

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



HOERNER YMCA

Winter/Spring 2019 Program Guide

Effective 1/1/2019

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Pool Schedule

*Subject to change & will change throughout the year

MON	TUES	WED	THURS	FRI	SAT	SUN
6-8am Adult lap swim	6-8am Adult lap swim	6-8am Adult lap swim	6-8am Adult lap swim	6-8am Adult lap swim		
8-8:45am Deep water/lap	8-8:45am Open/ lap	8-8:45am Deep water/lap	8-8:45am Open/ lap	8-8:45am Deep water/lap		
8:45-9:30 Aquacizes/ lap	8:45-9:30 Hydro- Dance/lap	8:45-9:30 Aquacizes/ lap	8:45-9:30 Hydro- Dance/lap	8:45-9:30 Aquacizes/ Lap	9:00 - 9:45 Youth lessons/ lap	
9:30-11 Open/Lap	9:30- 10:15 Silver h2o/ lap	9:30-11 Open/Lap	9:30- 10:15 Silver h2o/ lap	9:30- 10:15 Hydro Dance/ lap	9:45- 10:30 Preschool lessons/ lap	OPEN 1-3:30 pm
11-11:45 Aqua Combo/ Lap	10:15 am- 1 pm Open/ lap	11-11:45 Aqua Com- bo/Lap	10:15 am- 1 pm Open/ lap	10:15-12 Open/Lap		
12-3:20 Closed	1-3:20 Closed	12-3:20 Closed	1-3:20 Closed	12-3:20 Closed		
3:15-5:30 Swim Team	4-5:30 Swim Team	3:15-5:30 Swim Team	4-5:30 Swim Team	3:15-5:30 Swim Team	10:30- 12:30 Open/Lap	
5:30-8 pm Open/lap	5:30-8 pm Open/Lap	5:30-8 pm Open/lap	5:30-8 pm Open/lap	5:30-6:30 pm Open/ Lap		
8 pm Pool closes	8 pm Pool closes	8 pm Pool closes	8 pm Pool closes	6:30pm Pool closes	12:30pm Pool closes	

AQUATICS

Private Swim Lessons

This program is for ages 3+. It's for a person who wants one-on-one instruction from our patient, qualified instructors. Sign-up at the front desk.

Member: \$20/lesson or \$100/6 lessons

Non-Member: \$30/lesson or \$150/6 lessons

Semi-Private Swim Lessons (2 or more persons)

If you are interested in having more than one child in a lesson, there is a \$10 fee per extra child (up to 3 children).

PreSchool Swim Lessons

For ages 3-5. Children will learn to swim on their own under the guidance of an instructor. Swim cubes will be available.

Saturdays, 9:45-10:30 am

Members, \$15; Non-Members, \$35.

Youth Swim Lessons

For ages 6-12 years. Children will be taught basic swimming skills and have to master them before advancing to the next level.

Saturdays, 9-9:45 am

Members, \$15; Non-Members, \$35.

Silver H2O

This class provides optimal exercise conditions for people with weakened limbs, fatigue, and balance challenges. It promotes increased strength, stamina and flexibility.

Punch card class

T/TH, 9:30-10:15 am

Instructor: Linda Fox

Aqua Combo

This is a variety of fun aquatic workouts. This is for those who want variety.

Punch card class

M/W, 11-11:45 am

Instructor: Linda Blankenship

Aquacise

Designed to improve muscle tone, circulation and flexibility. You do not need to be a swimmer to participate in this class.

Punch card class

M/W/F, 8:45-9:30 am

Instructor: Linda Fox

Deep Water Fitness

This non-impact class is done entirely in the deep end of the pool. This is a great cardio workout for firming and toning your body. Participants wear special float belts.

Punch card class

M/W/F, 8-8:45 am

Instructor: Linda Fox

Hydro-Dance

This shallow water class moves to the music! If you enjoy dancing but want less stress on your joints, this is for you!

T/TH, 8:45-9:30 am; Fri, 9:30-10:15 am

Punch card class

Instructor: Linda Fox

GROUP EXERCISE CLASSES

Barre

This class promotes balance, flexibility and lean muscles.

Punch card class

M/W 3:45-4:30 pm, W 6:30-7:30 pm

Instructor: Tea Rader

Dance Aerobics

A mix of low and high impact cardio, step and just the right amount of weight training using light weights and the stability ball. Start your morning off right! All fitness levels welcome.

Punch card class

M/W/F, 8:30-9:30 am

Instructor: Barb Wardlow

Yoga

Yoga is not just another exercise program—it's an ongoing practice

that will enrich your life. You will learn relaxation techniques, develop strength, flexibility, balance and coordination.

Punch card class

M/W, 4:30-5:30 pm, Instructor: Chris Everingham

T/TH, 12-12:45 pm, Instructor: Tarla Price

Body Blast

This full-body workout uses body weight or light weights to get your heart pumping and your muscles toned. The class is designed to help you achieve health benefits such as maintaining bone density, increasing strength and shaping your physique.

Punch card class

T/F, 5:15 - 6 pm

Instructor: Devon Dade

Indoor Cycling:

This class simulates outdoor riding. The best part is that you control everything—from your speed and resistance to your intensity level, so your workout can be as easy or as challenging as you want it to be! All fitness levels welcome.

Punch card class

T/TH, 6 am; M/W, 5:30 pm

Instructor: Tom Buckley

Interval Step

Come and workout with basic moves all done on a step platform. Guaranteed to raise your heart rate while having fun to music. All fitness levels welcome!

Punch card class

T/TH 8:30-9:30 AM

Instructor: Becky Crenshaw

Suspension Training with TRX equipment

This class incorporates suspension straps with using your own body weight and gravity for a unique, full body workout! For beginners or for the suspension training pro, this class is easily modified to fit your specific needs. This class is excellent for improving strength, flexibility and endurance.

Class space is limited to six spots, first come first serve availability.

Punch card class

M/W, 5:30-6:15 pm

Instructor: Heather Davis

Women on Weights

Calling all women! This class will introduce and teach different weight lifting techniques to strengthen and tone! You will gain strength, enhance your energy and burn calories. This class is suitable for all fitness levels.

Punch card class

M/W, Noon

Instructor: Devon Dade

Zumba

A mix of low-intensity and high-intensity dance fitness moves. A total workout, combining cardio, muscle conditioning, balance and flexibility.

Non-YMCA punch card; \$25 members, \$30 non-members

T/TH, 4-5 PM; S 10-11 am

Instructor: Jenny Morgan

Karate

Karate is designed to promote health, self-control and discipline, self-defense and respect.

Karate punch card: Members, 8 punches/\$30; non-members, 8 punches/\$45

T/TH, Youth (17 and under): 5:45 - 6:30pm; Adults (18+): 6:30 - 8 pm

Karate uniform: \$20, payable to instructor

Instructor: Mike Miller

Adult activities

Adult basketball league

Co-ed league with games from March 2 through March 30. Tournament to be held April 6.

\$150 per team; 6 person team; at least 1 female for every male.

Register by Feb. 25

Guitar lessons

Young or old, learn how to play guitar. Times will be arranged with instructor Curtis Bertschi, who has 30 years of experience.

**M-F, times arranged.
6-week sessions, \$20/lesson.**

Pickleball

A paddle sport created for all ages and skill levels, the rules are simple and easy to learn.

**Free for members; day pass rate for non-members
M/W/F, 9-11:30 am; Beginners: T/TH, 9 - 10:30am**

Personal training

Schedule an appointment with one of our certified trainers to help get the most out of your exercise.

**Members: \$25/session; non-members: \$35/session
By appointment**

Youth Activities

Youth Soccer

For children pre-kindergarten through sixth grade. Registration runs through March 4. Games are Saturdays, April 6 through May 11.

\$30 members, \$55 non-members.

Volunteer coaches get 50 percent off one registration.

Register in-person at the Y or online at:

www.getmeregistered.com/HoernerYMCAYouthSoccer

Youth Yoga

In this fun new class, children ages 6-10 will learn the health benefits of yoga!

Punch card class

Fridays, 4-5 pm

Instructor: Alexis Sperber

Little Feathers Clinic

The Hoerner YMCA and the Keokuk Little Feathers are partnering for a fun-filled day! The children will learn cheers and a dance, while performing for parents and other guests at 3:30 pm. T-shirt and pizza lunch included.

Saturday, Feb. 23, 11 am to 4 pm
Kindergarten through 5th grade
\$30 per child
Register by Feb. 15

Kids Night Out

Kids ages 4-10 years old get to have some fun time at the YMCA while parents get a little alone time for themselves. Kids will swim, watch a movie, shoot hoops in the gym and play games. Don't forget your swimsuit. Pizza included.

Class size is limited, so register early.

Register by Feb. 11

Friday, Feb. 15, 4-7 pm

\$7/child members; \$15/child non-members

Wee Care

Our goal is to offer an easy way for you to leave the worry of child care behind and spend time on yourself. This would be the perfect time to take that class you've been wanting to try!

Parents must remain in the building

First come, first serve. Maximum of 2 hours.

Ages 6 mo. to 8 years.

No charge for members or non-members who have a day pass or class punch card.

Monday—Thursday 3:30-6:30 pm

Gym busy times

M/W/F, Pickleball, 9-11:30 am

T/TH, Pickleball, 9-11 am

T/Th, Karate, 5:45 -8 pm

W, Adult volleyball, 7-9 pm

Times are subject to change based on need for special events or programs.

PUNCH CARDS

Our standard fitness and water fitness classes are now priced on a punch card! Anyone on a membership can use punches. Cards are punched at the Front Desk. Attendance is taken in class.

Members: 10 punches/\$25; 20 Punches/\$45

Non-Members: 10 punches/\$75