



Daddy-Daughter Date Night

Saturday, Oct. 26, 6-8 PM

Members: \$30/couple, Nonmembers: \$40;

\$5 each extra child

Calling all dads and daughters! Treat your daughter to a special night at the YMCA full of games, dancing and fun. This year's theme is super heroes, so shine up your capes and figure out your super power!

We are looking for decorations, and if you are interested in helping, please let us know at the front desk!

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



HOERNER YMCA

Fall 2019 Program Guide

Effective Aug. 1



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

Follow us on Facebook
for the latest updates





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	8:30 am Parent & tot/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/	
9:30-11 Open/Lap	9:30-10:15 New Wave /lap	9:30-11 Open/Lap	9:30-10:15 New Wave /lap	9:30-10:15 Hydro Dance/ lap	9:45-10:30 Preschool lessons/ lap	CLOSED
11-11:45 Aqua Combo/ Lap	10:15 am-Noon Open/ lap	11-11:45 Aqua Com- bo/Lap	10:15 am-Noon Open/ lap	10:15-12 Open/Lap		
12-3:30 Closed	12-3:30 Closed	12-3:30 Closed	12-3:30 Closed	12-3:30 Closed		
3:30-5:30 HS swim team; 1 lap lane open	3:30-5:30 HS swim team; 1 lap lane open	3:30-5:30 HS swim team; 1 lap lane open	3:30-5:30 HS swim team; 1 lap lane open	3:30-5:30 HS swim team; 1 lap lane open	10:30-12:30 Open / Lap	
5:30- 7 pm Open & lap swim	5:30- 7 pm Open & lap swim	5:30- 7 pm Open & lap swim	5:30- 7 pm Open & lap swim	5:30- 6:30 pm Open & lap swim	12:30 Pool closes	
7 pm Pool closes	7 pm Pool closes	7 pm Pool closes	7 pm Pool closes	6:30 pm Pool closes		

Join us for our fall season!

Who: 3rd-5th grade girls. Limited to 30 girls and will be filled on a first-come, first-serve basis.

Season: Begins week of Aug. 27, ends Nov. 2



End of Season 5K: Saturday, Nov. 2

Meeting times: Tuesdays and Thursdays, 3:30 pm-4:45 pm

Child watch available at the Y from 3-3:30 pm. Drop your girl off at the Y right after school!

Cost: \$75

Financial assistance is available based on free or reduced lunch qualifications.

Free lunch: \$25

Reduced lunch: \$50

No girl is turned away due to an inability to pay.

Program cost includes: 20 lessons conducted by certified GOTR coaches, and official GOTR t-shirt, participation in the season-ending 5K for your GOTR participant, a water bottle, a snack at each practice and a 5K finisher's medal.

WATCH FOR INFORMATION ON STRIDE! This is a similar program for boys in third through fifth grade. Call the Hoerner YMCA for more information.

HOERNER YMCA

2126 Plank Rd., Keokuk
(319) 524-6724



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Blood Drives at the Y!

We partner with the Mississippi Valley Regional Blood Center for occasional blood drives! Ask about future blood drive dates at the front desk or look for the signage before the event.

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

You can register for most youth programs online at "getmerged.com" and then search "Hoerner YMCA"

Youth flag football

Boys and girls can learn the fundamentals of the sport in a fun, yet competitive league. Divisions are: 1st-2nd, 3rd-4th and 5th-6th.

Regular registration through Aug. 2: \$25 members, \$50 non-members. Late registration through Aug. 8: \$40 members, \$70 nonmembers

Youth volleyball

Open to boys and girls. Divisions are: 1st-3rd, 4th-6th.

Regular registration through Aug. 18: \$30 members, \$40 non-members

Late registration Aug. 19-23: Member \$45, nonmember \$55

Girls on the Run

Open to girls in grades 3-5. This is a life skills class with a healthy living component. Girls will finish a 5k run as their final goal. The 10-week season starts Aug. 27 with the 5k on Nov. 2.

T/Th, 3:45-5 pm

Register by Aug. 26. \$75 full registration. \$50 for those eligible for reduced lunches, \$25 for free lunches.

NEW! STRIDE

STRIDE is the YMCA-originated boys equivalent to Girls on the Run. It teaches the same life skills to boys in grades 3-5 while also incorporating a fitness component. The 10-week season starts Aug. 27 with the 5k on Nov. 2.

T/Th, 5:15-6:15 pm

Register by Aug. 26. \$75 full registration. \$50 for those eligible for reduced lunches, \$25 for free lunches.

Welcome to the Hoerner YMCA!

The Hoerner YMCA is committed to building strong kids, individuals, families and communities through programs and services that promote a healthy spirit, mind, and body for all. Our cause is strengthening the foundations of community. We have three areas of focus: Youth Development, Health Living and Social Responsibility.

AQUATICS

Swim lessons are offered monthly, starting on the first Saturday of the month. Spots are limited, so first-come, first-served.

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, \$25; Non-Members, \$45.

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, \$25; Non-Members, \$45.

Parent & Tot

For an adult and a tot in the water at the same time. The class focuses on water orientation and encourages the parent and child to trust each other in the water. For children 6 months to 3 years old. Child must wear a swim diaper if not potty trained.

Saturdays, 8:30 — 9 am

FALL BUILDING HOURS

Monday through Thursday.....5 am — 9 pm

Friday5 am — 7 pm

Saturday8 am — 1 pm

Sunday Closed

Members, \$20 for 4-week session; Non-Members, \$30.

Instructor: Linda Blankenship

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).

New Wave (Was 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.

Gym busy times

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

T/TH, Pickleball, 9-11 am

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

Saturday, youth volleyball, 9-11 am

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

**Life skills
and fitness
for young
boys!**



STRIDE is a fun fitness and running program for boys in grades 3-5. Boys have the chance to share their thoughts and opinions about various life topics in a safe, encouraging environment that helps them develop character, while building their running endurance to complete a 5K.

Who: 3rd-5th grade boys. Limited to 15 boys on a first-come, first-serve basis.

Season: Begins week of Aug. 27, ends Nov. 2

End of Season 5K: Saturday, Nov. 2

Meeting times: Tuesdays and Thursdays,
5:15 pm-6:15 pm

Cost: \$75. Financial assistance is available based on free or reduced lunch qualifications. Free lunch: \$25; reduced lunch: \$50. No boy is turned away due to an inability to pay.

REGISTER NOW AT THE HOERNER YMCA!

HOERNER YMCA

2126 Plank Rd., Keokuk
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Birthday Parties at the Y!

Inquire at the Front Desk for rental opportunities that can include the pool, meeting room and gymnasium!

This isn't just for birthday parties, it can be for a baby shower, retirement party, or family gathering!

You can find a rental agreement at the Front Desk.

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

Instructor: Jenny Morgan

Zumba Toning

Perfect for those who want to put extra emphasis on toning and sculpting to define those muscles!

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

M/W, 9:30 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

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.

\$20/lesson.

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, Th 5:30-6:15 pm

Instructor: Tea Rader

Buti Yoga

This is a high-intensity, low-impact mix of yoga and tribal dance.

Punch card class

Friday 6-6:45 pm

Instructor: Alexis Sperber

Chair Yoga

Gentle yoga done with the aid of a chair for balance and stability.

Punch card class

Friday 10:30 — 11:15 am

Instructor: Alexis Sperber

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/F, 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

No Glutes, No Glory:

Tone your legs, glutes and thighs with this lower body-focused class. Using both bodyweight and weights, this class will help you build strength and endurance. (Starts May 9)

Punch card class

Thursday, 6:15-7 pm

Instructor: Tea Rader

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

Interval Step

Come and work out with basic moves all done on a step platform. Guaranteed to raise your heart 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 for a unique, full-body workout! For beginners or the suspension pro, this class is easily modified to fit your specific needs. Excellent for improving strength, flexibility and endurance. Limited to 6.

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/F, 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

