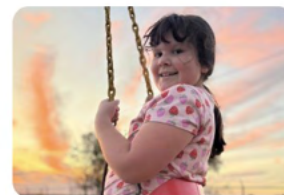


the **Y** | **175** YEAR ANNIVERSARY  
YMCA



**MUSCATINE COMMUNITY YMCA  
2026 SUMMER PROGRAM GUIDE**



**NO PLACE**

*Like This Place*

# 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.

## Table of Contents

- 2..... Membership Rates & Information
- 3..... Facility Information
- 4-7..... Adult Fitness Programs
- 8-9..... Swim Programs
- 10-14..... Youth & Teen Programs
- 11..... School Age Child Care/ Kids' Club
- 14..... Child Watch / YPlay
- 15..... Big Brothers Big Sisters
- 16-17..... Family Program Services (FPS)
- 18..... Special Olympics
- 19..... Gym & Pool Schedules
- 20..... Staff & Board Members
- 20..... Hours & Session Dates



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

### ♦ 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.

### 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

MEMBERSHIP TYPE	ANNUAL RATE	MONTHLY BANK-DRAFT
Adult	\$444	\$37
Family	\$756	\$63
Household Membership (Two adults with dependent children)	\$756	\$63
Single Parent Family	\$504	\$42
Youth & Teen (Up to 12th Grade)	\$192	\$16
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.

**Annual Full Payment:** We accept cash, check & credit card. Y memberships 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 or Guest Punch Card.

### DAY PASS FEES:

Youth or Adult = \$10.00 Family = \$20.00

## GUEST PUNCH CARD

Not-yet-Members and out of town visitors who want to use the Y may purchase a \$50.00 Guest Punch Card. The card is good for 10 visits. Each punch is good for one guest and one visit. Everyone 18 years and older must present a birthdate, photo I.D. every time when checking in to use the facility.

### 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 are not allowed to remain in the room while fitness classes are being conducted. Youth who are 9th 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 at all times.

All youth under the age of 14 must be swim tested. 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 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.

Floatation devices must be U.S. Coast Guard approved. No inflatables. All toys and floatation devices must be approved by the lifeguard on duty.

### 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: Tuesday - Saturday  
Time: 9:00am - 1:00pm

Days: Tuesday - Thursday  
Time: 5:00pm - 8:30pm

### 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.

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

**Memorial Day:** Monday, May 25th

**Independence Day:** Saturday, July 4th

**Labor Day:** Monday, Sept 7th

### 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.

### RENTALS

Need space for a party, family event, or meeting? Room and gym rentals are available during normal operating hours. Please call to speak with Member Services for details, pricing and availability.



The Muscatine Community YMCA is handicap accessible.

### 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 should 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, and any member/ guest who would like their own space or privacy

### 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 and 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

This high energy class combines the best of cardio boxing and kickboxing with strength training and mat work. This total body workout increases endurance, flexibility, coordination and strength while burning calories and reducing stress. You will build a strong core, increase your stamina, and boost your confidence.

### 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.

### Core & More

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

### Zumba®

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



### Body Sculpt

Body Sculpt is designed to tone and strengthen your entire body. Through a combination of strength training, cardio, and flexibility exercises, you'll achieve a lean, toned physique and improve your overall fitness.

### 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.

### Pound

Sweat. Sculpt. And ROCK in this cardio jam session inspired by drumming. You won't listen to the music-you'll become the music in this exhilarating full-body workout that combines cardio, conditioning, and strength training with yoga and Pilates-inspired movements. Designed for all fitness levels, Pound provides the perfect atmosphere for letting loose, getting engaged, toning up and rockin' out.

### 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 and adult members may use the Indoor Cycling Studio anytime a class is not in session.

### Balance

Balance exercises increase strength in our back and legs, resulting in more flexibility, increased mobility, and better posture. All of these benefits help prevent falls and allow us to complete our daily activities with more ease and confidence. Join us and see how better balance can make a difference in your life.

### Chair Cardio

This exercise program includes stretching, muscle toning and an emphasis on posture to improve core strength. Class starts with a great total body stretch, followed by cardio exercises for heart health. Better mobility and balance, improved flexibility and strength, and socialization are just some of the many benefits of Chair Cardio. Our goal is to build bodies capable of doing real-life, everyday activities through increased fitness.

### Chair Band Strength & Mobility

Join us for this effective, low-impact strength training class designed to help you build functional muscle and improve your range of motion using resistance bands and the support of a chair. Perfect for all fitness levels, especially those seeking gentle but powerful strengthening.



### FOREVERWELL®

empowers adults 55+ to stay active, connected, and engaged through YMCA wellness programs that support healthy aging. Rooted in physical activity, social connection, and lifelong well-being. The goal is to help every participant live well, every day.

### 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.



SilverSneakers

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

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

**Nonmembers may purchase a Day Pass or a Guest Punch Card (10 punches = \$50)**

### Mat 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 and stress reduction.

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.

### 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.

## 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.



## ADULT AQUATICS

Class day/time schedule on page 6

### 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.

### 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.

### 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.

### 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!



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

Healthy Living

# ADULT FITNESS & AQUATICS SCHEDULE

LAND FITNESS CLASSES

AQUATIC CLASSES

	Monday	Tuesday	Wed	Thursday	Friday	Sa	Sun
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 Starts July 17		
Early Bird Circuit	5:45-6:30am		5:45-6:30am				
Step / Circuit		4:30-5:30pm					
Pound				4:30-5:15pm Ends July 9			
Core & More	9:10-10:00am		9:10-10:00am				
Body Sculpt		8:45-9:30am Ends June 30		8:45-9:30am Ends July 2			
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			
Chair Classes	11:10-11:50am Cardio				10:30-11:10am Band Strength		
Balance			11:10-11:50am				
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			
Pilates	6:30-7:20pm	5:40-6:30pm	6:00-6:50pm				
Shorin Ryu Karate		5:30-7:00pm		5:30-7:00pm			
Indoor Cycling		5:15-6:00am 5:15-6:00pm		5:15-6:00am 5:30-6:15pm			
Aqua Zumba®	5:30-6:20pm			10:00-10:50am	10:00-10:50am		
Tone & Talk	1:00-2:00pm	10:00-11:00am	1:00-2:00pm		11:00am-12:00pm		
Rusty Hinges	2:00-3:00pm		2:00-3:00pm				
Churn & Burn	8:00-8:55am 9:00-9:55am	8:00-8:55am 9:00-9:55am	8:00-8:55am 9:00-9:55am	8:00-8:55am 9:00-9:55am	8:00-8:55am		
Silver Sneakers® Splash			10:00-10:55am		9:00-9:55am		
Hydrobics		6:00-6:55pm					

## 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.

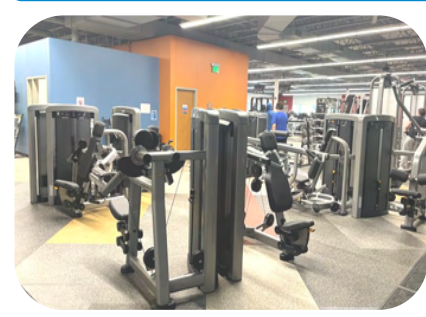
**Body Composition Profile:** The proper proportion of lean weight & body fat is important for good health. A hand-held Body Composition Analyzer is available for use and is free to members and personal training participants.

New Session Packages	1 Person		2 People (at same time)	
	Member	Nonmember	Member Per Person	Nonmember Per Person
4, 1-hour sessions	\$160.00	\$280.00	\$124.00	\$216.00
8, 1-hour sessions	\$288.00	\$480.00	\$226.00	\$370.00
12, 1-hour sessions	\$384.00	\$650.00	\$302.00	\$506.00

## FITNESS RE-BOOT

Are you struggling to reach your fitness goals? Our strength training re-boot can help! Get personalized workout plans, nutrition advice, and expert guidance to transform your body and boost your confidence. Sign up for a one-time, \$40 consultation, today!

## FREE WORKOUT ORIENTATION



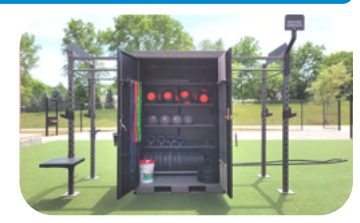
The three main elements to a well-rounded fitness program are:  
 1) Cardiovascular Training  
 2) Strength Training  
 3) Stretching / Flexibility

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.

## OUTDOOR FITNESS AREA

Our outdoor fitness area is open for the season, weather permitting.

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



## 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: Members: FREE  
 Nonmembers: Day Pass/ Guest Punch Card

## 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: 12:00-1:30pm  
 Fee: Members: FREE  
 Nonmembers: Day Pass/ Guest Punch Card

## 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  
 Fee: Members: FREE  
 Nonmembers: Day Pass/ Guest Punch Card

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

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

## 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: Monday & Wednesday  
 Time: 5:00-8:45pm  
 Fee: Members: FREE  
 Nonmembers: Day Pass/ Guest Punch Card

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

# AQUATICS

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 563-263-9996 or email [jpaxton@muscatiney.org](mailto:jpaxton@muscatiney.org) for more information.



## STAGE A/B SWIM LESSONS

JUNE 10TH - JULY 8TH  
Wednesday, 5:30-6:00pm

Stage A/B Lessons are open to children ages 6 months—3 years old, and they must be accompanied in the water by a Parent/ Guardian. The deadline to register for these lessons is Saturday, June 6th. Member Fee is \$50 per pair, Non-Member Fee is \$70.

Additional dates are coming soon, and will be added to our website and Facebook page as soon as they are available.

Curious which lesson is best for your child? We have a swim lesson selector available on our website so you can be confident you're selecting the best lesson. Visit us online for details.

## STAGE 1-3 SWIM LESSONS

JUNE 8TH - JULY 3RD

STAGE 1:  
Monday & Wed., 11:00-11:30am

STAGE 2:  
Monday & Wed., 11:40am-12:10pm

STAGE 3:  
Monday & Wed., 12:20-12:50pm

Stage 1-3 Lessons are open to children ages 3-12. The deadline to register for these lessons is Saturday, June 6th. Member Fee is \$48, Non-Member Fee is \$68.

Additional dates are coming soon, and will be added to our website and Facebook page as soon as they are available.

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

## VISIT US ONLINE

 [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)

## 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.



# PRESCHOOL & YOUTH PROGRAMS

## ♦ OLYMPIC SPORTS

We are going to enjoy Olympic-style games all Summer – the Y way! Each class will be a different sport, skill, and small-sided game. Fun, fitness, building confidence & social skills, and creating a love for wellness are all part of the experience. Class meets 2 days each week, and activities are geared toward specific age groups.



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

## ♦ 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 3-5 year olds and 2 year old gymnastics is also available.

**REGISTRATION OPENS MAY 26 FOR THESE SESSION DATES**

**Session I: June 8 - July 12**  
**Session II: July 13 - Aug 15**

**PEE WEE SOCCER, YOUTH BOOT CAMP and BASKETBALL SKILLS Classes will all return in the Fall!**

Please visit us online for upcoming dates and additional details.

## SPORTS CAMP

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 entering 1st-6th grades. Camp meets Monday, June 15th - Friday, June 19th or Monday, July 27th - Friday, July 31st from 8:00am-12:30pm each day. Cost for the week is \$60 for Members and \$90 for Nonmembers.

## ♦ 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.

Class	Age	Member Fee/ Non-Member Fee	Monday	Tuesday	Wednesday	Thursday	Friday
2 Year Old Gymnastics	2 year olds	\$19 / \$38					9:45 - 10:30am
Preschool Gymnastics	3-5 yr olds	\$19 / \$38					9:00 - 9:45am
Sports Camp	Entering 1st - 6th Grades	\$60 / \$90	8am - 12:30pm June 15th - 19th July 27th - 31st	8am - 12:30pm June 15th - 19th July 27th - 31st	8am - 12:30pm June 15th - 19th July 27th - 31st	8am - 12:30pm June 15th - 19th July 27th - 31st	8am - 12:30pm June 15th - 19th July 27th - 31st
Road Runners	Entering 1st - 6th Grades	\$19 / \$38	4:00-4:40pm		4:00-4:40pm		
Olympic Sports Level I	3-5 yr olds	\$19 / \$38		4:00 - 4:40pm		4:00 - 4:40pm	
Olympic Sports Level II	Entering 1st-6th Grades	\$19 / \$38		4:45 - 5:25pm		4:45 - 5:25pm	

## ◆ FALL SOCCER



Muscatine Community YMCA Youth Soccer is a developmental, recreational program for boys and girls in 4-year old PreK through 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! All age groups will be co-ed.

### REGISTRATION:

The deadline to sign up for soccer is Noon on Saturday, July 25th, 2026. 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.

### SEASON:

Practices: August 31st – October 16th

Games: September 12th – October 17th

### FEES:

Member: \$45.00

Nonmember: \$65.00

## 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 2026 will open June 15th.

**BEFORE SCHOOL Hours:** 6:45-8:15am

**AFTER SCHOOL Hours:** 3:00-6:00pm Monday- Thursday

1:00-6:00pm Fridays, occasional early dismissals

#### Member Fee:

\$8.50 per day (Mon-Thurs)

\$13.00 Fri./ late start/ early dismissals

\$42.00 Weekly

\$22.00 No School Specials

#### Nonmember Fee:

\$17.00 per day (Mon-Thurs)

\$26.00 Fri./ late start/ early dismissals

\$84.00 Weekly

\$44.00 No School Specials

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 opened March 3rd. Space is limited!

Member Fee: \$110/week

Nonmember Fee: \$220/week



VISIT us on Facebook for updates

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

# 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

Summer Games Pizza Party  
When: Thursday, June 4th, Noon - 2:30pm

All youth entering 5th-9th grades are invited to our Summer Games Pizza Party. Our activities will highlight some of the groups and programs we will be hosting this summer, like art and science, leadership and fitness. Don't forget to come hungry, pizza will be served to all participants. Please RSVP by June 3rd, so we have enough supplies and food! This Kickoff is free for members and nonmembers.

## THE ART FACTORY

Creativity has the power to heal, inspire, and help us understand ourselves. Each week, participants will explore a new hands-on art project or creative activity using a variety of materials and techniques: painting, drawing, collage, mixed media & crafts. No artistic experience is needed—this program is about creativity, growth, and fun.

## 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 experiments, games, hands-on-learning and fun challenges.

## YMCA TANK - INNOVATION CHALLENGE

Do you have a big idea? Ever thought of something that could make life easier, more fun, or solve a real problem? YMCA Tank gives you the opportunity to become young entrepreneurs, inventors, and leaders. Working in teams, students will identify problems, create solutions, build prototypes, design logos & marketing plans, and learn how to pitch their ideas with confidence. Participants will gain life skills in a fun, supportive environment.

## GROUP CHOICE RECREATION

Join us for recreational fun, games, fitness, and movement—which is most important. Each week the group will choose what recreational games or activities will happen that day. Dodgeball, giant Slip 'n Slide, basketball, Bocce Ball or even Gaga Ball.

## YMCA SURVIVOR - SUMMER ADVENTURE

This high-energy program combines teamwork, strategy, creativity, and fun through weekly challenges that test problem-solving, communication, leadership, and determination. Participants will be placed into tribes and compete in a variety of safe, age-appropriate activities. Teams will face exciting challenges such as obstacle courses, relay races, scavenger hunts, puzzle games, team-building missions and water challenges. The program will end with a thrilling Survivor Finale, where tribes compete for the title of Ultimate Champions through one last series of epic challenges.

## COOKING CLUB

Cooking is fun and it's a life-long skill. Learn to cut and prepare fruits & veggies; use the stovetop and oven in a safe and fun atmosphere. Pre-registration is required. Cooking Club is held July 16th - August 13th.

## TEEN FITNESS AND WELLNESS

Join us for a strength training or cardio workout. A variety of fitness activities and equipment will be used each week. Feel safe and confident working out in a social setting.

## NERF WAR GAMES

Every week we will play different styles of Nerf War games: Capture the Flag, Gauntlet Style or an Obstacle Course. We have Nerf Guns and Ammo, just come ready for combat!

## BORN TO MOVE: LES MILLS

Join us each week for a virtual workout that is targeted to Youth! Cardio, Strength, Balance, Martial Arts, Yoga, and fun music, all led by a virtual instructor.

## RUNNING CLUB

Let's start summer with an easy jog and push ourselves to a 5K, like the Watermelon Stampede! This challenge is for all of us, not just current runners. We'll use "Couch to 5K" for guidance.

## CHALLENGE QUEST

Join us for weekly challenges like scavenger hunts, obstacle courses, Whodunnit mysteries or escape room-style games. Some weeks will be personal challenges and other weeks we will work in groups. Come for the fun - just bring your thinking cap!

## VIDEO GAMING CLUB

Join your friends and make new friends while enjoying video games on the Xbox or tablets. You are also welcome to bring your own personal device to play with others in the room.

## SPARK KINDNESS

Small acts of kindness make a big difference. Spark Kindness is focused on spreading kindness, serving others and discovering how you can impact the community. Using your Spark, you will complete random acts of kindness, team service projects and community-focused activities that help others and build stronger connections.

## CROCHET CLUB

It's time to get hooked on a new hobby or hone your skills. Crochet Club is for the newbie and the seasoned crocheter! We will have all the supplies and equipment needed to help you learn some stitches and complete a small and medium-sized project this summer. Our instructor will guide you through every stitch!

## DISC GOLF

Join the Y Teen Staff for a morning at Fuller Park every week. The Y has discs you can borrow or you can bring your own. Beginners and pros are welcome to learn the game, freshen skills & have some fun! Meet at the Y; staff will transport the group to Fuller Park.

## 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, 1:00–4:00pm with group choice during non-structured times.

**TEEN PROGRAMS RUN MONDAY, JUNE 8TH – FRIDAY, AUGUST 14TH**  
unless listed otherwise.

Please note: Classes will not be held July 3rd.

Don't forget the  
Teen Kick-Off Event & Pizza Party  
Thursday, June 4th!

Activity	Age	Member Fee/ Nonmember Fee	Monday	Tuesday	Wednesday	Thursday	Friday
Born To Move	Entering 5th–9th grades	Free / Free	9:00–9:50am		9:00–9:50am		
Disc Golf	Entering 5th–9th grades	Free / Free	10:00am–Noon				
YMCA Tank— Innovation Challenge	Entering 5th–9th grades	Free / Free	1:00–2:15pm				
Art Factory	Entering 3rd–9th grades	Free / Free	2:30–3:30pm				
Spark Kindness	Entering 5th–9th grades	Free / Free	3:30–4:30pm				
Running Club	Entering 5th–12th grades	Free / Free		9:00–9:45am		9:00–9:45am	
Teen Fitness & Wellness	Entering 5th–9th grades	Free / Free		1:00–2:00pm		1:00–2:00pm	
Nerf Wars	Entering 3rd–9th grades	Free / Free		2:15–3:15pm			
Video Gaming Club	Entering 3rd grade and older	Free / Free		3:30–5:00pm			
Crochet Club	Entering 5th–9th grades	Free / Free			1:00–2:30pm		
Science Battles	Entering 5th–9th grades	Free / Free			2:30–3:30pm		
Card Club	Entering 3rd grade and older	Free / Free			3:30–5:00pm		
YMCA Survivor Adventure	Entering 5th–9th grades	Free / Free				10:00–11:30am	
Challenge Quest	Entering 5th–9th grades	Free / Free				2:15–3:30pm	
Group Choice Recreation	Entering 5th–9th grades	Free / Free					1:00–2:30pm
Cooking Club	Entering 5th–9th grades	\$20 / \$40 Must pre-register				3:45–5:00pm July 16–Aug 13	

Youth Development

 Follow us on Instagram  
@muscatine\_ymca

 VISIT us on Facebook for updates  
@MuscatineY—teen page

## YMCA DUCK DERBY

It's a Rubber Duck race! Join us as we race ducks down our 1-way drive and raise money for the Youth & Teen Programs of the YMCA. The race begins at 4:30pm. Adopt your Duck for a chance to win great prizes! Ducks can be adopted at the YMCA or contact Amy at (563) 263-9996. Buy ahead of time to guarantee your duck. Pending inventory, ducks may be purchased on race day.

**When:** Tuesday, September 15th  
**Time:** 4:30pm  
**Where:** 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 more. Bring a notebook, pencil, sack lunch and tennis shoes. Must attend both days.

**Dates:** June 2nd & 3rd, or August 3rd & 4th  
**Time:** 9:00am-3:00pm  
**Fee:** Member \$20.00  
 Nonmember \$40.00

## 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.



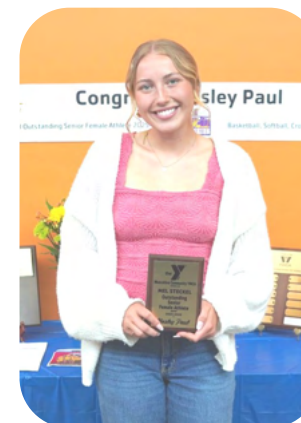
VISIT us on Facebook for updates  
[www.facebook.com/MuscatineY](http://www.facebook.com/MuscatineY)

## 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.

- Register your battle team of 1-5 people by June 12th. There is no fee to participate!
- Prizes for Solo and Group Performance, Costumes, and Creative Song Choice.

**When:** Tuesday, June 16th  
**Time:** 5:30-7:00pm - Youth and Family Battle  
 7:00pm - Adult/Corporate Battle  
**Where:** Missipi Brew, Downtown Muscatine



Congratulations to Muscatine Community YMCA 2025-2026 Mel Steckel Award for Outstanding Senior Female Athlete recipient: Kensley Paul!

Kensley was chosen by a ballot of MHS Senior Female Athletes. Voting is based on dedication, leadership, sportsmanship, and school spirit. She participates in Basketball, Softball, Cross County and Track.

## 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 to pass the class.

**Days:** Monday June 8th—Friday June 12th, or Monday July 13th—Friday, July 17th  
**Time:** 2:00-3:30pm

**Fee:** Member: \$30.00  
 Nonmember: \$60.00

## SIP 'N PAINT

Think you can't paint? Think again! Grab a brush, sip on your favorite drink and let your inner artist shine! No experience is necessary— just bring your enthusiasm, while the talented instructor provides you with easy to follow instructions. Pre-registration is required. The painting will be Fall-themed and a sample will be available soon.

**When:** Thursday, October 1st  
**Time:** 6:30pm  
**Where:** The Creek - An Ardon Creek Lounge  
 411 W Mississippi Drive, Suite 2  
**Fee:** \$35.00 per person includes canvas and all painting supplies, plus a drink from the bar.  
 \*\*All proceeds benefit the YMCA Youth & Teen Programs!



## ENROLLING MENTORS

School Based and Community Based Mentors  
are needed!

ONE HOUR EACH WEEK

Contact Cathy  
Phone: (563) 263-9996  
Email: [chazen@MuscatineY.org](mailto:chazen@MuscatineY.org)  
Website: [www.BBBSMuscatine.org](http://www.BBBSMuscatine.org)



June 1st-July 15th  
End the Wait!

## SAVE THE DATE

**JULY 26TH**  
MUSCATINE HY-VEE CAR SHOW



FOLLOW OUR SOCIAL  
MEDIA PAGES TO STAY  
UPDATED ON OUR WORK.



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

# Family Program Services

Supporting Families...Today, Tomorrow and Always

We support families through Family Focus, Self-Sufficiency, Parent Education, Grandparents Raising Grandchildren, and Respite Programs. 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, and child care is provided at the Y free of charge during all group meetings. For more FPS programs and information, please call Lindsey Phillips at 563-263-9996.

## PARENTING EDUCATION GROUP

### 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.



Criando Niños Altamente Capaces Este programa bilingüe basado en evidencia de 13 semanas ayuda a los padres a criar niños saludables, cariñosos y responsables. Con información útil, el aliento de otros y su compromiso, criar niños altamente capaces realmente es posible.

Por favor confirme su asistencia al 563-263-9996 o a [lphillips@muscatiney.org](mailto:lphillips@muscatiney.org).

Childcare is provided.  
Se proporciona cuidado de niños.

Join our waiting list!  
Contact Lindsey Phillips: [lphillips@muscatiney.org](mailto:lphillips@muscatiney.org) or 563-263-9996



## 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.

### Mom Support Group

Join other moms every Thursday. This group is participant led to focus on health, wellbeing, and offer support to each other. Participants will meet in the Parlor to discuss parenting and participate in physical activity utilizing the YMCA facility. Child care provided.

Grupo de apoyo para mamás: Únete a otras mamás todos los jueves. Este grupo es dirigido por los participantes para enfocarse en la salud, el bienestar y ofrecer apoyo mutuamente. Los participantes se reunirán en el Salón para discutir la crianza de los hijos y participar en actividades físicas utilizando las YMCA. Se proporciona cuidado de niños.

Day: Thursdays / Jueves  
Time: 6:00-7:30pm  
Fee: FREE to Members and Nonmembers  
Gratis a miembros y no miembros

### Mujeres Latinas

Un programa para mujeres que hablan español. Educacion para madres en la lengua familiar. Cuidado para los niños es gratis.

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,  
9:00-10:30am, location varies

4th Tuesday of the month,  
1:00-2:30pm, meet at the YMCA

**Fee:** FREE to Members and Nonmembers

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



## PARENTING EDUCATION GROUP

### 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. This group is currently offered to Muscatine County Jail inmates. For more information, please contact Lindsey at (563) 263-9996.

**Fee:** FREE to Members and Nonmembers

Join our community waiting list!  
Email [lphillips@muscatiney.org](mailto:lphillips@muscatiney.org) to be notified of the next scheduled class.

# Summer Programming

Special Olympics  
Muscatine



## EVENT DATES

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

**May 21-23** State Summer Games— Iowa State University, Ames

**July 9** Culver's Butter Burgers & Badges, Muscatine, 4pm-8pm

**July 11** Night at the Ballpark - Cedar Rapids Kernels, 6:30pm

**July 15** Softball Tournament - Kent Stein Park - Muscatine

**TBD** State Softball Tourney & Softball Skills Competition, Grimes IA

**September 9** Unified Golf Tournament - Muscatine

Our programs focus on inclusion, respect, and community. From local practices to state-level competitions, athletes are encouraged to set goals, work hard, and celebrate their achievements.

Special Olympics provides year-round sports and activities for youth and adults with Intellectual Disabilities. Through teamwork, dedication, and support, our athletes continue to grow both on and off the field while creating lasting memories and meaningful connections.



## MORE THAN SPORTS

Special Olympics is about more than competition. Our program helps athletes build independence, strengthen social skills, gain confidence, and create lifelong friendships. From practices and competitions to community events and celebrations, athletes have opportunities to connect, grow, and succeed in a supportive and inclusive environment.

## COMMUNITY INVOLVEMENT & SUPPORT

Muscatine Special Olympics is made possible through the support of coaches, volunteers, families, local businesses, first responders, schools, and community partners. Together, we create opportunities for local athletes to compete, be included, and showcase their abilities while building a stronger and more connected community.



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

## GYM 1 - COURT 1 SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
YOUTH / TEEN ACTIVITIES		1:00-3:30pm		1:00-2:00pm			

## GYM 1 - COURT 2 SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
YOUTH / TEEN ACTIVITIES	8:00am-5:00pm	8:00am-5:00pm	8:00am-5:00pm	8:00am-5:00pm	8:00am-5:00pm		

## GYM 3 SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
FULL COURT	5:00-7:00pm		5:00-7:00pm				
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							12:00-1:30pm

**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

Our Pool Complex features a Large 25 yard lap pool, Small therapy pool, and Spa. The schedule of activities and operating hours changes frequently based on the availability of lifeguards and swim instructors. For the safety of our Members & Guests, our Pool Complex is closed when we do not have a lifeguard on duty.



Family Swim & REC Swim are typically available on Saturdays and Sundays. Instructor-led classes, Adult Fitness time, swim lessons, Lap Swim, and more are all depicted on the Pool Schedule.

Please visit our website [www.muscatiney.org](http://www.muscatiney.org) or Facebook page [www.facebook.com/MuscatineY](https://www.facebook.com/MuscatineY) for the most up-to-date pool schedule and details.

For information on becoming Lifeguard Certified, please email Jocelyn at [jpaxton@muscatiney.org](mailto:jpaxton@muscatiney.org).

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.

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

## Staff Members

**Bret Olson**

Executive Director, [bolson@muscatiney.org](mailto:bolson@muscatiney.org)

**Terri Blinder**

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

**Emily Hernandez & Tim Atkins**

Special Olympics Program Directors, [specialolympics@muscatiney.org](mailto:specialolympics@muscatiney.org)

**Amy Hessel**

Character Development & Kids' Club Director, [ahessel@muscatiney.org](mailto:ahessel@muscatiney.org)

**Robin Leaf**

Custodial Manager, [rleaf@muscatiney.org](mailto:rleaf@muscatiney.org)

**Nicole McCleary**

Marketing & Fund Development Director, [nmccleary@muscatiney.org](mailto:nmccleary@muscatiney.org)

**Denise Tuttle**

Health Promotion Services Director, [dnessmith@muscatiney.org](mailto:dnessmith@muscatiney.org)

**Mary Nielsen**

Youth Sports & Character Development Assistant Director,  
[mnielsen@muscatiney.org](mailto:mnielsen@muscatiney.org)

**Jocelyn Paxton**

Aquatics Director, [jpaxton@muscatiney.org](mailto:jpaxton@muscatiney.org)

**Lindsey Phillips**

Big Brothers Big Sisters & Family Program Services Director, [lphillips@muscatiney.org](mailto:lphillips@muscatiney.org)

**Shaun Yaddof**

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

## Muscatine Community YMCA Board of Directors

Bob Allbee

Yuli Diaz

Kyle Fry

Kevin Garrison

Grace Heckman

Lindsay Heinrichs

Mike Hickey

Kelly Livingston

Adam Miller

Shane Williams

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: June 8 - July 12      Session II: July 13 - August 15

Registration for ALL sessions begins Tuesday, May 26th

1823 LOGAN STREET . MUSCATINE, IOWA 52761 . 563/263-9996  
[www.muscatiney.org](http://www.muscatiney.org) . [www.facebook.com/MuscatineY](https://www.facebook.com/MuscatineY) . [instagram@muscatine\\_ymca](https://www.instagram.com/muscatine_ymca)