



# YMCA DECEMBER MEMBER NEWSLETTER

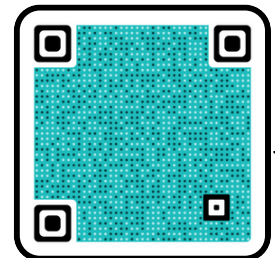
## YMCA OF THE CHIPPEWA VALLEY



### IN THIS ISSUE:

- Group Exercise Survey
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- Join Our Team
- Facility Updates
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- Save the Date
- Featured Employee of the Month
- Our Favorite Member Feedback

**HOLIDAY HOURS FOR ALL LOCATIONS**  
Reference page 2 for the Holiday Hours



Scan or click the QR  
code to take a YMCA  
Group Exercise Survey



# HAPPY HOLIDAYS



## HOLIDAY HOURS YMCA OF THE CHIPPEWA VALLEY

### CHRISTMAS EVE

YMCA Sports Center: CLOSED

Chippewa Falls YMCA: 5:00 AM-1:00 PM

Eau Claire South YMCA: 5:00 AM-1:00 PM

Eau Claire Downtown YMCA: 5:00 AM-1:00 PM

YMCA Tennis Center: 8:00 AM-2:00 PM

### CHRISTMAS DAY

ALL LOCATIONS: CLOSED

### NEW YEAR'S EVE

YMCA Sports Center: 8:30 AM-6:00 PM

Chippewa Falls YMCA: 5:00 AM-1:00 PM

Eau Claire South YMCA: 5:00 AM-1:00 PM

Eau Claire Downtown YMCA: 5:00 AM-1:00 PM

YMCA Tennis Center: 8:00 AM-2:00 PM

### NEW YEAR'S DAY

YMCA Sports Center: CLOSED

Chippewa Falls YMCA: 12:00-5:00 PM

Eau Claire South YMCA: 12:00-5:00 PM

Eau Claire Downtown YMCA: 12:00-5:00 PM

YMCA Tennis Center: CLOSED



# JOIN OUR TEAM!

## AQUATICS

- [Swim Instructor](#) | Eau Claire Downtown YMCA or Chippewa Falls YMCA | Part-time
- [Swim Instructor](#) | Eau Claire South YMCA | Part-time
- [Lifeguard](#) | Chippewa Falls YMCA | Part-time
- [Interested in lifeguarding but need to be trained? Click here to see upcoming lifeguard training courses!](#)

## CHILD CARE, CAMPS, & YOUTH WORK

- [Early Childhood Teacher](#) | Chippewa Falls YMCA | Full-time
- [Early Childhood Teacher](#) | Eau Claire South YMCA Full-time
- [Child Watch Teacher](#) | Eau Claire Downtown YMCA | Part-time
- [Child Watch Teacher](#) | Eau Claire South YMCA | Part-time
- [Child Watch Coordinator](#) | Eau Claire South YMCA | Part-time
- [School-Age Childcare Teacher](#) | YMCA of the Chippewa Valley | Part-time

## HEALTHY LIVING

- [Yoga Instructors](#) | Eau Claire South YMCA | Part-time
- [Indoor Cycling Instructor](#) | Chippewa Falls YMCA | Part-time

## SPORTS

- [Youth Soccer Instructor](#) | YMCA Sports Center | Part-time
- [Youth Volleyball Instructor](#) | YMCA Sports Center | Part-time
- [Soccer Referee](#) | YMCA Sports Center | Part-time
- [Adult Flag Football Referee](#) | YMCA Sports Center | Part-time
- [Sport Tykes Instructor](#) | YMCA Sports Center | Part-time
- [Gymnastics Instructor](#) | YMCA Sports Center | Part-time
- [Gymnastics Team Coach](#) | YMCA Sports Center | Part-time
- [Tennis Assistant Professional](#) | YMCA Tennis Center | Full-time

## VOLUNTEER OPPORTUNITIES

- [Youth Volunteer Coach](#) | YMCA Sports Center
- [Agnes' Table Food Pantry](#) | Chippewa Falls YMCA

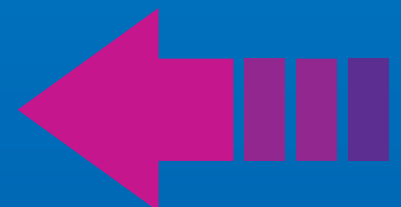
## NATIONAL YMCA OPPORTUNITIES



Scan/click the QR code or visit: <https://www.ymca-cv.org/careers>



Click the image to watch, A Day in the Life of a YMCA Tai Chi Instructor!





# Eau Claire South YMCA



## HOURS

**MONDAY-FRIDAY:**  
5:00 AM-9:00 PM

**SATURDAY-SUNDAY:**  
7:00 AM-7:00 PM

Wow, time is really flying! Can you believe it's already December?!

### Class Updates:

- The YMCA of the Chippewa Valley's 15 Days to Sleigh Holiday Fitness Challenge begins on December 1!
- We've added new weights in the Cardio and Strength Studio for classes like Power Fit.
- Our Group Exercise Schedule now features new classes:
  - a. DanceFit: Mondays, Wednesdays, and Fridays from 9:30-10:30 AM, Tuesdays at 6:45 PM, and Fridays at 5:30 PM.
  - b. Qigong/Tai-Chi: Mondays and Wednesdays from 1:00-2:00 PM.

### Facility Updates:

This month, we will be replacing some rubber flooring in the heavy weight area. Additionally, we are replacing two air handlers and repairing two others in our building. Finally, we are completing some painting throughout the facility.

## December Group Exercise Schedule



[CLICK HERE!](#)

Looking for a fun part-time job working with kids?  
Check out these opportunities below!  
Click on the images for more information

**Randi Schrader**  
Executive Director  
Eau Claire South YMCA

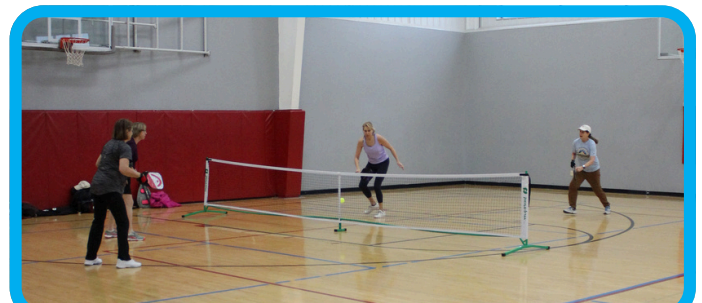
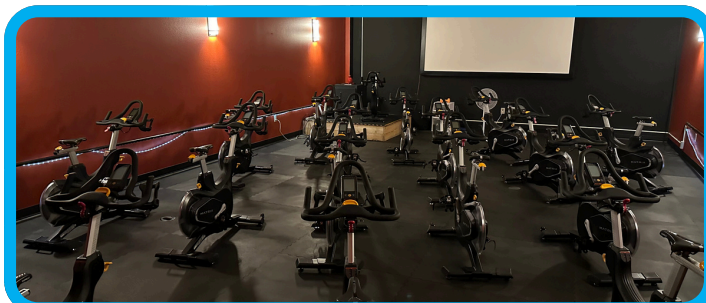
## CHILD WATCH COORDINATOR WANTED

PART-TIME POSITION  
STARTS IMMEDIATELY - EAU CLAIRE SOUTH YMCA  
15-20 HOURS PER WEEK  
\$13-\$15 PER HOUR

the Y

## CHILD WATCH TEACHER

PART-TIME POSITION  
STARTS IMMEDIATELY - EAU CLAIRE SOUTH YMCA  
HOURS: 8:00 AM-NOON | MONDAY-SATURDAY  
\$11-\$13 PER HOUR





# Eau Claire Downtown YMCA



Winter is knocking at our door. This time of year the Y is very busy. Basketball practices start up again, activities have moved indoors, and swim lessons continue to be very popular. We love to see all the activity in our building.

## Racquetball Court Reservations

Racquetball court reservations are back! You can book your court through the Y360 App. See [here](#) if you don't have the app. We do ask that you only reserve 7 days out.

## Gym Usage

Gyms are getting busy this time of year. Our Youth Basketball program continues to grow. Please check gym schedules to see when there are open gyms.

Schaaf Gym will be used most evenings after 4 PM for Y programming. We are trying to keep Nelson gym open as much as possible for member use. Please check the gym schedules weekly as schedules do change. Thank you for your attention to this matter.

Our [Youth Basketball League](#) games start on January 4th. We will have even heavier use of the gyms starting at that time.

## Pickleball

Open Pickleball times in Schaaf gym on Tues & Thurs from 9am – 3pm. This is open Pickleball for anyone and everyone. Please rotate in and out if it gets busy.

Hobbs gym will be available for reservation during certain times where you can play pickleball as well. Please visit our App to reserve.

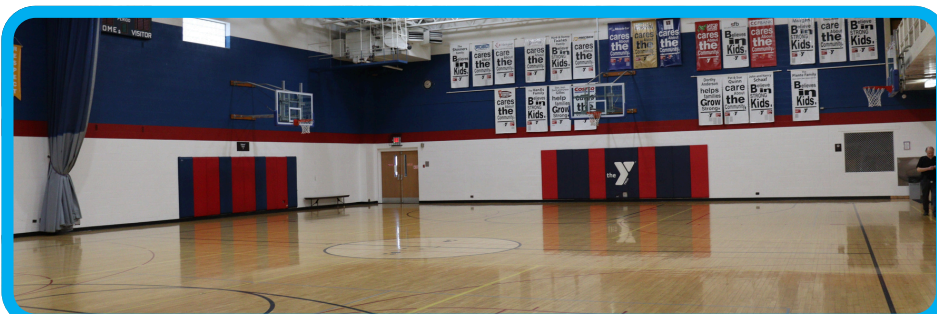
## Open Volleyball

Open volleyball will be on Sundays from 11 AM – 2 PM. This is open volleyball for anyone and everyone to play so please share the court.

## Hot Tub

Please remember to rinse off/shower before using the hot tub. Showing helps keep the chemicals balanced in the hot tub. Sweat, lotions, etc effect the chemical balance and can lead to chemical imbalance. This leads to hot tub shutdowns. Please do your part so the hot tub can remain open.

Thank you!



## HOURS

MONDAY-FRIDAY:  
5:00 AM-9:00 PM

SATURDAY:  
6:00 AM-6:00 PM

SUNDAY:  
11:00 AM-7:00 PM

## December Group Exercise Schedule



[CLICK HERE!](#)

## Join our Health & Wellness Facebook Group!



[CLICK HERE!](#)

**Craig Monson**  
Executive Director  
Eau Claire Downtown YMCA



IT'S NEVER TOO  
LATE TO FEEL  
GREAT.

» ACTIVE & AGELESS



[ACTIVE & AGELESS](#)  
[December Newsletter](#)

# Chippewa Falls YMCA



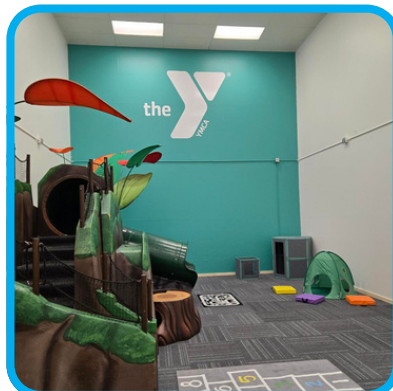
As 2024 ends, the staff at the Chippewa Falls YMCA would like to take this time to say THANK YOU to all our wonderful members who make our Y the place to be in Chippewa Falls. As our community continues to grow and change, we are proud that the Y continues to serve all in a positive way each day.

Looking forward to ringing in 2025 with you!

Come check out our interactive PlaySpace designed for children's educational and recreational enrichment. This initiative was made possible through the generous partnership with the Children's Museum of Eau Claire, a grant provided by AnnMarie Foundation, Inc., and the generosity of Mike & Dawn Bye. The YMCA invites families to experience the joy of play with a purpose.

The PlaySpace at the Chippewa Falls YMCA is a haven for young minds, offering a variety of STEM-based games and activities that promote learning through play. Tailored for children of all ages with an emphasis on activities for 2-14-year-olds, the area is equipped with innovative games and robotics, facilitating a hands-on environment to stimulate creativity, problem-solving, and critical thinking. Also in the space, a large climb-through slide, blue building blocks, and interactive fort-building supplies to get little minds and bodies moving. We are so excited to open this space up to our Members! Non-Members are welcome to use this space, along with the rest of the YMCA by purchasing a day pass.

Learn more about the YMCA PlaySpace at [www.ymca-cv.org/play](http://www.ymca-cv.org/play).



## HOURS

MONDAY - THURSDAY:  
5 AM - 9 PM

FRIDAY:  
5 AM - 7 PM

SATURDAY & SUNDAY:  
6 AM - 4 PM

## December Group Exercise Schedule



[CLICK HERE!](#)

## Join our Health & Wellness Facebook Group!



[CLICK HERE!](#)

**Carrie Mathwig**  
Executive Director  
Chippewa Falls YMCA

IT'S NEVER TOO LATE TO FEEL GREAT.

ACTIVE & AGELESS



[ACTIVE & AGELESS](#)  
[December Newsletter](#)



# L.E. Phillips YMCA Sports Center



Happy Holidays!

As the air turns colder, the YMCA Sports Center invites you to come inside to play! Check out what December has in store.

## Cozy Christmas Fun – Ornament Making

Come enjoy the Christmas spirit, creating beautiful ornaments designed to give as a gift while enjoying hot cocoa and popcorn. This special class is designed to be a parent/adult and child class.

WHEN: December 18, 2024, 10:00 AM

COST: Members: \$10 | Non-Members: \$15

[Register Here](#)

## New Year's Family Event

Mark your calendars for Friday, December 27 from 5:00-8:30 PM. We will have an extra special, fun-filled family night to help welcome in the New Year. Limo rides, inflatables, and a HUGE balloon drop with 1,500 balloons! We'd love to have you join us!

WHEN: Friday, December 27

COST: \$5/person; 2 and under are FREE

## Family Fun – free with a YMCA Family Membership

Too cold to play outside? Join us at the YMCA Sports Center for some fun! Children and adults enjoy open play with sports equipment, toys, and inflatables.

- Family Fun Zone (age 0-5 with adult)– Tuesdays, Thursdays, and Fridays from 9:00-11:30 AM
- Family Night (all ages)– Friday Nights from 5:00-9:00 PM for all ages. Youth must be accompanied by an adult!

## Open Play

Open Play is offered when there is a break from programming. Call the Sports Center for Open Play times. Free for Members

## Open Pickleball

Pickleball is offered daily with several options for open play. Please check the [online schedule](#) for open play times.

## Holiday Hours

- Christmas Eve: Closed
- Christmas Day: Closed
- New Years Eve: 8:30 AM-6:00 PM
- New Years Day: Closed

We look forward to seeing you soon!

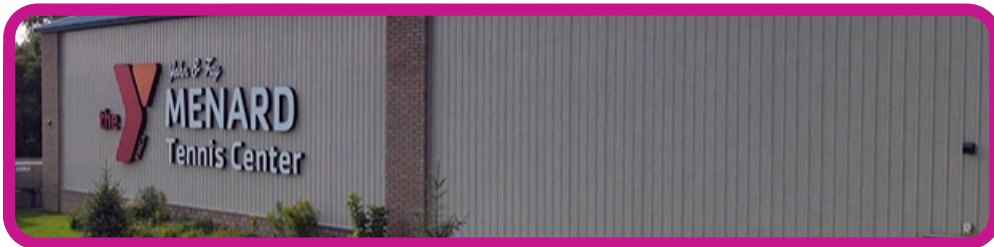


**HOURS**  
MONDAY-FRIDAY  
8:30 AM-9:00 PM  
SATURDAY  
9:00 AM-6:00 PM  
SUNDAY  
9:00 AM-7:00 PM

**Bonnie Nicolai**  
Operations Director  
YMCA Sports Center



# John & Fay Menard YMCA Tennis Center



## HOURS

MONDAY-FRIDAY  
6:00 AM-8:00 PM

SATURDAY  
8:00 AM-10:00 PM

SUNDAY  
10:00 AM-10:00 PM

## TENNIS TIP OF THE MONTH:

### TOP 10 TENNIS STRESS REDUCES

1. A champion minded athlete accepts that they are not going to perform to 1. Practice the skills (new or improved) worked on in a lesson before your next match.
2. Practice, minimally, at least one time between every two matches.
3. Stay present. One ball, one point, one game, one set at a time. Don't stew over the past mistakes or the scoreline.
4. Take you time between points, particularly when misfiring and the tendency is to rush to begin the next point to right yourself.
5. Do not stand still in between points, particularly when misfiring and the tendency is to rush to begin the next point to right yourself
6. Do not "get set" or "plant" when making your shots.
7. Maintain a relatively low grip tension in the ready position and through shot impact.
8. Breathe - inhale just before you launch your racquet into the ball, exhale through the point of impact and follow through
9. Watch the ball into your racquet, then remain connected to it in its outgoing patch with a still head.
10. Visualize your shot intentions every single time.

## BLUGOLD TENNIS CLINICS

December 15 from 10 AM-4 PM the Blugold Men's and Women's teams will be hosting Adult and Youth Doubles clinics. 50% of the proceeds will be used to help fund their travel expenses for 2025. Space is limited to the first 20 adults and the first 20 youth (12-18 years old).

## SPONSORSHIP OPPORTUNITIES

We have some exciting opportunities for sponsors in 2025. Please reach out with any questions. Below is a brief overview of some of the opportunities that exist.

Court Name	\$7,500 per year with a 5-year commitment (7 courts)
Bench Name	\$1,000 per year with a 5-year commitment (14 benches)
Tennis Divider	\$1,00 per year with a 5-year commitment (6)



**REGISTER FOR  
ADULT TENNIS**

**REGISTER FOR  
YOUTH TENNIS**

## UPCOMING EVENT

12/7 JTT Serving with a Purpose  
12/7 Caring at Christmas Mixer  
12/20-22 Girls Winter Championship L4

## CARDIO TENNIS

Mon-Friday: 10:30-11:30 AM  
Tues & Thurs: 7:00-8:00 PM

Cost:

- Free for Members
- \$10 for Non-Members

## FREE COURT TIME FRIDAYS

This winter the John and Fay Menard YMCA Tennis Center will be offering free court time to all members on Fridays from 7:00-10:00 PM, December 6, 13 & 27.

Members are able to bring a guest at no charge. You can call 6 days in advance to schedule your court time. Please call to make a reservation as courts do fill up quickly.

## CARING AT CHRISTMAS MIXER!

We are asking for a \$35 donation to participate with all proceeds being used to purchase Christmas presents for families in need. This is a potluck so we are asking that everyone bring a dish to pass. This will be set up as a mixer with all partners paired randomly and switched after each round. Space is limited to the first 40 people that sign up.

WHEN: December 7 from 5-7 PM

**Matt Boughton**  
Executive Director  
John & Fay Menard YMCA  
Tennis Center



# MISSION STORY

## LIVESTRONG at the YMCA

Karen is a member at the Eau Claire Downtown YMCA who is currently participating in the LIVESTRONG program and she is actively getting chemotherapy and radiation.



To view more mission stories, visit:  
[www.ymca-cv.org/mission](http://www.ymca-cv.org/mission)

**MISSION  
MOMENTS**  
YMCA OF THE CHIPPEWA VALLEY

# LIVESTRONG®

LIVESTRONG® at the YMCA is a free 12-week program, tailored to the specific needs of cancer survivors who would like to improve their quality of life before, during, and after treatment. We offer small group sessions to connect participants to other cancer survivors looking to reclaim their lives. Our certified instructors and personal trainers have undergone specialized training in the elements of cancer, rehabilitative exercise, and supportive cancer care.

A FREE one year family membership is included with this program.

### CHIPPEWA FALLS YMCA

WHEN: January 7-March 27, 2025  
TIME: 1:00-2:15 PM or 4:30-5:45 PM |  
Tuesdays & Thursdays  
COST: Free for cancer survivors  
LOCATION: Chippewa Falls YMCA

### EAU CLAIRE DOWNTOWN YMCA

WHEN: January 6-March 26, 2025  
TIME: 1:00-2:15 PM or 4:30-5:45 PM |  
Mondays & Wednesdays  
COST: Free for cancer survivors  
LOCATION: Eau Claire Downtown YMCA

[CLICK HERE FOR MORE INFORMATION](#)



# WINTER & SPRING 2025 PROGRAM GUIDE IS NOW AVAILABLE

Click on the cover photo to learn more and register.

## CHRISTMAS AT THE LODGE FRIDAY, DECEMBER 6



Join us in the warmth of the fire under the Manitou "M" at the Christmas at the Lodge fundraiser for mingling with drinks and great food. This event helps support our mission, provide exceptional facilities, and ensure that Manitou will continue to inspire youth for years to come.

When: Friday, December 6  
Cost: \$150/person  
(\$100 of a ticket price is a tax-deductible donation)

[DONATE HERE](#)

[REGISTER HERE](#)





# UPCOMING CHALLENGES

## 15 DAYS TO SLEIGH

### HOLIDAY FITNESS CHALLENGE YMCA OF THE CHIPPEWA VALLEY

Join our 15 Days to Sleigh Challenge to have some fun while focusing on fitness before Christmas AND earn some cool prizes! The challenge is simple, earn points by working out. Everyone who registers will earn a YMCA ugly Christmas crew neck sweatshirt. The top three point earners will win extra prizes. Challengers points will be tracked in the Cardio Room! Check-in with the Wellness Desk to start tracking. Remember, honesty is a YMCA Core Value!

**WHEN:** This challenge will begin on December 1 and run through December 15 - That's 15 DAYS to SLEIGH!

**COST:** \$30 - YMCA Members Only  
All registrants will earn this awesome sweatshirt!

**AGES:** 12-112 years

Registration deadline is December 1.



#### HOW TO EARN POINTS:

- 30 minutes of Cardio
  - 1 point (max 1 point per day for cardio)
- 30 minutes of Weights
  - 1 point (max 1 point per day for weights)
- Attend YMCA Group Exercise Class
  - 2 points per class (unlimited)

#### REGISTER HERE:



[WWW.YMCA-CV.ORG/SPECIALTYPROGRAMS](http://WWW.YMCA-CV.ORG/SPECIALTYPROGRAMS)

## IDLE IRONMAN 2025

YMCA OF THE CHIPPEWA VALLEY

CHALLENGE BEGINS JANUARY 1

LOOKING FOR A CHALLENGE?



2.4



112



26.2

The Idle Ironman Challenge covers the distance of an Ironman Triathlon over 31 days: 2.4 mile swim, 112 mile bike and a 26.2 mile run. This challenge is being offered at both Chippewa Falls and Eau Claire facilities.

Participants must report their weekly totals - details to follow upon registration. Any indoor/outdoor activities count toward your totals.

**REMEMBER: Honesty is a YMCA core value!**

**DATE:** January 1-31, 2025

**COST:** \$25 Members | \$30 Non-Members\*

\*Non-Members can use the YMCA with the purchase of a day pass.

**AGE:** 12 years and older

#### SWIM DISTANCE:

##### ECDT & SOUTH POOLS = YARDS

- 1 pool lap (1 length of pool 25 yds) - 50 yds
- 1 mile (33 laps) - 1760 yds
- 2.4 miles (85 laps) - 4224 yds

##### SWIM DISTANCE:

##### CF POOL = METERS

- 1 pool lap (1 length of pool 25 meters) 50 m
- 1 mile (33 laps) 1610 m
- 2.4 miles (78 laps) 3863 m

#### SWIMMING EQUIVALENTS:

- Rowing Machine for 100 meters 50 yds
- Water Aerobics for 45 mins (700 yds, 4 mi)
- Water Aerobics for 60 mins (1056 yds, 6 mi)

#### RUN/WALK OPTIONS:

- Treadmill
- Running/Walking
- Cross Country Skiing
- Snow Shoeing
- Elliptical Trainer
- Arc Trainer
- Stair Climbing
- Hiking

#### BIKE OPTIONS:

- Cycling Class - Check Mileage After Class
- Outdoor Cycling - Record Mileage
- Cross Country Skiing - 1:1 Ratio

#### CONVERSIONS:

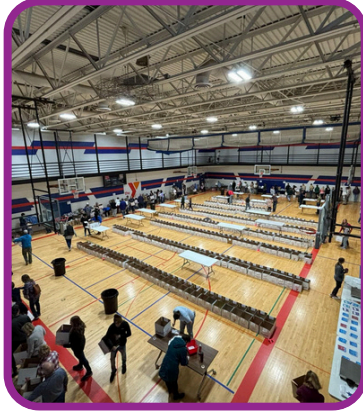
To complete an Ironman Triathlon in 4 weeks:

- Run/Walk 6.5 miles/wk
- Bike 28 miles/wk
- Swim (yards-EC Pool) 1050 yds/wk, 21 laps/wk
- Swim (meters-CF Pool) 966 m/wk, 19.5 laps/wk



Register online at [www.ymca-cv.org/specialtyprograms](http://www.ymca-cv.org/specialtyprograms) or at the Member Service Desk.

# SUPPORT OUR TROOPS RECAP



**608 care packages were packed and shipped to our active military!  
Thank you to everyone for your help and support!**

# FESTIVAL FOODS TURKEY TROT RECAP



**Another successful Festival Foods Turkey Trot! Thank you to  
everyone who participated and volunteered! See you in November  
2025!**



# DON'T FORGET ABOUT YOUR FREE MEMBER BENEFITS

It's time to get inside and PLAY at the YMCA Sports Center. Family Night offers fun for the entire family. Join us every Friday night from 5-9 PM, September 6 through May 16. Open to all families, kids, and their friends! All children 17 and under must be accompanied and supervised by an adult.

WHEN: Fridays from 5:00-9:00 PM

This service is FREE for those who have YMCA Family Memberships.

**NOW FREE FOR MEMBERS!!**



**FAMILY TIME AT THE Y**

**FAMILY NIGHT  
YMCA SPORTS CENTER**

It's time to get inside and PLAY at the YMCA Sports Center. Family Night offers fun for the entire family. Join us every Friday night from 5-9 PM, September 6 through May 16. Open to all families, kids, and their friends! All children 17 and under must be accompanied and supervised by an adult.

- WHEN: Fridays from 5:00-9:00 PM
  - Special Events: October 25, December 27 - **JOIN US!**
  - **NO** Family Night: October 11, November 29
- FEE (per person): Member: FREE | Non-Member: \$6

- Open Play for families
- Inflatables
- Variety of sports balls
- 5 and under area
- Gymnastics open play 7-9 PM
- Movie and quiet space
- Quality family time
- **And Much More!**

[WWW.YMCA-CV.ORG/FAMILYEVENTS](http://WWW.YMCA-CV.ORG/FAMILYEVENTS)

[More Information](#)

Child Watch is a FREE drop-in daycare service for ages 6 weeks to 10 years. This service is available for those with YMCA Family Memberships and the child must be part of the family unit. Child Watch has designated hours and care is available on a first-come, first-serve basis at the Chippewa Falls YMCA, Eau Claire Downtown YMCA, & Eau Claire South YMCA. No food is allowed in Child Watch except for formula and all children are encouraged to bring a water bottle. Please note, this service follows licensing procedures but IS NOT a licensed childcare program. Drop-off your children with our caring staff and have a worry-free workout!



**CHILD WATCH**

**FREE FOR YMCA HOUSEHOLD MEMBERSHIPS**

CHILDWATCH is FREE for all YMCA Family Memberships at the Chippewa Falls and Eau Claire YMCA. Hours vary per location. Please visit our website for more information.

Let US take care of your kids while you take care of YOU!  
For ages 6 weeks to 10 years.

[WWW.YMCA-CV.ORG/CHILDWATCH](http://WWW.YMCA-CV.ORG/CHILDWATCH)

[More Information](#)



# IN THE NEWS

We continue to highlight the times when the YMCA of the Chippewa Valley is in the news! Below are just a few times that the Y has been featured in the last month:

## THE 715 NEWSROOM: CHIPPEWA FALLS YMCA & CHILDREN'S MUSEUM OF EAU CLAIRE COLLABORATE FOR NEW PLAY SPACE



Click the image to view the full article

## WEAU: INTERVIEW: YMCA OF THE CHIPPEWA VALLEY TO HOLD TROOP CARE PACKAGE DRIVE



Click the image to view the full article

## WEAU: YMCA'S "MEMBERSHIP FOR ALL" PROGRAM (11/12/24)



Click the image to view the full article

## MORE NEWS STORIES!

- [YMCA opens new STEM-focused PlaySpace | Chippewa Valley News | wqow.com](#)
- [NORTH PARK DENTAL - sunshine award - WEAU](#)
- [YMCA's "Membership For All" Program \(11/12/24\)](#)

# What's Happening at the YMCA?

Click the text below to learn more.

- [December 1 | Eau Claire Downtown YMCA | Winter 1 Youth & Teen Powerlifting Registration Opens for Members & Non-Members](#)
- [December 1 | Chippewa Falls YMCA | Winter 1 Youth & Teen Powerlifting Registration Opens for Members & Non-Members](#)
- [December 1 | YMCA of the Chippewa Valley | 15 Days to Sleigh Challenge Begins](#)
- [December 6 | YMCA Camp Manitou | Christmas at the Lodge](#)
- [December 7 | Eau Claire Downtown YMCA | Lifeguard Recertification Course](#)
- [December 8 | YMCA Sports Center | Winter 1 Gymnastics Registration Opens for Members](#)
- [December 11 | Chippewa Falls YMCA | Pop-Up Step Group Exercise Class](#)
- [December 12 | Chippewa Falls YMCA | Lifeguard Certification Course](#)
- [December 15 | YMCA Sports Center | Winter 1 Gymnastics Registration Opens for Non-Members](#)
- [December 16 | Chippewa Falls YMCA | Create a Gnome](#)
- [December 18 | YMCA Sports Center | Ornament Making](#)
- [December 22 | Chippewa Falls YMCA | Winter 1 Swim Lessons Registration Opens for Members](#)
- [December 28 | Eau Claire Downtown YMCA | Lifeguard Recertification Course](#)
- [December 29 | Chippewa Falls YMCA | Winter 1 Swim Lessons Registration Opens for Non-Members](#)
- [December 30 | Eau Claire Downtown YMCA | SafeSitter Training](#)

## SAFE SITTER® SAFETY COURSE

Teaches students safety skills for when they are home alone, watching younger siblings, or babysitting. Students will learn safety skills, childcare skills, first aid/rescue skills, and life/business skills from the instructor-led one-day class. There will be a snack break, but it is not provided. Please bring your own.

Eau Claire Downtown YMCA

- January 11, January 21, March 8, May 31
  - 9:00 AM-2:30 PM
- Entering Grade 6- 8
- Cost: YMCA Members: \$70 | Non-Members: \$85

## SAFE@HOME BY SAFE SITTER® SAFETY COURSE

A program designed to prepare students to be safe when they are home alone. This 60-minute class will teach students about safe habits and how to deal with situations such as power failures, injuries, illnesses, and weather emergencies.

Eau Claire Downtown YMCA

- January 11, March 8, May 31
  - 3:00-4:30 PM
- Entering Grades 4-6
- Cost: YMCA Members: \$30 | Non-Members: \$40

# SAVE THE DATE

# NEW YEAR'S FAMILY EVENT!

WHEN: Friday, December 27

TIME: 5:00-8:00 PM

WHERE: YMCA Sports Center

COST:

- \$5 per person
- Kids 2 and under are free
  - Cash only | Pay at the door!





# Featured Employee of the Month

## Alicia Chartrand

**Department:**  
YMCA Tennis Center

**How long have you worked at the Y:**  
2.5 years

**When is your birthday?**  
September 23

**Where did you grow up?**  
Menomonie

**What is your favorite part of working at the YMCA?**  
The camaraderie with members and colleagues. Everyone seems to have your best interests at heart. Coming to work and having great relationships with those around you makes up a huge part of loving what you do.

**What are three words that best describe the Y?**  
Caring, inviting, and positivity

**Favorite pastimes?**  
Reading, kayaking, hanging out with my 2 dogs, cat and fiancé.

**Favorite quote?**  
"The happiness of your life depends upon the quality of your thoughts." -Marcus Aurelius

**Where's your favorite place in the world?**  
A toss up between Hawaii or Costa Rica. I fell in love with the cultures and traditions...and of course the beaches.

**If you could be any animal, what would it be?**  
A bird. To fly and be free to go wherever I want whenever I want.

**Tell us something interesting about yourself.**  
I love cooking and trying different recipes. I have a unhealthy obsession with buying purses, books and crystals.

**What is your proudest moment at the YMCA?**  
Hearing from the night and weekend staff that I'm a great supervisor. They appreciate that I'm flexible with their scheduling while they balance school and work. They appreciate that I'm a phone call away and if needed I'll come in and help them even if I'm off.

**What is your favorite YMCA story?**  
One morning I had a member come in and write out a check in the amount to cover the cost of a youth membership for an entire year. They said to give it towards a child in need that loves to play tennis so they can have access to our facility to be able to play tennis year round. I think its wonderful that our ymca members have compassion towards our youth members in our community.





## Our Favorite Member Feedback

Here are some comments from happy Members! We hope your experience is always positive at the Y!

- I love doing my water exercises and using the pool.
- There are so many opportunities to fit everyone's fitness needs!
- A good mix of classes and the ability to workout on your own., "coaches/personal trainers" that appear to like what they're doing and Grant at the front desk - always helpful and cheery.
- Playing pickle ball with a great group of people!!! I love the camaraderie and competition every time I go. Definitely recommend the Sports Center to anyone interested in enjoying other people and activities.
- Love the pool, love restorative yoga class on Wednesday evening.
- My enhanced fitness class is fun and taught by an energetic instructor-Missy!

# JOIN OUR TEAM!



Whether you are looking for your first job, or a post-retirement gig, the YMCA is a great place to work.

A free YMCA Membership is a nice perk too!

[SEE POSITION OPENINGS!](#)