



YMCA JANUARY MEMBER NEWSLETTER

YMCA OF THE CHIPPEWA VALLEY



IN THIS ISSUE:

- Join Our Team
- Facility Updates
- Mission Story
- Winter/Spring Programming
- Upcoming Events
- Don't Forget About These Free Y Member Benefits
- In the News
- What's Happening at the YMCA?
- Sate Sitter & Safe@Home
- Featured Employee of the Month
- Our Favorite Member Feedback



JOIN OUR TEAM!

AQUATICS

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

CHILD CARE, CAMPS, & YOUTH WORK

- [Before & After School Care](#) | YMCA of the Chippewa Valley | Part-time
- [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

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

VOLUNTEER OPPORTUNITIES

- [Youth Volunteer Coach](#) | YMCA Sports Center
- [Agnes' Table Food Pantry](#) | Chippewa Falls YMCA
- [Feed My People Food Bank](#) | Eau Claire Downtown YMCA

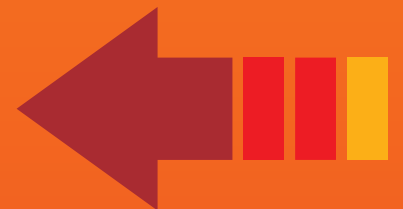
NATIONAL YMCA OPPORTUNITIES



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 SACC Teacher!



Eau Claire South YMCA



HOURS

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

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

Happy New Year!

Can you believe it's been an entire year since we opened the Eau Claire South YMCA? So much has changed over the past year, including fresh paint, new equipment, updated signage, and renovations in the pool area.

We now have brand new pickleball nets! Come by and enjoy a game of pickleball.

Additionally, we are excited to announce that Ante and Post Natal Specialty Personal Training is now available with Haili Carlson! You can find the flyer linked below.

Adult Swim Program

Are you interested in lap swimming or looking to enhance your swimming efficiency? Join Randy Mundt for our monthly Senior Lap Swim Workshop! The flyer is linked below.

Swim Lessons

We have great news! Swim lessons are now being offered for Winter and Spring. Click here for more information.


January Group Exercise Schedule



[CLICK HERE!](#)

Randi Schrader
Executive Director
Eau Claire South YMCA

- WINTER: January 26 - March 15, 2025
 - Registration: Members: January 5 | Non-Members: January 12
- SPRING: March 23 - May 10, 2025
 - Registration: Members: March 9 | Non-Members: March 16

DEVELOP SAFE AND EFFECTIVE EXERCISES 

ANTE/POSTNATAL TRAINING
EAU CLAIRE SOUTH YMCA

As a certified personal trainer specializing in Ante and Post-Natal clients, Haili Carlson designs safe and effective fitness programs tailored to the unique needs of women during and after pregnancy. She focuses on addressing specific concerns like posture, pelvic health, and core stability through the promotion of exercise. By providing personalized guidance, she helps clients navigate their fitness journey with confidence, supporting them through every stage of pregnancy and postpartum recovery.

30-Minute Private	60-Minute Private
• 20 sessions: \$463	• 10 sessions: \$247
• 12 sessions: \$297	• 6 sessions: \$157
• 8 sessions: \$197	• 3 sessions: \$107
• 4 sessions: \$97	• 1 session: \$48

Trainer: Haili Carlson

30-Minute Partner	60-Minute Partner
• 20 sessions: \$360	• 10 sessions: \$192
• 12 sessions: \$240	• 6 sessions: \$128
• 8 sessions: \$160	• 3 sessions: \$85
• 4 sessions: \$80	• 1 session: \$38

YMC-CV.ORG/PERSONALTRAINING

IMPROVE YOUR TECHNIQUE

SENIOR LAP SWIM WORKSHOP
EAU CLAIRE SOUTH YMCA

Are you interested in exploring lap swimming or looking to make your swimming more efficient? Join Randy Mundt for our Senior Lap Swim Workshop offered monthly!

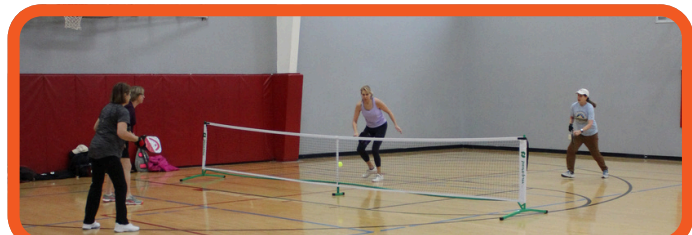
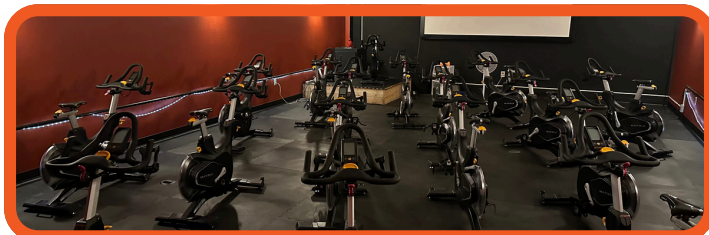
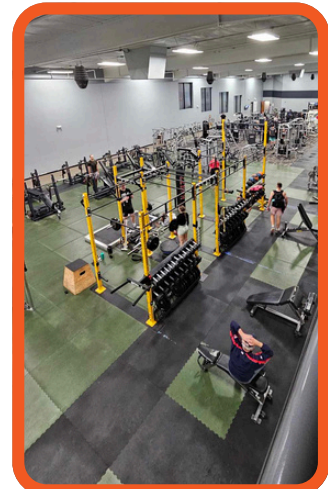
In a small group format, Randy will give you feedback on your technique and guide you to improve your swimming in a variety of strokes. Front crawl, backstroke, breaststroke, and sidestroke will all be discussed as Randy assists you on your swimming journey. He will also recommend tools and equipment, in addition to giving direction on planning and making workouts.

Open to anyone over the age of 30 who wants to lap swim better! The only tools you'll need are a swimsuit and goggles!

JANUARY WORKSHOP

- DATES:
 - Thursday, January 9, 10:00-10:45 AM
 - Thursday, January 16, 10:00-10:45 AM
 - Thursday, January 23, 10:00-10:45 AM
 - Thursday, January 30, 10:00-10:45 AM
- COST: Members: \$38 | Non-Members: \$48

Register at www.ymca-cv.org/fracturesouth, at the front desk, or scan the QR code!
Questions? Contact Corey M at (715) 861-6875 or cmukai@ymca-cv.org



Eau Claire Downtown YMCA



Happy New Year!

As we welcome 2025, we want to extend our heartfelt thanks for being a part of our YMCA community.

Youth basketball is back and better than ever! League games will resume on Saturday, January 4. It's truly exciting to witness all the boys and girls developing new skills and teamwork, making friends, and enjoying themselves.

Please check the [gym schedules](#), as games and practices will be held in all three gyms at various times.

Racquetball Court Reservations:

Racquetball court reservations are now available! You can book your court using the Y360 App. If you don't have the app, you can find more information [here](#). We kindly ask that you make your reservations no more than 7 days in advance. Thank you!

Open Volleyball:

Join us for open volleyball every Sunday from 11:00 AM-2:00 PM in Schaaf West. This is a friendly session open to everyone, so please be respectful and share the court. Note that only half of the Schaaf gym will be available during this time due to basketball scheduling.

Hot Tub:

A gentle reminder to please rinse off or shower before using the hot tub. This ensures that the chemical balance in the hot tub remains stable. Sweat, lotions, and other substances can disrupt this balance and potentially lead to shutdowns. Your cooperation helps keep the hot tub open for everyone. 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

January 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](#)
[January Newsletter](#)

Chippewa Falls YMCA



2025 has arrived! We are so thankful for you to be here with us at the YMCA and allowing us to serve YOU! As always, we have SO MANY things happening to kickstart the year, so please make sure to check out our newsletters for all the programs/events across our entire facility.

If your resolution is to learn a new skill, we got you covered with a 6-week [Line Dancing](#) course. Not a dancer? Learn to [paint your own Snowman](#) in our January art class. If fitness is more your speed, there are new fitness classes on the group exercise schedule, [small group personal training](#) and [youth/teen fitness classes](#) to get involved. If chronic illness has gotten the best of you, check out our [Livestrong](#) and [Pedaling for Parkinsons](#) classes and take leap towards improving your physical fitness while meeting some new friends and fantastic instructors. Kids looking to build their basketball skills? Sign them up for our popular [Little/Big Dribblers Basketball](#) program where everyone plays and everyone wins. And if winter completely has you down, enroll your children in [swimming lessons](#), because summer will be here before we know it.

Remember, the YMCA is more than just a gym; it's a community. We look forward to seeing you at our upcoming events and classes. Let's make 2025 a year of growth, health, and happiness together!



HOURS

MONDAY - THURSDAY:
5 AM - 9 PM

FRIDAY:
5 AM - 7 PM

SATURDAY & SUNDAY:
6 AM - 4 PM

January 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](#)
[January Newsletter](#)

L.E. Phillips YMCA Sports Center



HAPPY NEW YEAR!

As we bid farewell to 2024, our L.E. Phillips YMCA Sports Center staff are excited to have you join us in 2025.

Winter 1 Programs and Leagues

Start the week of January 5th. If you missed out on Winter 1, there is still room in the following classes and leagues for Winter 2:

- Sports Tykes
- Youth Soccer Skills (ages 6-8 & 9-11)
- Youth Volleyball (ages 6-8 & 9-11)
- Gymnastics: School-Age Progressive and Preschool Classes (ages 18 months-5 years)
- Leagues: High School Soccer, Adult Soccer, Adult Flag Football, Youth Flag Football, Adult Basketball, and Adult Volleyball.

Don't delay, programs are filling fast!

Fusion Volleyball registration is currently available

The Eau Claire YMCA Fusion Volleyball club will participate in the Wisconsin Independent Volleyball League (WIVL). Open to 6th-8th grade girls who will be enrolled at local High Schools, the club has a "no cut" policy and will provide opportunities for teams at each grade level based on which high school players will enroll for 9th grade. The program's focus will be on teaching individual skills through drills and game-like situations, introducing volleyball to girls at an age where they can become interested in the game, develop gradually, and become productive players.

Pickleball Luck-Of-The-Draw Round-Robin, Sundays 5:00-7:00 PM starting January 5.

A fun format where each person will play one game with and against a different opponent, which is determined by a random draw. Each game will be played and timed for a predetermined number of minutes. The number of points you and your partner score will be individually recorded and tallied. The player with the most points at the end of each night will have "bragging rights" for the next week! Daily playing fees apply. \$4 for YMCA Members; \$6 for Non-Members; Free for Pickleball Season Pass Holders.

Open Pickleball

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

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:

5 TIPS TO IMPROVE YOUR TENNIS GAME

Many elements of your tennis game require weeks, months and often years of hard training and preparation to master. There are, however, some tips you can apply to your game today.

These are mostly related to strategy and overall approach. Though not physically demanding, they will challenge the way you perceive your role in every game.

1. Prepare immediately for the next shot. In a game of tennis, every second counts. Even before the bouncing ball comes to your side, you should have your hips and shoulders turned, ready to position yourself for the next hit.
2. You are only as good as your follow through. Every stroke should be the exact same as the thousands of identical strokes you've spend years practicing.
3. Learn to rover fast. When you're playing well, everything feels great and your confidence increases. You have to be able to recover fast mentally. Competitive tennis is as much about will power as it is about mechanics.
4. No double bounce policy. This is quite possibly the best piece of tennis advice you'll ever hear. Don't let the ball bounce twice. EVER. Chase every single ball, especially during practice.
5. Don't overcomplicate your shots. Keep it simple. Your job is to get the ball back over the net. That's it!! If you can consistently send over a strong shot that forces your opponent to reposition, you will win 90% of your matches.

BLUGOLD TENNIS CLINICS

Sunday, January 26 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).

NEW PLAY/REPLAY

Coming 2025 the John and Fay Menard YMCA Tennis Center will become the first facility in the Midwest to have ELC (electronic line calling) on all 8 courts. Play/Replay combines accuracy, reliability, and user-friendliness, ensuring fair play and eliminating any doubts or controversies. Meanwhile, the platform utilizes intelligent algorithms to process vast amounts of data, providing players with valuable insights into their performance, strengths, weaknesses, and areas for improvement. By combining these two innovative solutions, we will be transforming the way our members analyze, train, and compete in the game of tennis. We are hopeful that this technology will be installed sometime in early January. Please reach out if you have any questions.

UPCOMING EVENT

1/3-5	Winter Open L4 Junior Tournament
1/18-19	January L6 Junior Tournament
2/1	UWEC vs Concordia 12-4 PM
2/8-10	Girls 16's National Indoors.
2/14	UWEC vs Bethel 6p
2/15-22	J6 ITF International Junior Tournament

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, January 10 & 24.

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.

[REGISTER FOR YOUTH TENNIS](#)

[REGISTER FOR ADULT TENNIS](#)

Matt Boughton
Executive Director
John & Fay Menard YMCA
Tennis Center

MISSION STORY

National Empowered Leaders Resource Network 30 Under 30 Award YMCA of the Chippewa Valley Celebrates Collis McCloud Jr.

Collis McCloud Jr., the Association School-Age Childcare Director, has been recognized as one of this year's Empowered Leaders Resource Network 30 Under 30 award recipients. This esteemed award celebrates the remarkable accomplishments of young leaders who are making a difference in their communities through the YMCA.

Click on the picture to read the full story!



To view more mission stories, visit:
www.ymca-cv.org/mission

**MISSION
MOMENTS**

YMCA OF THE CHIPPEWA VALLEY



**WINTER &
SPRING
2025
PROGRAM
GUIDE IS
NOW
AVAILABLE**

Click on the cover photo to learn more and register.

UPCOMING EVENTS

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: ECOT & SOUTH Pools = Yards

- 1 pool lap (1 length of pool 25 yds) - 50 yds
- 1 mile (35 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 or at the Member Service Desk.

GET HOOKED! LEARN TO FISH

FREE ICE FISHING EVENT
CHIPPEWA FALLS YMCA

Enjoy the Wisconsin DNR FREE FISHING weekend (no fishing license required) with the Chippewa Falls YMCA.

Meet at Ojibwa Golf & Bowl for an afternoon of fishing instruction on Glen Loch Lake/Reservoir and learn how to ice fish! Instruction provided by YMCA staff and community fishing volunteers.

- FREE fishing pole, bait and jig to all those who participate (while supplies last)
- Set up equipment, learn the skills of ice fishing, and fish cleaning lessons throughout the afternoon
- All ages welcome
- No registration required, just come with your smile

WHEN: Saturday, January 18, 2025

TIME: 11:00 AM - 2:00 PM

LOCATION: OJIBWA GOLF & BOWL (8140 136TH ST. Chippewa Falls, WI 54729)

MEET/PARK: In the parking lot on the left side of Ojibwa Bowl. The fishing event will be held on Glen Loch Lake/ Reservoir directly below Ojibwa Golf & Bowl

YMCA-CV.ORG/EVENTS



2025 FREE FISHING EVENT SPONSORS:



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

[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

[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:

WEAU: INTERVIEW: YMCA OF THE CHIPPEWA VALLEY TO CELEBRATE GIVING TUESDAY



Click the image to view the full article

715 NEWROOM: YMCA OF THE CHIPPEWA VALLEY EMPLOYEE AWARDED



Click the image to view the full article

VOLUMEONE: E.C. COMMUNITY FOUNDATION DISTRIBUTES \$136K IN GRANTS TO THREE LOCAL NONPROFITS



Click the image to view the full article

MORE NEWS STORIES!

- [Interview: YMCA of the Chippewa Valley holding New Year's Event - WEAU](#)
- [Interview: YMCA of the Chippewa Valley to celebrate Giving Tuesday - WEAU](#)

What's Happening at the YMCA?

Click the text below to learn more.

- [January 1 | YMCA of the Chippewa Valley | Idle Ironman Challenge Begins](#)
- [January 5 | YMCA Tennis Center | Spring 1 Tennis Registration Opens for Members](#)
- [January 5 | YMCA Tennis Center | Spring 2 Tennis Registration Opens for Members](#)
- [January 5 | YMCA of the Chippewa Valley | Spring Youth Enrichment Programs Registration Opens for Members](#)
- [January 5 | YMCA of the Chippewa Valley | Winter 2 Youth Leagues Registration Opens for Members](#)
- [January 5 | YMCA of the Chippewa Valley | Winter 2 Adult Leagues Registration Opens for Members](#)
- [January 5 | Eau Claire Downtown YMCA | Winter Swim Lessons Registration Opens for Members](#)
- [January 5 | Eau Claire South YMCA | Winter Swim Lessons Registration Opens for Members](#)
- [January 6 | Chippewa Falls YMCA | 4K Cardinals Registration Opens](#)
- [January 6 | Chippewa Falls YMCA | Pedaling for Parkinson's Winter Session Begins](#)
- [January 6 | Eau Claire Downtown YMCA | Pedaling for Parkinson's Winter Session Begins](#)
- [January 6 | Eau Claire Downtown YMCA | Brain & Body Fitness Winter Session Begins](#)
- [January 6 | Eau Claire Downtown YMCA | LIVESTRONG Winter Session Begins](#)
- [January 7 | Chippewa Falls YMCA | LIVESTRONG Winter Session Begins](#)
- [January 7 | Eau Claire South YMCA | Pedaling for Parkinson's Winter Session Begins](#)
- [January 12 | Eau Claire Downtown YMCA | Winter Swim Lessons Registration Opens for Non-Members](#)
- [January 12 | Eau Claire South YMCA | Winter Swim Lessons Registration Opens for Non-Members](#)
- [January 12 | Eau Claire South YMCA | Winter 2 Youth Strength and Conditioning Registration Opens for Members & Non-Members](#)
- [January 12 | Chippewa Falls YMCA | Winter 2 Youth Strength and Conditioning Registration Opens for Members & Non-Members](#)
- [January 18 | YMCA of the Chippewa Valley | Free Fishing Event in Chippewa Falls](#)
- [January 19 | YMCA Tennis Center | Spring 1 Tennis Registration Opens for Non-Members](#)
- [January 19 | YMCA Tennis Center | Spring 2 Tennis Registration Opens for Non-Members](#)
- [January 19 | YMCA of the Chippewa Valley | Spring Youth Enrichment Programs Registration Opens for Non-Members](#)
- [January 19 | YMCA of the Chippewa Valley | Winter 2 Youth Leagues Registration Opens for Non-Members](#)
- [January 19 | YMCA of the Chippewa Valley | Winter 2 Adult Leagues Registration Opens for Non-Members](#)
- [January 22 | YMCA Sports Center | Winter 2 Gymnastics Registration Opens for Members](#)

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

Featured Employee of the Month

Susan Belau

Department:
Healthy Living/Wellness
Eau Claire Downtown YMCA

How long have you worked at the Y:
5 years

When is your birthday?
August 11

Where did you grow up?
Eau Claire

What is your favorite part of working at the YMCA?
Relating with members

What are three words that best describe the Y?
Friendly, healthy, and clean

Favorite pastimes?
Reading, exercising, riding motorcycle, and Formula 1 Racing

Favorite quote?
Kindness never hurts

Where's your favorite place in the world?
Home

If you could be any animal, what would it be?
A cat

Tell us something interesting about yourself.
I learned to ride motorcycles in Germany in 1984.

What is your proudest moment at the YMCA?
When a member shared with me that my smiley presence in the early morning at The Y helps motivate him to keep on pushing!

What is your favorite YMCA story?
The story of myself recovering from a severe traumatic brain injury with the assistance of Y staff who helped me regain my balance, strength and self-confidence.





Our Favorite Member Feedback

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

- There is so much diversity in the activities offered and the facility is amazing.
- The pool is my relief from leg, feet and back issues. The sauna is also very good. Come at night so I can sleep better and feel better.
- Nice variety of programming, friendly staff and well qualified instructors who are helpful and encouraging.
- The swim team is wonderful and the coaches are phenomenal. They deeply care about each swimmer and provide a safe and healthy environment for the kids to thrive.
- I am currently participating in the "Pedaling for Parkinsons" Program. Missy and April and the rest of the staff are fantastic. They are helping me get my heart rate up and work up a sweat, which was my goal. This is an awesome program and I really appreciate that it's being offered--especially free of charge, with a free Y membership for a year! Thank you so much!!!
- YMCA south is the best facility in the Chippewa/EC area. I use the work out area, sauna, pool & hot tub. The facility is going through a good revamp. Appreciate the administration. The manager Hailey is a very friendly person, she creates a very welcoming environment and a nice place for the community to come together. I'm grateful for the YMCA south gym. Great work!!!

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!](#)