



175^{YEAR}
ANNIVERSARY

YMCA OF THE NORTHWOODS FALL 2, 2026 PROGRAM GUIDE

About Us

YMCA of the Northwoods

The Y is comprised of individuals who have a shared commitment to nurturing young people, promoting healthy living and fostering a sense of social responsibility. Strengthening community is our purpose, and that's why we believe that lasting personal and social change can only come about when we all work together.

YMCA Values

- In 1994, the Y defined "character" as the demonstration of four core values: caring, honesty, respect and responsibility. Today, these values continue to guide everything we do.
- Caring: Show a sincere concern for others. This means helping a neighbor or volunteering.
- Honesty: Be truthful in what you say and do. This means keeping your word and being fair.
- Respect: Treat each other as we'd all like to be treated. This means valuing everyone.
- Responsibility: Be accountable for your promises and actions. This means taking the blame when you make a mistake and trying to fix it.

Our Culture

Every day and in everything we do, we strive to create a culture that is welcoming, genuine, hopeful, nurturing and determined for all our staff, members, program participants and volunteers.

- Welcoming: We're open to all and create spaces where you can be, belong and become.
- Genuine: We value who you are and encourage you to be true to yourself and others.
- Hopeful: We believe in your ability to inspire a brighter tomorrow.
- Nurturing: We are with you in your journey to develop your full potential.
- Determined: We work relentlessly to strengthen communities, starting with you.

Branches within our Association

Beck Family Center (Rhineland)

715-362-9622 ext. 100

front.desk@ymcanw.org

Flambeau River YMCA (Park Falls)

715-650-9622

welcomecenterFR@ymcanw.org

Youth Development Center

Tripp Family Campus

715-650-9622 ext.130



Check out our Website for More Information

www.northwoodsymca.org

MEMBERSHIP

Beck Family Y

Membership Benefits

Your Membership Includes:

- Free drop-in child care while you workout
- Free Wellness Center Orientation
- Free Personal Training Consultation
- Nationwide access to all participating Y's
(Does not apply to Insurance Based Membership)
- Complimentary guest passes per calendar year
- Priority registration for programs
- Discounts on fee-based program and childcare pricing
- 2 Indoor walking/ running tracks
- 3 indoor pickleball courts
- Open gym and swim times
- Dry sauna & whirlpool
- Use of Teen Lounge & Gathering room
- Community Engagement through fun events and volunteer programs
- Access to premium add-on services like 24/7 access.
Much more.... Check with the Welcome Center

Membership For All

At the Y we believe everyone should have the opportunity to participate at the YMCA. Financial assistance is available for memberships and programs through our Membership for All initiative, and applying is simple and confidential. If cost is a concern, we encourage you to connect with our Welcome Center to explore available options

School Year Hours

Beck Family Center (Rhineland)

Monday-Friday 6:00am-8:00pm

Saturday 8:00am-2:00pm

Sunday 1:00pm-5:00pm



MEMBERSHIP

Beck Family Y

Youth Age Requirements

- All youth must have either an active membership or a Guest and Participant Liability form signed by their parent/legal guardian
- Parents must sign youth in and out of programs each time
- Review all program requirements at time of registration
- All youth under 7 must have an adult within the same area at all times unless signed into a program
- All youth 8-11 must have a designated adult in the facility at all times
- 6th Grade Initiative (6GI) has the same access as 12-13 year olds once 6GI orientation complete
- Youth over 3 years old are not allowed in the opposite gender locker rooms



SCAN HERE
FOR MORE
INFORMATION

6 weeks
-7 years

8-9

10-11

6GI*

12-and
up

Adventure Alley

Gathering Room

Gymnasium

Teen Lounge

Wellness Equipment

Pool

Pickleball Courts

Walking Tracks

Group Fitness

*An additional requirement, certification or test needs to be met prior to use

** All Offerings a subject to change.

MEMBERSHIP

Beck Family Y

24/7 Access

Need a workout that fits your schedule?

With 24/7 Access, eligible adult members can enjoy the flexibility of using the YMCA outside of staffed operational hours, including holiday closures. Your 24/7 membership provides access to the Wellness Center, Gymnasium, and Family Locker Room whenever the facility is open for after-hours use.

Getting started is easy! Visit the Welcome Center to complete the 24/7 Access Waiver and pay the one-time \$25 key fob activation fee. A recurring \$5 monthly security and maintenance fee will be automatically charged to your billing method on file on your selected monthly draft date.

24/7 Access Expectations & Responsibilities

- Access is limited to approved adult members (18+) only.
- Each 24/7 member is required to use their own assigned key fob when entering the facility.
- Key fobs are non-transferable and may not be shared or used to allow entry for another individual.
- Every authorized 24/7 member must individually scan their key fob prior to entering the building.
- Members who forget their key fob or require replacement assistance must seek support from the Welcome Center during staffed hours. Access without a key fob is not permitted; members who arrive without their key fob must return with it before entering the facility.
- Guests are not permitted during unstaffed hours.
- Members are expected to follow all facility policies and posted guidelines at all times.
- For safety and security purposes, the facility is monitored.
- To maintain the integrity and safety of the 24/7 program, allowing entry to individuals who have not individually scanned into the facility may result in suspension or complete termination of 24/7 access privileges.
- 24/7 access is available only to members whose memberships remain active and in good standing. Memberships that become suspended, terminated, or reach 60 days past due will have 24/7 access privileges suspended until the matter is resolved.
- 24/7 access is a revocable privilege. The YMCA reserves the right to suspend or revoke 24/7 access for unpaid fees associated with 24/7 services, delinquent accounts, policy violations, or other circumstances determined by the YMCA.

Additional Safety Reminders

- Because the YMCA operates without staff present during 24/7 access hours, we encourage all members to familiarize themselves with emergency procedures and safety resources within the facility. Please take a moment to note the locations of emergency exits, emergency telephones, AEDs (Automated External Defibrillators), and first aid supplies. In the event of an emergency, call 911 immediately.
- We also encourage members to exercise with another authorized 24/7 member whenever possible and to use equipment responsibly and within their comfort and ability level.

Help Us Maintain a Safe Environment

- If you witness an emergency or a situation involving immediate danger to a person or property, please call 911 immediately. An emergency phone and AED are located both at the Wellness Center desk and Welcome Center desk. No prefix is required when dialing phone numbers.
- If you observe behavior that does not align with 24/7 access expectations but does not present an immediate safety concern—such as unauthorized entry, failure to scan a key fob, misuse of equipment, or other policy violations—we ask that you contact the YMCA and leave a voicemail with details by the next business day so the situation can be reviewed and addressed appropriately.

We appreciate your partnership in helping us maintain a safe, respectful, and accountable environment for all members.



YOUTH & TEENS

Beck Family Y

Beginner Baking/Baking

Join our Youth Baking Class for a fun, hands-on introduction to baking! Students will learn essential skills—measuring, mixing, decorating, and kitchen safety—while creating delicious treats. Perfect for beginners or young bakers who love to get creative in the kitchen!

Basketball 3v3

Introduce your young athlete to the game of basketball in a fun and encouraging environment! Our Basketball 3v3 League for Grades K-3 focuses on skill development, teamwork, sportsmanship, and game play. Players will participate in Thursday practices to learn fundamental skills such as dribbling, passing, shooting, and defense, while building confidence on the court. Saturday games give players the chance to apply what they've learned in a fun, small-sided 3v3 format that encourages participation and plenty of touches on the ball.

Self Defense

Designed for ages 10-18, this beginner-friendly program teaches participants practical techniques for protecting themselves, increasing awareness, and responding to everyday situations safely and responsibly. Students will learn basic self-defense moves, situational awareness, conflict avoidance strategies, and how to stay calm under pressure in a supportive and encouraging environment. No prior experience is needed. This class focuses on building confidence, respect, and personal safety while helping participants develop skills they can carry with them every day.

“WILD CREATIONS” Art Class

Each week, we'll explore different art techniques and materials, from painting to sculpture, in fun and engaging 55-minute sessions. Kids will have the opportunity to express their creativity, develop new skills, and make new friends. Our experienced instructors will guide them through each project, ensuring a supportive and inspiring environment. By the end of the program, every child will have a collection of their own unique artworks to take home and cherish.

Preschool Sports

Join in all the fun with this class just for preschool-aged children. This class is to get some of that extra energy out or for those who just want to have fun playing with others. Participants will learn the very basics of multiple sports and work as a team to have fun. Classes will be held either at the YDC Gym or the YMCA Gym depending on the day.

Messy Play

Messy Play (Ages 2-5 with Caregiver)

Get ready to squish, scoop, pour, and explore! Messy Play is a hands-on class designed for children ages 2-5 and their caregivers to learn through sensory-rich activities that encourage creativity, curiosity, and discovery. Each week, families will explore different materials such as water, sand, paint, slime, and other exciting textures while building fine motor skills, problem-solving abilities, and social interaction.

This class provides a fun, supportive environment where children can experiment, create, and learn alongside their caregiver. Wear clothes that can get messy and come ready for an engaging experience filled with play, learning, and laughter!

ARCHERY

Learn and practice archery skills from basic safety to advanced competition shooting. Participants will gain confidence handling equipment, understanding proper stance, and improving accuracy through guided instruction. Students will learn from our two coaches and focus on skills based on their level and ability. Offered for ages 8-18.



YOUTH & TEENS

Beck Family Y

Zumba Kidz

Perfect for our younger Zumba® fans! Kids 7-11 years old get the chance to be active and jam out to their favorite music. Zumba® Kids classes feature kid-friendly routines based on original Zumba® choreography. We break down the steps, add games, activities and cultural exploration elements into the class structure. Helps develop a healthy lifestyle and incorporate fitness as a natural part of children's lives by making fitness fun. Classes incorporate key childhood development elements like leadership, respect, team work, confidence, self-esteem, memory, creativity, coordination, cultural awareness.

Gymnastics

Parent/Child

Parents are required to help their children during class. Children explore beginning tumbling skills that develop balance, body awareness, coordination, and motor skills while utilizing equipment stations. The class will emphasize having fun and growing self-confidence in a social atmosphere. We offer a beginner class for ages 2-4 and an intermediate class for ages 3-5.

Intro 1 & 2

This program is for children with little or no prior gymnastics experience. Basic gymnastics skills on the floor, bars, beam, and vault will be taught including forward and backward rolls, handstands and cartwheels. Intro 1 is for ages 5-7 and Intro 2 is for ages 7-16.

Boys

This program is for children, at least 6 years of age, with little or no prior gymnastics experience. Basic gymnastics skills on the floor, bars, beam, and vault will be taught including forward and backward rolls, handstands and cartwheels.

Flippers

This program is for children with beginning-level gymnastics experience who have mastered the skills required in an Intro gymnastics class. The class stresses form and body control of basic gymnastics skills on all apparatus. More challenging skills of tumbling including back walkovers and front and back handsprings will be introduced.

Twisters

This program is for gymnasts that have accomplished all the necessary skills required through completing the Flippers. This class works on advanced Gymnastics Skills.

Competitive

The competitive team is by invitation only. Those interested in the competitive team will need to express interest and be evaluated by the lead instructor. The level of expectation is higher for competitive team members. Participation during the season is expected with excused absences (sickness, family, or school obligations) accepted. Practices will be 2-3 days a week during the season. The competitive team meets year-round with scheduled breaks in the summer and over holidays and school breaks. The competitive season can run from September through May, with approximately one meet a month on a weekend starting in October. Not every meet is required, however, once registered for a meet the fee isn't refundable.

YOUTH PROGRAMS Fall 2 2026

Session Dates: November 2 - December 20

Registration Dates: Members October 19 | Non-Member: October 23

Youth Programs

Register Here



Program	Class	Age	Day	Start	End	Member	Non-Member	Instructor	Location	No Class
Youth Sports	Pre Sports	3-6	Wed	10:30 AM	11:00 AM	\$35.00	\$60.00	Marisa	YDC	11/25
Youth Enrichment	Beginner Baking	6-8	Mon	3:45 PM	4:45 PM	\$45.00	\$65.00	JJ/Angie	Teen Lounge	11/23
Youth Enrichment	Messy Play	2-5	Thu	10:00 AM	10:45 AM	\$35.00	\$60.00	Marisa	Teen Lounge	11/26
Youth Sports	Zumba Kidz	7-11	Tue	4:00 PM	4:35 PM	\$35.00	\$60.00	Val	Aerobics	11/24
Youth Sports	Self Defense	10-18	Fri	4:00 PM	4:55 PM	\$35.00	\$60.00	Marisa	Aerobics	11/27
Youth Sports	3v3 Basketball	K-3rd GD	Thu	5:00 PM	6:00 PM	\$50.00	\$75.00	Matt	Full Gym	Starts 12/3
	3v3 Basketball		Sat	9:30 AM	10:30 AM			Games	12/19, 1/9, 1/16	1/23, 1/30
Youth Sports	Archery	8-18	Wed	5:00 PM	6:00 PM	\$35.00	\$60.00	Amber/Ava	East Gym	11/25
Youth Enrichment	Wild Creations	6-12	Thu	4:00 PM	4:55 PM	\$35.00	\$60.00	Maddie	Teen Lounge	11/26
Youth Enrichment	Baking	7-18	Wed	3:45 PM	4:45 PM	\$50.00	\$70.00	Marisa/Maddie	Teen Lounge	11/25
Family Night	Every Friday	All	Fri	5:00 PM	8:00 PM	\$0.00	\$10.00		YMCA	11/27

YOUTH PROGRAMS Fall 2 2026

Session Dates: November 2 - Decemeber 20

Registration Dates: Members October 19 | Non-Member: October 23

Gymnastics

Register Here



Parent & Child Gymnastics	Beginner	2-4	Wed	8:30 AM	9:15 AM	\$50.00	\$85.00	Hannah	Sports Complex	11/25
Parent & Child Gymnastics	Beginner	2-4	Thu	9:35 AM	10:20 AM	\$50.00	\$85.00	Lisa	Sports Complex	11/26
Parent & Child Gymnastics	Beginner	2-4	Tue	9:45 AM	10:30 AM	\$50.00	\$85.00	Lisa	Sports Complex	11/24
Parent & Child Gymnastics	Intermediate	3-5	Wed	8:30 AM	9:15 AM	\$50.00	\$85.00	Alexis	sports Complex	11/25
Parent & Child Gymnastics	Intermediate	3-5	Mon	3:45 PM	4:30 PM	\$50.00	\$85.00	Hannah	Sports Complex	11/23
Parent & Child Gymnastics	Intermediate	3-5	Thu	8:45 AM	9:30 AM	\$50.00	\$85.00	Lisa	Sports Complex	11/26
Gymnastics	Intro 1	4-7	Tue	8:45 AM	9:40 AM	\$60.00	\$105.00	Lisa	Sports Complex	11/24
Gymnastics	Intro 2	6-18	Sun	1:30 PM	2:25 PM	\$60.00	\$105.00	TBD	Sports Complex	11/29
Gymnastics	Intro 1	5-7	Sun	1:30 PM	2:25 PM	\$60.00	\$105.00	TBD	Sports complex	11/29
Gymnastics	Intro 1	5-7	Mon	3:45 PM	4:40 PM	\$60.00	\$105.00	Holly	Sports complex	11/23
Gymnastics	Twisters	6- 18	Sun	3:30 PM	4:25 PM	\$60.00	\$105.00	TBD	Sports Complex	11/29
Gymnastics	Twisters	6- 18	Mon	3:45 PM	4:40 PM	\$60.00	\$105.00	Alexis	Sports Complex	11/23
Gymnastics	Boys	6-18	Tue	6:00 PM	6:55 PM	\$60.00	\$105.00	Matt	Sports complex	11/24
Gymnastics	Flippers	7-18	Sun	2:30 PM	3:25 PM	\$60.00	\$105.00	TBD	Sports complex	11/29
Gymnastics	Flippers	7-18	Mon	3:45 PM	4:40 PM	\$60.00	\$105.00	Lisa	Sports complex	11/23
Gymnastics	Competitive	6- 18	Mon/Wed	5:00 PM	6:30 PM	\$110.00	Member only	Lisa/Katie	Sports Complex	

AQUATICS



Beck Family Y

PARENT & CHILD SWIM LESSONS

Parent & Child Level 1 is for children 6 months to 2 years old.

Parent & Child Level 2 is for children 2 – 3 years old.

Parent & Child swim lessons introduce infants and toddlers to the water in a fun, supportive environment alongside a parent or caregiver.

These classes are designed to meet children's developmental stages and focus on water comfort, basic swim readiness skills, and essential aquatic safety. With hands-on guidance from instructors, families practice entering and exiting the water, floating, blowing bubbles, submerging, and simple arm and leg movements, while parents learn important water safety, life jacket use, and supervision skills.

PRESCHOOL SWIM LESSONS

Preschool Swim Lessons are for children ages 3 to 5.

Preschool Level 1

Swimmers familiarize how to enter and exit the water safely, breath control, submerging, supported front and back floats, supported arm and leg actions on front and back. Develop positive attitudes and safe practices in and around water.

Preschool Level 2

Swimmers submerge comfortably in chest deep water and swim on front and back independently 3 body lengths. Build endurance and independence in gliding on front and back, front and back crawl, elementary backstroke, and treading water. Water safety skills are reinforced. Must be school age to move to Learn To Swim Levels.

Preschool Level 3

Swimmers with limited swimming experience explore water safety and basic swimming skills, such as: submerging, supported front and back floats, rolling front to back and back to front, gliding, kicking, front crawl arms, and jumping in.

LEARN TO SWIM LESSONS

Our Learn to Swim Program is for children ages 6 to 14.

Learn to Swim Level 1

Swimmers who are comfortable in the water and able to coordinate swimming arm and leg action in the water, build on and improve water safety, breath control, submerging, front and back floats with minimal assistance for 15 seconds, arm and leg actions on front and back with minimal assistance for 2 body lengths.

AQUATICS

Continued...



Beck Family Y

Learn to Swim Level 2

Focus is building independence, good body control and position, forward movement, and water safety. Introduces rotary breathing, prolonged front floats, treading water, and elementary backstroke.

Learn to Swim Level 3

Swimmers have completed level 2 or have equivalent skills including front and back floats, treading water, and swim float swim. Skills are performed independently, improving coordination of previous skills with longer distance in deep water. Introduces front crawl, breaststroke kick, dolphin kick, elementary backstroke, and scissor kick.

Learn to Swim Level 4

Swimmers have completed Level 3 or have equivalent skills including, being able to swim front crawl and elementary backstroke independently 15 yards to enroll. Builds endurance in front crawl, elementary backstroke, treading water with modified scissor kick. Introduces backcrawl, sidestroke, turns at wall, butterfly, breaststroke, and feet-first surface dive.

Learn to Swim Level 5

Swimmers must be able to swim front and back crawl 25 yards, breaststroke, side stroke, and butterfly to enroll. Builds endurance and refines breaststroke, sidestroke, front crawl, back crawl, butterfly, elementary backstroke, and treading water. Introduces front crawl and back crawl flip turns, and the importance of CPR/First Aid.

PRIVATE SWIM LESSONS

Private swim lessons are for people of ages and abilities. Please see our registration page to find available times. Please note that these lessons coincide with instructor availability.





YOUTH AQUATIC PROGRAMS FALL 2 2026

Session Dates*: November 2 - December 20



Registration Dates: Members October 19 | Non-Members: October 23

Aquatics

**No class November 23-29*

[Register Here](#)

Program	Class	Age	Day	Start	End	Member	Non-Member
Parent & Child Swim Lessons							
Parent & Child Swim Lessons	P & C Level 1	6 mo - 1 yrs	Mondays	5:55 PM	6:25 PM	\$53.00	\$90.00
Parent & Child Swim Lessons	P & C Level 1	6 mo - 1 yrs	Thursdays	12:05 PM	12:35 PM	\$53.00	\$90.00
Parent & Child Swim Lessons	P & C Level 1	6 mo - 1 yrs	Wednesdays	5:20 PM	5:50 PM	\$53.00	\$90.00
Parent & Child Swim Lessons	P & C Level 2	2-3	Mondays	5:20 PM	5:50 PM	\$53.00	\$90.00
Parent & Child Swim Lessons	P & C Level 2	2-3	Tuesdays	5:55 PM	6:25 PM	\$53.00	\$90.00
Parent & Child Swim Lessons	P & C Level 2	2-3	Thursdays	5:20 PM	5:40 PM	\$53.00	\$90.00
Preschool Swim Lessons							
Preschool Swim Lessons	PS Level 1 & 2	3-5	Tuesdays	5:20 PM	5:50 PM	\$53.00	\$90.00
Preschool Swim Lessons	PS Level 1	3-5	Wednesdays	4:45 PM	5:15 PM	\$53.00	\$90.00
Preschool Swim Lessons	PS Level 1	3-5	Thursdays	4:45 PM	5:15 PM	\$53.00	\$90.00
Preschool Swim Lessons	PS Level 2 & 1	3-5	Tuesdays	5:20 PM	5:50 PM	\$53.00	\$90.00
Preschool Swim Lessons	PS Level 2	3-5	Tuesdays	4:10 PM	4:40 PM	\$53.00	\$90.00
Preschool Swim Lessons	PS Level 2	3-5	Thursdays	5:55 PM	6:25 PM	\$53.00	\$90.00
Preschool Swim Lessons	PS Level 3	3-5	Mondays	5:55 PM	6:25 PM	\$53.00	\$90.00
Preschool Swim Lessons	PS Level 3	3-5	Thursdays	4:45 PM	5:15 PM	\$53.00	\$90.00
School Age Swim Lessons							
Learn to Swim (School Age)	LTS Level 1	6-14	Thursdays	4:10 PM	4:40 PM	\$53.00	\$90.00
Learn to Swim (School Age)	LTS Level 1	6-14	Mondays	4:45 PM	5:15 PM	\$53.00	\$90.00
Learn to Swim (School Age)	LTS Level 1	6-14	Wednesdays	5:55 PM	6:25 PM	\$53.00	\$90.00
Learn to Swim (School Age)	LTS Level 2	6-14	Mondays	5:20 PM	5:50 PM	\$53.00	\$90.00
Learn to Swim (School Age)	LTS Level 2	6-14	Tuesdays	4:45 PM	5:15 PM	\$53.00	\$90.00
Learn to Swim (School Age)	LTS Level 2	6-14	Thursdays	4:10 PM	4:40 PM	\$53.00	\$90.00
Learn to Swim (School Age)	LTS Level 3	6-14	Mondays	4:45 PM	5:15 PM	\$53.00	\$90.00
Learn to Swim (School Age)	LTS Level 3	6-14	Mondays	4:10 PM	4:40 PM	\$53.00	\$90.00
Learn to Swim (School Age)	LTS Level 3	6-14	Thursdays	5:20 PM	5:50 PM	\$53.00	\$90.00
Learn to Swim (School Age)	LTS Level 4	6-14	Tuesdays	5:20 PM	5:50 PM	\$53.00	\$90.00
Learn to Swim (School Age)	LTS Level 4	6-14	Wednesdays	4:10 PM	4:40 PM	\$53.00	\$90.00
Learn to Swim (School Age)	LTS Level 4	6-14	Thursdays	5:55 PM	6:25 PM	\$53.00	\$90.00
Learn to Swim (School Age)	LTS Level 5 & 6	6-14	Mondays	4:10 PM	4:40 PM	\$53.00	\$90.00
Learn to Swim (School Age)	LTS Level 5 & 6	6-14	Tuesdays	5:55 PM	6:25 PM	\$53.00	\$90.00



ADULT FITNESS

Beck Family Y

ABS

This class focuses on the foundation of our bodies. A strong core will help in all other aspects of exercise and functional living. This class will focus on strengthening not only the abs but the lower back and glutes to give you a stronger more functional core. Combine this class with TRX for a full 55 minute workout.

TRX TOTAL BODY

TRX uses gravity and body weight to perform exercises to strengthen your core and increase muscular endurance, while providing a total body workout. The best part? All fitness levels can join in because you control how much you want to challenge yourself on each exercise. Simply adjust your body position to add or decrease resistance. Combine this class with Abs to for a full 55 minute workout.

TAI CHI

This gentle Tai Chi class blends traditional flowing movements with Tai Chi walking and balance exercises to improve stability, coordination, and confidence in everyday motion. Participants will practice slow, intentional steps, weight shifting, and posture awareness to strengthen the legs, calm the mind, and enhance overall body control.

STRETCH & CORE

This class is designed to increase flexibility and core strength for sports, activities and daily living. Core strength and flexibility are integral parts of maintaining good balance. Stretch & Core is open to both men and women.

CLUB MOVES

Club Moves features today's top dance hits and funky upbeat moves. We practice several warm up songs to get you comfortable with the basic dance moves used throughout the class. This class is perfect for the person wanting to have fun and "get down" with exercise.

ZUMBA

Zumba® is an exhilarating, effective, easy to follow, Latin-inspired, calorie-burning dance fitness party. It blends red-hot international music and contagious steps to form a "fitness party" that is downright addictive. Fun for all fitness levels!

LINE DANCING

Line Dancing – It's not just Country! In both Line Dancing and Beginner Line Dancing, participants will learn a variety of steps, terminology and patterns that are used by instructors from coast to coast. You will then progress to a variety of entry level choreography to music you may know and love. The dances learned will be an enjoyable treat for both the body and the brain.





ADULT FITNESS

Beck Family Y

POWER PLAY

Bored with your current cardio and weight regime? Then it's time for HIIT / POWER PLAY! Using a variety of equipment and your own body weight, you will be pushed to the limit. This class will focus on short bursts of intense training. Remember all classes can be modified to your personal needs and goals.

FOREVERWELL

Move to some of the best music ever made. A variety of exercises to increase muscular and core strength, range of movement and activity for daily living will keep you upright and mobile. Hand-held weights, elastic tubing with handles, stability ball, and chairs are used in the class.

INTERVAL CARDIO STRENGTH

This time-based interval class mixes a variety of strength and cardio exercises to give each participant a fun workout, tailored to their intensity level. The class incorporates a variety of equipment including weights, steps, balls, bosus, bands, as well as using the participant's body weight. An ideal class for participants of all fitness levels. Class breakdown: 70-80% strength | 20-30% cardio.

S'WET

This high-intensity, low-impact aquatic class is designed to help you reach your fitness goals! Though exercises are performed in both shallow and deep water, no swimming skills are needed to participate. Regardless of age or fitness level, you can achieve noticeable results through this fun workout that incorporates cardio, strength and resistance training exercises.

BODIES IN MOTION

Bodies in Motion is an all-levels functional fitness class designed to enhance balance and how your body moves in everyday life. We will utilize a variety of exercise equipment to achieve our goals. We will go through dynamic and active range of motion drills; focus on functional, multi-joint movements; incorporate strength training and low-to-moderate impact intervals, which will improve heart health and stamina. We will wrap it all together with a great playlist. (Roster Class)

PILATES

A Pilates workout improves flexibility, strength, and core stability. The class combines exercises to enhance posture, balance, and overall body awareness. Suitable for all levels, it promotes relaxation while building strength and endurance.

WATER EXERCISE

Join in the fun! Exercise your entire body without straining your back or joints while you enjoy the social aspects of this class. You will see improvements in cardiovascular fitness, muscular strength, endurance, and flexibility.

AQUA BEATS

Look to make a splash by adding a low-impact, high-energy aquatic exercise to your fitness routine. Aqua Beats uses music to drive the feel of the class while still using tradition water exercise moves. There is less impact on your joints during an Aqua Beats class so you can really let loose and have some fun! Water creates natural resistance, which means every step is more challenging and helps tone your muscles.



ADULT FITNESS

Beck Family Y

GENTLE WATER EXERCISE

Gentle Water Exercise is designed for those who have Arthritis, Fibromyalgia, Parkinson's Disease, serious back problems and other conditions. Gentle water walking and range of motion exercises are done in comfortable, shallow water to help alleviate pain and extend range of motion.

STRENGTH

This low cardio, high strength class combines traditional strengthening exercises with HIIT interval timing to give your muscles a great workout. This class focuses on form and different tempos to help build strength during your workout.

BEGINNER TAI CHI

specifically designed so that anyone can learn Tai Chi, we will work with the Simplified 24 Step Tai Chi Form over the course of several weeks. Tai Chi improves core strength and balance through a series of movements designed to increase the flow of energy (chi) within the body.

STRONGER TOGETHER

Ready to get stronger? Stronger Together is the perfect way to build muscle and increase your endurance using barbells and weights. In each class, you'll work all your major muscle groups by doing classic strength training exercises like squats, presses, and rows set to upbeat, motivating music. Classes will be guided through each move, ensuring proper form and providing modifications so that all can work at their own pace. Whether you're a seasoned lifter or just starting out, this class is a great way to boost your metabolism, tone your body, and have fun while you're at it. Let's get strong

POWER H2O

Power H2O provides a high-Intensity workout that Includes a combination of shallow and deep-water exercises to Increase strength and endurance for the entire body. Often done in a boot camp style, aerobics along with a variety of equipment used.

CYCLING

This energizing indoor cycling class combines motivating music, inspiring coaching, and adjustable resistance to create a challenging workout for all fitness levels. Improve cardiovascular endurance, build lower body strength, and burn calories as you climb hills, sprint through intervals, and ride at your own pace. Whether you're new to cycling or a seasoned rider, you can customize the intensity to meet your goals in a supportive and encouraging environment.

POWER BEATS

Feel the rhythm and unleash your energy in Power Beats, a fun and dynamic drumming-based fitness class! Using stability balls and drumsticks, participants drum to upbeat music while performing cardio, strength, and core-focused movements. This full-body workout improves endurance, coordination, balance, and muscular strength while providing a stress-relieving and energizing experience.



ADULT FITNESS

Beck Family Y

NUTRITION

The YMCA offers personalized nutrition services designed to help individuals and families achieve their health and wellness goals through practical, sustainable lifestyle changes. Working with a qualified nutrition professional, participants receive individualized guidance on healthy eating habits, meal planning, weight management, sports nutrition, chronic disease prevention, and overall wellness. Services are tailored to each person's unique needs, providing education, accountability, and support to build lifelong healthy habits. Whether you are looking to improve energy levels, manage a health condition, enhance athletic performance, or create a balanced approach to nutrition, YMCA nutrition services provide a welcoming, supportive environment focused on long-term success and healthy living.



Sydney Rhody RD/ Masters degree community dietetics

This program is starting on August 1 2026. one hour session will cost \$100. Inquire about signing up through the welcome desk or by emailing Brandon Lamping at blamping@ymcanw.org

ADULT LEAGUES

Winter basketball and volleyball leagues - registration open on 12/1/26- closes on 1/8/27

Regular season play will begin on week of 1/11/27



GROUP FITNESS SCHEDULE

YMCA OF THE NORTHWOODS

FIT PASS FEE - Attend unlimited classes: Members: \$12/mo (Auto-draft) Non-Members: \$75/mo

DROP IN FEE - Attend a single class: Members: \$6/class Non-Members: \$15/class

November 2 - December 20 / FALL 2



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:05-6:50 AM (45m) CYCLING Lisa Studio-Intensity Level 2 7:40-8:35 AM (55m) CLUB MOVES Katie L Studio-Intensity Level 3 8:00-8:50 AM (50m) WATER EX Carol Pool-Intensity Level 2 9:00-9:50 AM (50m) WATER EX Carol Pool-Intensity Level 2 8:45-9:40 AM (55m) INTERVAL CARDIO STRENGTH Susan Studio-Intensity Level 3 10:00-10:50 AM (50m) S'WET Val Pool-Intensity Level 4 10:00-10:50 AM (50m) BEGINNER TAI CHI Debbie Studio-Intensity Level 1 5:30-6:25 PM (55m) STRENGTH Lisa Studio-Intensity Level 3 YMCA POOL AEROBIC STUDIO YMCA GYM NEW TO SCHEDULE ROSTER ONLY CLASS- not included in fitpass	7:30-8:25 AM (55m) BODIES IN MOTION Sue T Studio-Intensity Level 3 7:30-8:15 AM (45m) STRETCH & CORE Becky/ Brandon Gym-Intensity Level 2 8:45-9:40 AM (55m) STRENGTH Amy S Studio-Intensity Level 3 10:00-10:50 AM (50m) FOREVER WELL Becky/Brandon Studio-Intensity Level 1 10:00-10:50 AM (50m) S'WET Val Pool-Intensity Level 4 11:00-11:50 AM (50m) GENTLE WATER Karen Pool-Intensity Level 1 11:00-11:55 AM (55m) PILATES Lisa B Studio-Intensity Level 3 1:15-2:15 PM (60m) BALANCE John Studio-Intensity Level 2 October 26- December 10 ONLY 5:30-6:25 PM (55m) ZUMBA Ely Studio-Intensity Level 2 5:35-6:30 PM (55m) POWER H2O Sue Ellen Pool - Intensity Level 3	7:40-8:30 AM (55m) CLUB MOVES Katie L Studio-Intensity Level 3 8:00-8:50 AM (50m) WATER EX Becky / Brandon Pool-Intensity Level 2 9:00-9:50 AM (50m) WATER EX Becky/ Brandon Pool-Intensity Level 2 8:45-9:40 AM (55m) CORE & MORE Katie Y Studio-Intensity Level 3 10:00-10:55 AM (55m) TAI CHI FOR BALANCE & MINDFUL MOVEMENT Sandy Studio-Intensity Level 1 11:00-11:55 AM (55m) LINE DANCING Katy Studio-Intensity Level 2 12:15-1:10 PM (55m) STRONGER TOGETHER Tanya Studio-Intensity Level 4 5:00-5:55 PM (55m) WATER EX Carol Pool-Intensity Level 2 5:00-5:30 PM (30m) TRX April Studio-Intensity Level 2 5:30-6:00 PM (30m) ABS Amy J Studio-Intensity Level 2	7:30-8:25 AM (55m) BODIES IN MOTION Sue T Studio-Intensity Level 3 7:30-8:15 AM (45m) STRETCH & CORE Brandon / Varies Gym-Intensity Level 2 8:45-9:40 AM (55m) STRENGTH Amy S Studio-Intensity Level 3 10:00-10:50 AM (50m) FOREVER WELL Brandon / Varies Studio-Intensity Level 1 11:00-11:50 AM (50m) GENTLE WATER Karen Pool-Intensity Level 1 11:00-11:55 AM (55m) PILATES Lisa B Studio-Intensity Level 3 1:15-2:15 PM (60m) BALANCE John Studio-Intensity Level 2 October 26- December 10 ONLY 5:30-6:25 PM (55m) POWER BEATS Val Studio-Intensity Level 2 5:35-6:30 PM (55m) POWER H2O Sue Ellen Pool - Intensity Level 3	6:05-6:50 AM (45m) CYCLING Lisa Studio-Intensity Level 2 8:00-8:50 AM (50m) AQUA BEATS Sandy Pool-Intensity Level 2 9:00-9:50 AM (50m) Power H2O Sue Ellen Pool-Intensity Level 3 7:40-8:25 AM (45m) POWER BEATS Katie S Studio-Intensity Level 3 8:45-9:40 AM (55m) POWER PLAY Katie S Studio-Intensity Level 4 10:00-10:55 AM (55m) LINE DANCING Katy Studio-Intensity Level 2 <i>THIS SCHEDULE IS SUBJECT TO CHANGE. Red roster classes are separate classes from fitpass and require pre-registration to confirm your spot!</i> UPDATED: 10/05/2026

FIND THE RIGHT CLASS FOR YOU! Intensity Levels:		All group classes can be modified to be more or less challenging. Instructors often give modification options.	
1. Low intensity & impact; basic moves		3. Moderate to high intensity & impact; some compound moves	
2. Moderate to high intensity; basic moves in combination		4. High intensity; compound moves	

If you are still unsure which class is right for you, please call 715-362-9622 or email to either:
 Brandon Lamping (ext.113) Healthy Living Director or Becky Zelent (ext.118) ForeverWell Coordinator
blamping@ymcanw.org bzelent@ymcanw.org

FOREVERWELL

Beck Family Y



LUNCH & LEARN — WED. OCT. 7

"WHICH VACCINES DO WE NEED AS WE AGE?"

Potluck starts @ 12:00 pm. Theme - Sammies, Salads, & Sweets

Guest Speaker @ 12:30 pm. Dr. Joel Furda

Open Q & A to follow. Bring a friend and your questions to this low key, yet informative session on protecting your health as you age.

LUNCH & LEARN — WED. NOV. 4

"TAPPING: WHAT IS IT AND HOW DOES IT WORK?"

Potluck starts @ Noon. Theme - Soups, Salads, & Dessert

Guest Speaker: Pat Kluz, Master 1 & 2 Practitioner in Reiki

Learn how TAPPING, along with EFT (Emotional Freedom Techniques) are contributing to approaches in the treatment of conditions such as PTSD, anxiety, and depression. Attendees will be shown various TAPPING techniques, as well as participate in breathing & imagery exercises which can help regulate the stress response, aiding in brain modulation.

SENIOR ADVISORY COMMITTEE — 8:30 AM

Your fellow Y members on the Senior Advisory Committee generously volunteer their time each month to bring forth your needs and programming ideas. A list of the Advisory Committee Members is posted on the FOREVERWELL Bulletin Board across from the aerobic studio.

TUE. OCT. 20

TUE. NOV. 17

TUE. DEC. 15

FOREVER ADVENTURERS — 1:00 PM

Join us for an afternoon of hiking, camaraderie, and enjoying nature. See the FOREVERWELL bulletin board for directions and specific route information.

TUE. OCT. 20 - Long Lake

TUE. NOV. 17 - Hanson Lake

TUE. DEC. 15 - TBA

THUR. OCT. 29. BUNCO AFTERNOON — 1:00-3:00 PM

Enjoy us in the Gathering Room for an afternoon of HALLOWEEN THEME play. Lots of laughter, friendly competition, and prizes.

CHRISTMAS TRIP: FIRESIDE & LEGACY THEATER OVERNIGHT

THUR. DEC. 10 – FRI. DEC. 11

Lamers Coach to "A Christmas Story" dinner show at Fireside Theater. Overnight & breakfast at Country Inn Suites. Lunch show "Christmas in the Dells" at the Legacy Theater. Shopping and mystery stops built in. Tickets are limited so sign up soon! Registration closes Nov. 11.

FOREVERWELL



Regular Monthly Programs – Beck Family Y

Y QUILTERS / NEEDLEWORKERS / CRAFTERS — 8:00 AM–2:00 PM

Join fellow quilters, knitters, and crocheters for a relaxed day of creativity and connection. Bring your projects, share ideas and techniques, and enjoy working alongside others who love fiber arts. This group meets regularly on the second Monday of the month. Check in at the front desk for room location.

PARKINSONS SUPPORT GROUP 3:00–4:30PM

Meets regularly on the 2nd Tuesday of the month 3:00–4:30pm in the Gathering Room. The group provides hope, community support, and resources for people with Parkinson's and their loved ones.

COFFEE AND A WHOLE LATTE MORE! 10:30–NOON

Gather your FOREVERWELL friends and let's get together to drink specially brewed coffee and enjoy some great conversation and a sweet treat. Held the last Wednesday of each month.

AMERICAN MAHJONG WEDNESDAYS 12–2:30PM

Open to members and general public with American Mahjong playing experience. Check in at the front desk for room location.

GAME TABLE SOCIAL WEDNESDAYS, 12:00–2:30 PM

Enjoy an afternoon of friendly competition and fun! Join others for games like Rummikub, Golf, Canasta, 7's, Uno, and more. New to a game? Come learn—everyone is welcome, whether you're a seasoned player or trying something for the first time. Check in at the front desk for room location.

READERS ROUNDTABLE 4TH THURSDAY OF THE MONTH AT 12:30 PM

Love to read? Get together with! Instead of reading the same title, participants are invited to bring a brief synopsis of a book they've recently enjoyed (or didn't!). Give it a thumbs-up or thumbs-down and share why. Come ready for lively conversation, new recommendations, and fun discoveries.

INTERESTED IN PING PONG? GATHER FRIENDS AND MEET WEEKLY MONDAYS AND THURSDAYS 10:00AM–NOON





EVENTS

Beck Family Y

FLAG FOOTBALL TRAVEL TOURNAMENT

Date: October 10

Cost: Registration required

The competition heats up as our YMCA travel teams take the field for the Flag Football Travel Tournament. Players will face teams from other communities while representing the YMCA with pride. We wish all participating athletes the best of luck as they compete and grow throughout the season.

NOT-SO-SCARY HALLOWEEN TRAIL

Opens: October 17

Time:

Cost: Free to the Community

Put on your favorite costume and join us for our annual Not-So-Scary Halloween Trail! Families can enjoy a festive evening filled with treats, games, themed stops, and plenty of Halloween fun without the frights. This family-friendly event is a community favorite and a great way to celebrate the season together. We hope to see all our little ghosts, goblins, superheroes, and princesses there!

FALL VACCINATION CLINIC: YMCA LOBBY

Date: Tuesday, October 27

Time: 9:00-11:00 am

Date: Wednesday, October 28

Time: 4:00-6:00 pm

Cost: Various payment options available. Bring appropriate insurance & medical cards with you.

Available Vaccines: Flu, COVID, Hepatitis A & B, Pneumococcal, Shingrix (Shingles), RSV, Tetanus/Tdap

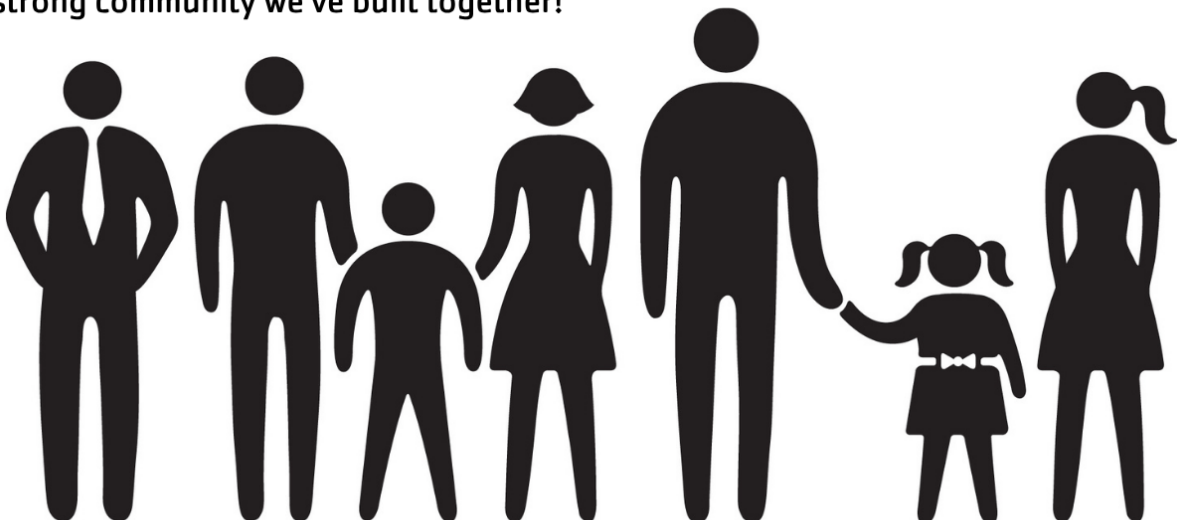
LIGHTS ON AFTERSCHOOL

Date: October 22

Time: Evening

Cost: Free - open to after school families

Join us for Lights On After School, a special family night celebrating the positive impact of YMCA After School programming on local youth. Families are invited to come together for an evening of fun, connection, and recognition as we highlight the friendships, experiences, and opportunities that help young people learn, grow, and thrive. Come celebrate the difference after school makes and the strong community we've built together!





SAVE THE DATE

Beck Family Y

TREE OF WARMTH

Date: November 30

Help spread warmth and joy this holiday season by participating in our Tree of Warmth. Stop by the YMCA lobby and make a gift in support of the Y's mission, then select an ornament to hang on the tree. Each ornament represents generosity, hope, and a commitment to strengthening our community. Together, we'll decorate the Tree of Warmth while helping ensure individuals and families have the opportunity to learn, grow, and thrive at the Y throughout the year.

A PLACE AT THE TABLE

Date: December 8

Time: 9:00am

Cost: Invite Only

An invitation-only gathering where community leaders, friends, and supporters come together to enjoy brunch, hear powerful stories of impact, and learn how the YMCA is strengthening our community every day. Through personal connections and inspiring testimonials, guests will discover opportunities to invest in programs that ensure everyone has access to the Y, regardless of their ability to pay.

PAY THE DAY MEMBER DRIVE

Date: January 1

There's no better time to join the YMCA! With our Pay the Day Member Drive, your joining fee is based on the day of the month you enroll. Join on the 1st and pay just \$1, join on the 10th and pay \$10, and so on. Take the first step toward better health, meaningful connections, and access to programs and services that support you and your family every day. Visit the Welcome Center to learn more and become part of the Y community.

FATHER DAUGHTER DANCE

Date: February 6

Save the date for a magical evening of dancing, memories, and fun! Fathers, daughters, and special father figures are invited to enjoy a night filled with music, delicious food, and unforgettable moments together. More details coming soon.

