



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

2018 FALL & WINTER PROGRAM GUIDE



- Out of School Learning
- Youth Sports
- Health & Wellness
- Early Learning
- Membership

DUNELAND FAMILY YMCA

215 Roosevelt St., Chesterton (219) 926-4204 dunelandymca.org

EARLY LEARNING ACADEMY

Strong Beginnings, Bright Futures

Duneland Family YMCA has full-time education and development programs for children ages 6 weeks to 5 years located at 651 W. Morgan Ave., Door #8, in Chesterton. The program is available Monday-Friday from 5:45am to 6:30pm. Children are provided snacks and lunch daily. Space is limited. Programs include:

- The Creative Curriculum for infants, toddlers and preschoolers, Minds-In-Motion, sports, summer swim lessons and field trips, fitness classes, outdoor exploration and more.
- The Y's Preschool Academy encourages children to reach their next developmental milestone and challenges them to develop their cognitive, social/emotional and physical skills while learning math, science, technology, social studies, the arts and Music-In-Motion.
- Our Pre-Kindergarten Academy is designed for children entering kindergarten in the fall or who miss the cutoff date for entrance into kindergarten and are ready for a more academic classroom environment, providing them with the foundation necessary for positive future learning.

ENROLLING FOR FALL 2018

To register or for additional information contact Shannon Spratley - (219) 921-0183 or sspratley@dunelandymca.org.



OUT OF SCHOOL LEARNING

Conveniently Located in In ALL 5 Duneland Elementary Schools

Builds Inspiration & Fosters Curiosity

The Duneland YMCA's Out of School Learning program provides an environment that combines academics with play, and offers a caring and safe place where youth can achieve, feel a sense of belonging, build relationships and explore new interests. Our low child to staff ratio ensures children are ALWAYS under adult supervision.

**6am Until Start of School &
End of School Until 6pm, Monday - Friday
Includes Daily Breakfast & Snack**

- Help with homework daily
- STEM learning activities
- Spanish language instruction
- Lots of physical activity and fun
- Improved study habits & reading skills

CHILDREN NEVER LEAVE THEIR SCHOOL SITE
Pick children up at where they were dropped off!

To register your child contact
Sally Gabric (219) 921-0183 or
sgabric@dunelandymca.org



SCI5

**GET MESSY! HAVE FUN!
LEARN COOL STUFF!**

Hands-on focus on science and engineering. All projects are STEM objectives. Explore science, use your imagination, be curious & observe.

**Ages 6 to 12 - \$50/Child
WEDNESDAYS 5:30-6:30PM
Sept. 12, 19, & 26, OCT. 3 & 10
Y COMMUNITY ROOM
Register at the
Y Welcome Center**



SAFESITTER

Designed to prepare students in grades 6-8 to be safe when watching younger siblings or babysitting.

**Class fee \$75
Fri., Oct. 26 or Dec. 28
9:00am - 3:30pm
Y COMMUNITY ROOM
Pre-register by 7/25
at the Y Welcome
Center**



**SCHOOL DAYS OUT CHILDCARE FROM 6AM TO 6PM AT THE Y
FALL BREAK: Oct. 26; WINTER BREAK: Dec. 26-28 & Jan. 2-4**



YOUTH SPORTS: Growing Stronger Together

The Y is the starting point for many youth to learn about becoming and staying active, and developing healthy habits they'll carry with them throughout their lives. The benefits are far greater than just physical health. Whether it's gaining the confidence that comes from learning a new skill or building the positive relationships that lead to good sportsmanship and teamwork, participating in sports at the Y is about building the whole child, from the inside out.

Register online at www.dunelandymca.org or at the Y Welcome Center



SOCCER

Ages 3 yrs. - 5th grade
Register Aug. 6 - Sept. 2
Season Sept. 10 - Oct. 27
\$40 for Y Members

CROSS COUNTRY

Ages 4 - 12
Register Aug. 6 - Sept. 2
Season Sept. 10 - Oct. 20
\$40 for Y Members

BASKETBALL

Ages 3 yrs. - 5th grade
Register Oct. 1 - Oct. 28
Season Nov. 5 - Dec. 22
\$40 for Y Members

GYMNASTICS

Ages 18 mo. - 12 yrs.
Register Aug. 6 - Sept. 10
Season Sept. 10 - Oct. 2
Register Oct. 1 - Nov. 5
Season Nov. 5 - Dec. 17
Pre K: \$30 for Y Members School
Age: \$45 for Y Members

MUSIC IN MOTION

Ages 0 - 5 yrs.
Register Aug. 6 - Sept 14
Season Sept. 13 - Oct. 26
Register Oct. 1 - Nov. 9
Season Nov. 8 - Dec. 21
\$40 for Y Members

HEALTHY LIVING



LIFT YOUR SPIRITS

When you visit the Duneland Y expect to see a variety of **NEW Hammer Strength weighted equipment!** 5 squat racks for your deadlifts, Olympic weightlifting, and pull-ups, new cardio equipment and over 50 group exercise classes each week! We offer free Fitness Orientations to all new Members. Join the Y and schedule your free hour with one of our Personal Trainers.

BARRE
INTENSITY
INTENSE SHAPE. INTENSE YOU!



The Best You, BARRE NONE!

Low impact, high intensity workout for people of any size, shape or age. Blends cardio, strength training, flexibility, balance & core.

Mon. & @ 5:30pm; Tues. @ 9am; Wed. @ 6:30pm and Thurs. @ 8am & 5:30pm

STRONG by ZUMBA!

Stop counting reps. Start training to the beat! Combines body weight, muscle conditioning, cardio and plyometric training moves synced to music designed to match your moves!

COMING SOON - STAY TUNED!



CHOOSE TO LOSE TEAM EDITION

Lose weight with Y Personal Trainer's support! Helps you get in shape, lose weight and adopt healthier habits. We'll support you every step of the way! \$99/person.

COMING IN OCTOBER 2018!



REGISTER: Opens Aug. 13
PROGRAM: Starts Sept. 3
PRACTICES: Mon. & Thur. 5 to 6:30pm

LEARN MORE & REGISTER TODAY AT
www.gotrofwnwi.org

For more information, contact Ashley Lafata
926-4204, alafata@dunelandymca.org or visit the Y

JOIN THE Y!

NO JOINERS FEE
AUG. 27 - SEPT. 7

Membership at the Y not only makes you healthier, it strengthens your community at the same time. At the Y, our focus on health and well-being helps our members find balance in life. That's why we're here with you every day to make sure you, your family and community have the resources and support to help you learn, grow and thrive.

TRY THE Y!

1 MO. FREE MEMBERSHIP
For all kids 17 & under

In honor of National Childhood Obesity Month, the Duneland Family YMCA welcomes all children 17 and under to try the Y for **FREE** during the month of September. Children under 9 must be accompanied by an adult at all times.

Make Family Time a Priority

One of the greatest gifts that you can give your family is the time that you all spend together. Try to find an hour a day when your entire family can connect and share family fun!

PARENT'S NIGHT OUT

Fridays from 6-9:30pm
9/14, 10/12, 11/9 & 12/14

Enjoy an evening out on the town and know that your kids are safe and having fun at the YMCA! Children enjoy activities including gym time, games, story time, craft projects and a movie. Pizza dinner will be served. Trained YMCA staff is on hand to keep each child's attention. This special monthly event is for children 8 wks.- 11 yrs. Call the Y to register at least 12 hours prior.

Y Members \$15/child
Community - \$20/child

For more information visit
the Y Welcome Center or
call (219) 926-4204