dismissals

#### Member Fee:

\$7.75 per day (Mon–Fri)  
\$35.00 Weekly  
\$12.00 late start/1:30 dismissals  
\$20.00 No School Specials

#### Nonmember Fee:

\$15.50 per day (Mon–Fri)  
\$70.00 Weekly  
\$24.00 late start/1:30 dismissals  
\$40.00 No School Specials

No School Specials will be on the following days:

Monday, January 15th  
Friday, January 26th  
Friday, February 16th  
Monday, February 19th  
Monday, March 11th  
Tuesday, March 12th

Wednesday, March 13th  
Thursday, March 14th  
Friday, March 15th  
Friday, March 29th  
Monday, April 1st  
Friday, April 12th

6th Graders are eligible for After School Kids' Club or can register for Middle School programs for 6th–8th graders. Busing and registration forms will be required for 6th grade Middle School programs, but will not require a deposit. Middle School Programs at the YMCA are free and are open to members and nonmembers. For a list of these programs and more information, see pages 12–13.

### SUMMER KIDS' CLUB

Summer Kids' Club is for children who are entering Kindergarten – 6th Grade. Daily, Weekly, and all summer care is available from 6:45am to 6:00pm. A maximum of 100 children can participate in Summer Kids' Club. A \$25 non-refundable deposit is required at the time of registration. This deposit will help cover the costs of field trips and t-shirts. Prepayment of full-time, summer care includes a free week of child care plus a 5% discount. Registration opens March 1st. Space is limited!

Member Fee: \$105/week

Nonmember Fee: \$210/week

Daily: \$23.25/day

### NO SCHOOL DAYS & WINTER BREAK FOR MIDDLE SCHOOLERS

School's on break, so what is there to do? Join the Y for lots of fun activities! These programs are free and open to all middle school youth. Middle School programming is offered from 1:00–4:00pm on scheduled No School Days. The first 1 1/2 hours are structured with this schedule; the rest of the day is group choice.

Monday, January 15th: Floor Hockey

Friday, January 26th: Live "Among Us"

Friday, February 16th: Basketball Skills Contest (and prizes!)

Monday, February 19th: Gaga Ball Challenge

Monday, March 11th: Dodgeball

Tuesday, March 12th: Nerf Wars

Wednesday, March 13th: Egg Drop Challenge

Thursday, March 14th: Ping Pong Tourney

Friday, March 15th: Live "Among Us"

Friday, March 29th: Good Friday – No Program

Monday, April 1st: 3 on 3 Basketball

Friday, April 12th: Flag Football



# Check Out These Fun Teen Groups!

Our Teen Groups offer something for everyone, but no matter the group, our goal is the same... We support and develop youth so they can be ethical, caring and successful adults. We do this by creating a space that guides Youth Development in five areas: Emotion Management, Responsibility, Personal Development, Relationship Building and Empathy!

## TEEN KICKOFF EVENT

Escape Room Challenges

When: Thursday, January 4th, 4:00 - 5:30pm

Join us for a wild, fun, and challenging afternoon of Escape Room Challenges. Each of 3 rooms will have physical and mental challenges the group must solve before moving onto the next room. Don't forget to come hungry -- pizza will be served to all participants. All youth entering 5<sup>th</sup>-8<sup>th</sup> grade are invited to attend this free kickoff event. Please RSVP by January 2nd so we have enough supplies and food.

## DRONE FLYING CHALLENGE

Join us as we fly our mini drones, build obstacle courses and learn some basic flying maneuvers. When the weather is nice, we'll fly our drones outdoors. This is a drop-in program and does not require any previous flying experience!



## THE ART FACTORY

Arts and Crafts are just the beginning. The Arts are a way to de-stress, discover ourselves and express ourselves. Clay, charcoal drawing and so much more will keep us busy this Winter. We will offer activities based on age groups.

## SCIENCE BATTLES

There is nothing better than seeing your experiment work, getting messy or creating a new working method. Science, Technology, Engineering and Mathematics are for everyone! Join us for science experiments, games, hands on learning and fun challenges.

## TEEN FITNESS AND WELLNESS

Join us for a strength training or cardio workout, then a wellness activity like cooking a healthy snack, the importance of water, or mindfulness activities. Feel safe and confident working out in a social setting.

## FEARLESS & GRITTY: GIRLS GROUP

We all need a little help sometimes feeling courageous, determined and resilient. Join the Y as we explore and practice skills that build our grit! We will look fearlessly at ourselves to create a world of inner peace and an outside world of kindness!

## GUYS IN THE HOUSE: BOYS GROUP

Physical and mental health are the first steps, then we will add onto those with career building, leadership, and giving back to the community. Socialization, fun and leadership are all in the plans!

## VIDEO GAME CHALLENGE

We are mixing things up this Winter with monthly challenge brackets. Games will be played on the Xbox or personal devices. We will have extra devices for those who do not have their own.



## CARD CLUB: STRATEGY GAMES

Join other card enthusiasts and Y staff each week for games of Yu-Gi-Oh, Pokemon, and Magic the Gathering. Learn new games and their rules, plus meet new people who want to play.



Teen Staff are available Monday – Thursday, 4:00–6:00pm with group choice during non-structured times.

**ALL TEEN PROGRAMS START MONDAY, JAN 8TH**

Don't forget the  
Teen Kick-Off Event  
Thursday, Jan 4th!



Teen Fitness Programs are made possible, thanks to funding from UnityPoint Health-Trinity Muscatine.

Activity	Age	Member Fee/ Nonmember Fee	Monday	Tuesday	Wednesday	Thursday	Friday
The Art Factory	3rd–8th graders	Free / Free	4:00–5:00pm				
Teen Fitness and Wellness	5th–8th graders	Free / Free				4:00–4:45pm	
Fearless & Gritty Girls Group	5th–8th graders	Free / Free		4:00–5:00pm			
Guys in the House Boys Group	5th–8th graders	Free / Free		4:00–5:00pm			
Science Battles	5th–8th graders	Free / Free			4:00–5:00pm		
Card Club	Varies	Free / Free		5:00–6:00pm All Ages			
Drone Flying Challenge	4th–8th graders	Free / Free	5:00–6:00pm				
Video Game Challenge	3rd graders & older	Free / Free				5:00–6:15pm	

# Youth Development



 VISIT us on Facebook for updates  
@MuscatineY—teen page

 Follow us on Instagram  
@muscatine\_ymca

## ♦ W.O.W. (WORKOUT & WEIGHTS)

6th-8th Graders learn how to safely use the weights and other equipment in the exercise area. Those who pass this class will be able to use the area during designated youth times (see page 3) and at any time under supervision of a parent or guardian. Attendance is required during the 5-week session. There is a maximum of 6 participants per class.

Days: Saturdays  
Time: 9:30-11:00am

Fee: Member: \$17.50  
Nonmember: \$35.00

## YPLAY

YPlay is our child watch program, and we encourage you to come play with us! It's available for parents using the Y and is FREE with a child's Y membership. Parents/guardians must remain at the facility, and infants through 8 years are welcome.

Days: Monday-Friday  
Time: 8:30-11:30am

Days: Monday-Thursday  
Time: 5:00-8:00pm

Fee: Member FREE  
Nonmember \$5 per hour per child



FEE FOR LATE PICK UP: A \$5.00 late fee per child will be charged for late pick up of children.

## OUTSTANDING SENIOR FEMALE ATHLETE AWARD

Each year the Muscatine Community YMCA salutes all Muscatine High School Senior Girl Athletes and thanks them, their coaches and parents for their participation, guidance and support in representing the Muscatine community well. All senior female athletes will receive a ballot to vote for the Outstanding Senior Female Athlete of the Year. Voting is based on dedication, leadership, sportsmanship, and school spirit. The winner will be announced on April 17th and will be recognized by MHS, local media and the Muscatine Community YMCA.

## SUPER SITTERS

Super Sitters is a comprehensive babysitting know-how course for boys and girls ages 11-14. The class focuses on care and handling of infants, dealing with fire, accidents & other emergencies, basic First Aid procedures, age appropriate toys & games, and much more. Bring a notebook, pencil, sack lunch and tennis shoes. Must attend both days.

Dates: February 16th & 19th, or  
March 11th & 12th

Time: 9:00am-3:00pm  
Fee: Member \$20.00  
Nonmember \$40.00



## WINE TASTING, FOOD & MUSIC!

Please join us for this fabulous fundraiser which includes music, silent auctions, raffles and a chance to support the Character Development Programs at our YMCA. It's the perfect excuse for dinner and a night out!

Attendees will enjoy a 5-course meal, and each course will be paired with a specially selected wine or cocktail.



Date: Saturday, April 20th  
Time: 6:00pm  
Place: Proof Social Wine Bar, Muscatine  
Fee: \$50 per person



VISIT us on Facebook for updates  
[www.facebook.com/MuscatineY](http://www.facebook.com/MuscatineY)

## KIDS' NIGHT OUT

Kindergarten through 5th graders are invited to a great night of team building, fitness, fun with relays, games and crafts, topped off with a movie. Dinner and snacks will be included.

Pre-registration is required, along with signed release forms. The sign-up deadline is Noon on the Thursday before each Kids' Night Out. Must have 7 registered to hold this event.

When: Saturday,  
January 20th  
February 10th  
March 2nd  
April 6th

Time: 6:00-10:00pm  
Fee: \$15.00 per child



## LIP SYNC BATTLE

Join us for a Lip Sync Battle of epic proportions! You can be part of the fun on the stage or in the crowd. All proceeds from this event (including 20% of food and drink sales) benefit the Youth & Teen Center at the YMCA. There is no fee to participate!

- Register your battle team of 1-5 people by June 14th. There is no fee to participate!
- Prizes for Solo and Group Performance, Costumes, and Creative Song Choice.

When: Tuesday, June 18th  
Time: 5:30-7:00pm - Youth and Family Battle  
7:00pm - Adult/Corporate Battle  
Where: Missipi Brew, Downtown Muscatine





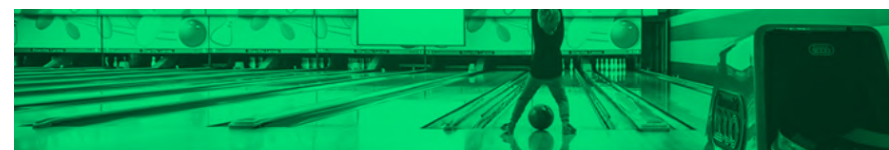


 [www.facebook.com/BBBSMuscatine](https://www.facebook.com/BBBSMuscatine)

**Community Based Mentoring**  
Bigs meet with their Littles on the weekend or in the evening. Each match is unique and develops a schedule that works for them while doing activities they find enjoyable.

**Site Based Mentoring**  
Bigs and Littles meet during the school day on site. We work closely with teachers and school staff to make sure the time works well for both the volunteer and the Little. Activities are provided each week.

Call 563-263-9996  
Email [chazen@muscatiney.org](mailto:chazen@muscatiney.org)  
**Volunteer Today!**



**BOWL FOR KIDS' SAKE**

**WHEN · SUNDAY, FEBRUARY 25, 2024**

**WHERE · ROSE BOWL | 2:00**

**MARK YOUR CALENDAR**

[www.muscatinebfks.org](http://www.muscatinebfks.org)

NOTE THIS YEAR'S DATE IS EARLIER & ON A NEW DAY!

**Youth Development**

# Family Program Services

Supporting Families...Today, Tomorrow and ALLways

We support families through Family Focus, Self-Sufficiency, Parent Education, and Relative Caregivers. Family Program Services (FPS) provides parents with parenting information, support, and the opportunity to explore issues particular to their needs. FPS groups address the special needs of both parent and child. All classes and groups are free. For additional FPS programs and information, please call Lindsey Phillips at (563) 263-9996.

## RAISING HIGHLY CAPABLE KIDS

This 13-week, bilingual, evidence-based program helps parents raise healthy, caring and responsible children. With some helpful information, encouragement from others and your commitment, raising highly capable kids really is possible.

Contact Lindsey Phillips to RSVP or for additional details: [lphillips@muscatiney.org](mailto:lphillips@muscatiney.org) or 563-263-9996.

CHILD CARE AND A LIGHT MEAL ARE PROVIDED.  
Class begins January 16th.

Day: Tuesdays  
Time: 6:00-7:30pm  
Fee: FREE to Members and Nonmembers

NEW PARENTING CLASS!



## PARENTING SUPPORT GROUPS

Children may not come with instruction manuals, but we can help! We offer support and education for parents, and promote amazing learning experiences. By bringing parents together, we give them the tools and resources they need to strengthen themselves and their families.

### Moments for Moms

A discussion group for busy moms with children in 6th grade – High School. Talk with others about child rearing, working and childcare.

Day: Thursdays  
Time: 6:30-8:00pm  
Fee: FREE to Members and Nonmembers

### First Steps

This program is for moms and dads with children birth – 5th grade.

Day: Thursdays  
Time: 6:30-8:00pm  
Fee: FREE to Members and Nonmembers

### Teen Parents

For parents who are 19 years and under. Come and discuss topics with parents in the same situation. Meetings are all year round and open for drop ins. Come check it out!

Day: Thursdays  
Time: 6:30-8:00pm  
Fee: FREE to Members and Nonmembers

### Mujeres Latinas

Este programa es un grupo de discusión para las mujeres latinas sobre el parenting.

Day: Viernes  
Time: 10:00-11:30am  
Fee: Gratis a miembros y no miembros

## GRANDPARENTS RAISING GRANDCHILDREN

When we work together, we form bonds with others and strengthen our relationships with younger generations. This twice monthly support group is for people who are raising or assisting in raising their grandchildren, and for other relatives who provide support. Raising grandchildren presents unique "parenting" issues and we can provide support and direct grandparents to community resources. Topics discussed are legal issues, health care issues, family conflict, and much more.

Day & Time: 2nd Tuesday of the month at 9:00am  
4th Tuesday of the month at 1:00pm  
Fee: FREE to Members and Nonmembers

Visit our website, [www.muscatiney.org](http://www.muscatiney.org) or Facebook to see specific dates and locations.





### Dad's Group

24/7 Dad® is a unique curriculum designed to equip fathers with the self-awareness, compassion, and sense of responsibility that every good parent needs. It focuses on building the man first and the father second. The sessions will include developing skills in caring for children, as well as building relationships with the mother of their children. For more information, please contact Lindsey at (563) 263-9996.

This program is part of the POPP child support forgiveness program.

Day: Tuesdays  
Time: 6:00-7:30pm  
Fee: FREE to Members and Nonmembers  
Location: Please contact us for location and updated announcements.



VISIT us on Facebook for updates  
[www.facebook.com/MuscatineY](https://www.facebook.com/MuscatineY)

### FAMILY FOCUS

Special events encourage families to play together and learn together. They are held periodically throughout the year and are a great way for families to come to the Y and spend fun time together!



### SELF-SUFFICIENCY

Self-sufficiency and self-care are important aspects of parenting. Through our programs and groups, parents will gain the skills and knowledge they need to be positive parents. Ultimately, we're building bright futures! Self-Sufficiency programs are free and open to the public.

#### Parenting Skills Study Group

This six week program provides information that will enhance your parenting skills. This class can be offered on an individual basis. Call Lindsey at the Y at 263-9996 for an appointment.

Fee: FREE to Members and Nonmembers

### Darkness to Light's Stewards of Children Training At The Muscatine Community YMCA

Stewards of Children is a sexual abuse prevention training aimed at equipping adults with the tools necessary to take steps to prevent abuse from occurring, to recognize the signs of sexual abuse, and to react to situations where abuse may have occurred in a safe, smart, and compassionate manner.

Stewards of Children is a nationally recognized, research based curriculum proven to increase awareness and change behaviors associated with preventing child sexual abuse. Anyone working with families or children will benefit from this eye-opening, informative workshop.

Learn the 5 steps to protecting our children.  
Watch compelling videos and interviews from survivors.

Workshops are FREE and open to community members, but an RSVP is required.

For more information, and upcoming dates, please see the Family Program Services Quarterly Newsletter at [www.muscatiney.org](http://www.muscatiney.org) or contact Lindsey at (563) 263-9996 or [lphillips@muscatiney.org](mailto:lphillips@muscatiney.org).





## Winter/Spring Programming

**Special Olympics**  
Muscatine



### EVENT DATES

Event dates and times are subject to change due to weather or program conflicts. To get up to date information, contact the YMCA at 563-263-9996.

#### January 8-10

Winter Games for Alpine Skiing, Nordic Skiing & Snowshoeing  
Sundown Ski - Dubuque

#### January 20

Team District Basketball and Skills Basketball Tournament  
North Scott High School - Eldridge

#### March 9

Spring Classic for Basketball, Cheerleading & Power-Lifting  
Field House - Iowa City

#### March 30

District Swimming  
YMCA - Eldridge

#### April 6

District Track & Field  
Dewitt High School - Dewitt

#### May 10

Torch Bike Ride /Summer Games Kick Off  
Muscatine to Riverside

#### May 16-18

State Summer Games for Track & Field, Soccer Skills, Swimming and Bocce  
ISU Campus - Ames



**Special Olympics provides sports and activities for youth and adults with Intellectual Disabilities. They are finding success, joy and friendship as part of our community. They are also having lots of fun!**

### WINTER GAMES

Winter sports have been a part of Special Olympics for over 30 years. Athletes compete in Down Hill Skiing (Alpine), Cross-Country Skiing (Nordic) and Snowshoeing.

There are a variety of competitions and since this is a state event, athletes are awarded medals for 1st through 3rd place. There is a dinner banquet and dance the first night and the second night athletes can enjoy a pool party at the Grand Harbor Resort in Dubuque.



### CHEERLEADING

Last year Special Olympics - Muscatine started a cheerleading squad and competed at the Spring Classic. They performed two different cheers within three minutes. During the cheers, at least one athlete is required to do 1 kick and 1 jump.

At last year's Spring Classic, our squad won a Gold Medal their first year! Please join us in wishing them Good Luck as they begin practices and competitions again this season.

**If you are a fan of sports that create unity, athletes who inspire, and connections that foster acceptance, then you are already a fan.**

[www.Facebook.com/SOMuscatine](https://www.facebook.com/SOMuscatine) Phone 563 263 9996 Email [specialolympics@muscatiney.org](mailto:specialolympics@muscatiney.org)

# Gym & Pool Schedules

## GYM 1 – COURT 1 SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
YOUTH / TEEN ACTIVITIES						8:00am–2:00pm 1/20–2/24	

## GYM 1 – COURT 2 SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
YOUTH / TEEN ACTIVITIES	3:00–5:00pm	3:00–5:00pm	3:00–5:00pm	3:00–5:00pm	3:00–5:00pm	8:00am–2:00pm 1/20–2/24	

## GYM 3 SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
FULL COURT	5:30–7:00pm		5:30–7:00pm				
ADULT GYM	11:45–1:15pm	11:45–1:15pm	11:45–1:15pm	11:45–1:15pm	11:45–1:15pm		
PICKLEBALL	8:30–11:00am	8:30–11:00am 5:30–8:30pm	8:30–11:00am	8:30–11:00am	8:30–11:00am 5:30–8:30pm		1:30–4:00pm
PICKLEBALL 101							12:00–1:00pm

**OPEN GYM** (when all ages can use the gym) is available unless otherwise noted. Open Gym is not available during these scheduled activities (see charts at left). Additional gym closings for special events will be posted.

Gyms & Physical areas close 15 minutes prior to building closure on a daily basis.

**“FULL COURT”** Teens & adults may play pick-up games.

**“ADULT GYM”** Only adults and post high school members can use the gym.

**“PICKLEBALL”** Drop-in Pickleball games are available for Adults.

**“PICKLEBALL 101”** Adults new to Pickleball can learn basic rules and play

**GYM 3** is near the indoor track

## SMALL POOL SCHEDULE

TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00–10:00AM	Our Pool Schedule changes frequently based on availability of swim instructors & lifeguards. Please visit our website <a href="http://www.muscatiney.org">www.muscatiney.org</a> or Facebook page <a href="https://www.facebook.com/MuscatineY">www.facebook.com/MuscatineY</a> for the most up-to-date pool schedule and details.					Adult Fitness	YMCA Closed
10:00AM–NOON						Adult Fitness	Adult Fitness
NOON–4:00PM						FAMILY SWIM	FAMILY SWIM
4:00–4:45PM						Adult Fitness	Adult Fitness
5:00–8:45PM						YMCA Closed	YMCA Closed

Pool Schedules are subject to change and may be adjusted for classes, special groups or events. Frequent changes can also be expected as we are effected locally by the National Lifeguard shortage. Please check Facebook for announcements, and call Member Services for additional details.

**“FAMILY SWIM”** The pool is open to families. At least one responsible adult over the age of 18 is required in the water at all times.

**“ADULT FITNESS”** The Small Pool is available to members who are at least 18 years of age who wish to use the pool for fitness/ exercise activities. All other pool rules remain in effect.

**“REC SWIM”** The pool is available to all members/guests for recreational swimming. Children 7 & under must be accompanied by a responsible person over the age of 16 at all times.

**“LAP SWIM”** Lap swimming for members/guests 16 & older.

## LARGE POOL SCHEDULE

TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00–10:00AM	Our Pool Schedule changes frequently based on availability of swim instructors & lifeguards. Please visit our website <a href="http://www.muscatiney.org">www.muscatiney.org</a> or Facebook page <a href="https://www.facebook.com/MuscatineY">www.facebook.com/MuscatineY</a> for the most up-to-date pool schedule and details.					Lap Swim	YMCA Closed
10:00AM–NOON						Lap Swim	Lap Swim
NOON–4:00PM						REC SWIM	REC SWIM
4:00–4:45PM						Lap Swim	Lap Swim
5:00–8:45PM						YMCA Closed	YMCA Closed

Staff Members

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**Terri Blinder**  
Accountant, [tblinder@muscatiney.org](mailto:tblinder@muscatiney.org)

**Amy Hessel**  
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Building Maintenance Manager, [syaddof@muscatiney.org](mailto:syaddof@muscatiney.org)

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Tim Heth  
Michael Hickey  
Kelly Livingston  
Adam Miller  
Chris Scholz

Bret Olson,  
Executive Director



MEMBER SERVICES HOURS

Mon-Fri	8:00am – 6:00pm
Saturday	9:00am – 12:00pm
Sunday	Closed

FACILITY HOURS

Mon-Fri	5:00am – 9:00pm
Saturday	5:00am – 5:00pm
Sunday	10:00am – 5:00pm

Physical areas close 15 minutes prior to building closure.

SESSION DATES

Session I: Jan 2 – Feb 3	Session II: Feb 4 – Mar 9
Session III: Mar 17 – April 20	Session IV: April 21 – May 25

Registration for ALL sessions begins Monday, Dec 18th

1823 LOGAN STREET . MUSCATINE, IOWA 52761 . 563/263-9996  
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