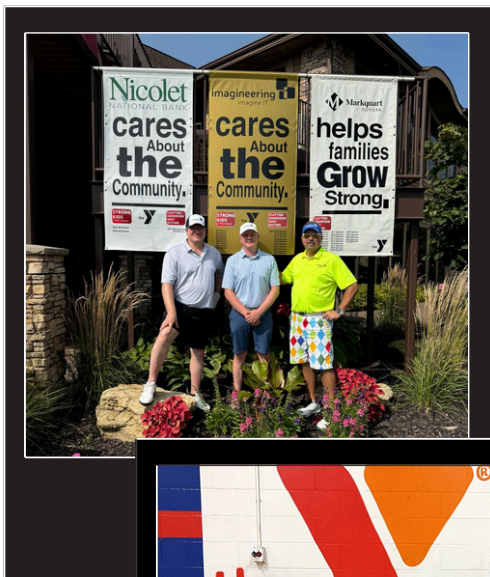




YMCA OCTOBER MEMBER NEWSLETTER

YMCA OF THE CHIPPEWA VALLEY



IN THIS ISSUE:

- Join Our Team
- Facility Updates
- Mission Story
- Fall Programming
- Calling for Artists
- Clayton Anderson Golf Outing & Wine Tasting Recap
- Upcoming Events
- Camp Manitou Dining Hall Capital Campaign
- Pedaling for Parkinson's
- Livestrong
- Don't Forget About These Free 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 or Chippewa Falls YMCA | Part-time
- [Swim Instructor](#) | Eau Claire South YMCA | Part-time
- [Lifeguard](#) | Eau Claire South & Eau Claire Downtown YMCAs | 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
- [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

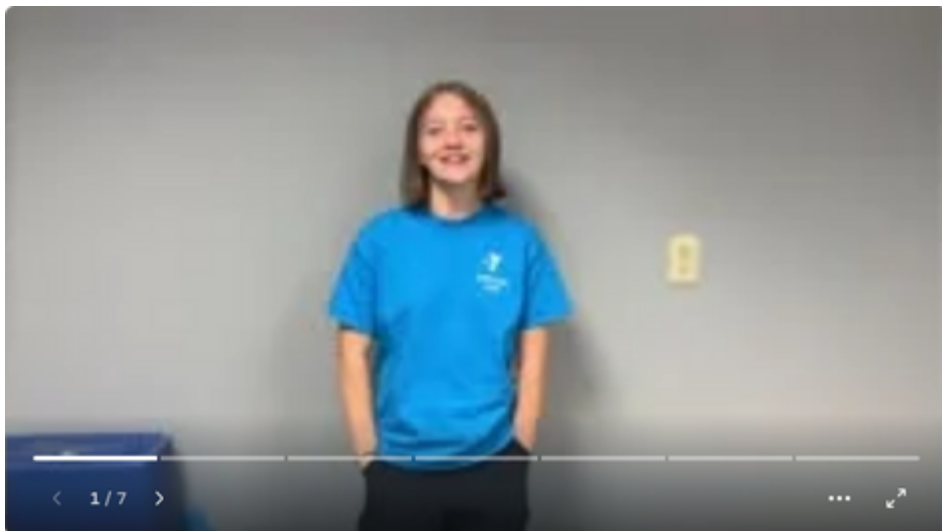
- [Healthy Living Coordinator](#) | Eau Claire Downtown YMCA | Part-time
- [Yoga Instructors](#) | Eau Claire South YMCA | Part-time
- [Wellness Staff](#) | Chippewa Falls YMCA | Part-time

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



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
Child Watch Teacher!



Eau Claire South YMCA



HOURS

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

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

Happy October!

The pool will be re-opening October 8!

- The pool was in dire need of routine maintenance and a good scrubbing. With that, we are sandblasting to remove rust, painting, updating signage, and improving seating and storage on the pool deck. We are also doing updates to the family changing room.
- We plan to drain the pool annually for deep cleaning.

Child Watch is now open on Saturdays 8:00 AM-12:00 PM.

Swimming Lessons will be starting here for Fall 2! Check our [Fall Program Brochure](#) to see when lessons will be offered and the registration dates.

We are making progress on the aesthetic of the building with new paint, Y branding, signage, donor recognition, and furniture updates. Thank you for your patience during this process.

See you this fall!

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

October Group Exercise Schedule



CLICK HERE!

Randi Schrader
Executive Director
Eau Claire South YMCA

CHILD WATCH COORDINATOR WANTED

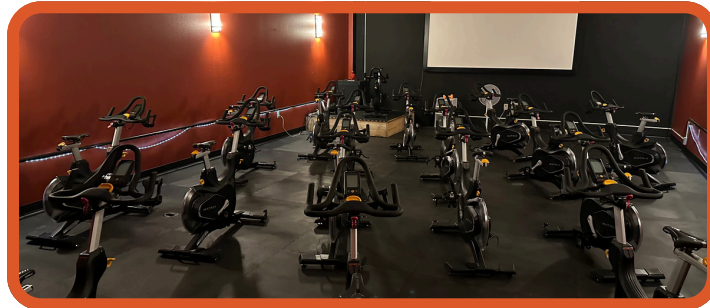
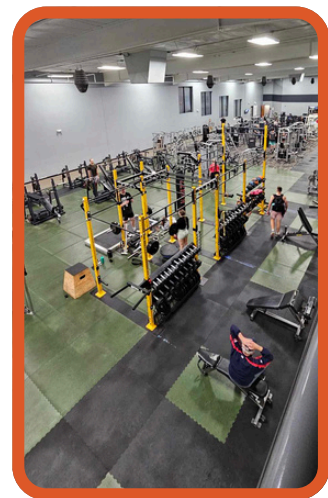
PART-TIME POSITION
STARTS IMMEDIATELY - EAU CLAIRE SOUTH YMCA
15-20 HOURS PER WEEK
\$13-\$15 PER HOUR



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



Wow, it is hard to believe October is already here!

Programs are busy again as our swim lessons continue to exceed capacity and demand for gyms continues to increase. We have also added some middle and high school basketball clinics as upcoming programs.

Please continue to check schedules before you head to the YMCA, so you know what is open when.

As you know, the YMCA is here to serve where we can. Here are some activities and partnerships we are doing at the Eau Claire Downtown YMCA Branch.

- Our blood drive we held on September 13 was a success.
- We had 15 donors with 42 potential number of lives saved.
- There were 4 first time donors.
- Thank you to all who donated blood.
- Next Blood drive is November 22nd. Please watch for registration information coming soon.

We have partnered with the Eau Claire School District Gateways program to provide job training and recreational opportunities for area youth. We also provide recreational opportunities for the youth at the Eau Claire Academy.

Above are just a few of the things we have done to better serve our community in the last month.

The Eau Claire Health Department will be having an Opioids Presentation here on Thursday, October 17 at 5:30 PM. This is open to the community to attend to learn more about opioids, fentanyl, fentanyl test strips, how to respond to an opioid overdose, how to safely store opioid medication, and how to use Narcan nasal spray - a medication that can reverse an opioid overdose. Narcan, fentanyl test strips, medication storage options, and other resources will be available at the workshop for free. Snacks and beverages will be provided, and all attendees will be entered in a prize drawing. Register by Tuesday, October 15 for this event at, <https://www.surveymonkey.com/r/6NVZ9LV>

Looking forward to a great fall at the YMCA. Thank you all for being members.

HOURS

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

SATURDAY:
6:00 AM-6:00 PM

SUNDAY:
11:00 AM-7:00 PM

October Group Exercise Schedule



[CLICK HERE!](#)

Join our Health & Wellness Facebook Group!



[CLICK HERE!](#)

Craig Monson
Executive Director
Eau Claire Downtown YMCA

CHECK OUT
OUR EAU CLAIRE DOWNTOWN LOCATION



Click on the image to view a virtual tour of the facility!



IT'S NEVER TOO LATE TO FEEL GREAT.

ACTIVE & AGELESS



[ACTIVE & AGELESS
October Newsletter](#)

Chippewa Falls YMCA



HOURS

MONDAY - THURSDAY:
5 AM - 9 PM

FRIDAY:
5 AM - 7 PM

SATURDAY & SUNDAY:
6 AM - 4 PM

Check out our EXTENDED hours beginning September 30. We will be open Monday–Thursday until 9 PM. All other hours will remain the same.

Don't forget to buy your tickets early for [ROCK THE DOME](#) on Saturday, October 19. It's a great event for adults to listen to great music, dance and have fun, while investing in our community. Every donation given to the Annual Campaign provides support to individuals and families in Chippewa County. Last year, 1 in 5 YMCA members received scholarships to be part of our community. Because of the Annual Campaign, we can provide sponsored memberships and discounted programming to individuals and families in Chippewa County who otherwise could not afford it.

[Halloween at the Y](#) will be held on Thursday, October 24. This event is free and open to everyone in our community. Come dressed up in your costume and celebrate at the Y with free inflatables, games, a haunted house, and other fun activities! We hope to see you there!

[Pedaling for Parkinson's](#) is a new program to help Parkinson's disease patients develop healthy lifestyles through fitness, education, and wellness activities in a group setting. Sessions will run for 8-weeks at a time. Our first session has already started, but sign-ups are ready for our winter session. Contact Kara Goossens at kgoossens@ymca-cv.org for more questions.

Reminder the Agnes' Table Food Pantry is available to all. No income restrictions. This drive-up pantry allows individuals or families to drive up, put in their order, and wait for their items to be delivered out to their car. It's simple. Mondays 9 AM–12 PM, Wednesdays 3 PM–6 PM, and Fridays from 11 AM–1 PM. See you at the pantry! Questions? Call 715-861-2358.

Thank you so much for being a part of our community. We appreciate your support and membership!

October Group Exercise Schedule



[CLICK HERE!](#)

Join our Health & Wellness Facebook Group!



[CLICK HERE!](#)

Carrie Mathwig
Executive Director
Chippewa Falls YMCA

BIRTHDAY PARTIES

CHIPPEWA FALLS YMCA

Celebrate your big day at the YMCA and make it one to remember! When you host your birthday party at the Chippewa Falls YMCA, your party will get use of the Community Room and can choose between a Swim Party or Gym Party. Decorations are available for rent.

SWIM PARTY

- 2 1/2 hours of party time with up to 30 minutes of prep time
- Hour of pool use
- Table settings with tablecloths provided
- Simple banners and decorations available
- Host to assist family if requested prior to party

GYM PARTY

- 2 1/2 hours of party time with up to 30 minutes of prep time
- 45 minutes of 1/2 gym reserved for free play. Your party can pick different games and/or activities
- Table settings with tablecloths provided
- Simple banners and decorations available
- Host to assist family if requested prior to party

ADD A THEME!

- RENT themed decorations for \$25!
- Choose from:
 - Rainbow/Unicorn
 - Mermaid
 - Superhero/Heroine
 - Outer Space
- We will put up the decorations and take them down after your party!

* Hosts are NOT responsible for supervision of the children

- Limit of 18 children.
- YMCA does not provide food. You are allowed to bring in your own food and cake choice.
- A contract must be signed before final confirmation of party.
- Birthday parties can be reserved up to 8 weeks in advance.

FEES: \$125 FOR MEMBERS | \$225 FOR NON-MEMBERS

Book your party at www.ymca-cv.org/birthdayparties
Contact Carrie at cmathwig@ymca-cv.org with any questions

WILL YOU SURVIVE THE YMCA ZOMBIE APOCALYPSE?

MYZONE ZOMBIE CHALLENGE
CHIPPEWA FALLS YMCA

Join in our Myzone Zombie Challenge MEMBERS vs. STAFF!

- The Zombie Challenge runs from October 1–31.
- Members get a head start on October 1 collecting MEPS on the Zombies (Y Staff).
- Zombies begin chasing Members MEPS on October 10.
- For the October Zombie Challenge, there will be a prize of a YMCA hoodie for both members and staff.

HOW MEMBERS WIN:

- For every staff member you beat in MEPS you earn a ticket into the prize drawing!

HOW YMCA STAFF WIN:

- The highest-scoring YMCA staff wins!
- The winners will get their choice of color and size to be ordered. Ordering details will be emailed to the winners at the end of the challenge.

Join this challenge through the Myzone APP.

Questions or want to participate but don't have a Myzone Monitor?
For questions about MyZone and how to get in on the fun please contact Healthy Living Director, Kara Goossens at kgoossens@ymca-cv.org or Healthy Living Intern, Adrianna Dahlberg at adahlberg@ymca-cv.org

LET'S DO THIS!



ACTIVE & AGELESS
October Newsletter

L.E. Phillips YMCA Sports Center



We are excited to have Fall programs underway at the YMCA Sports Center. As we wrap up Fall 1, be sure to register for Fall 2 as classes are filling fast! Plus, don't forget to check out our leagues and special events!

Our Building hours are changing this October! We will now be opening at 9 AM on Sundays!

- **New class offerings:**
 - **Little Artists:** 2-5 Year Olds – Explore and create fun projects in this parent-child art class. Focus on the creative process in making beautiful creations you will be proud to display in your home.
 - **Snack Attack:** 3-5 Year Olds – Picky eaters welcome! Research indicates including children in the process of cooking nutritious snacks increases their willingness to try new foods. Parents and children will be guided by YMCA staff to create a snack of the week.
- **Returning programs:**
 - Sport Tykes
 - Super Hoopers Basketball (ages 6-8 & 9-11)
 - Youth Volleyball (age 6-8s & 9-11)
 - Gymnastics: School-Age Progressive and Preschool Classes (ages 18 months-5 years)
 - Leagues: Youth Flag Football, High School Soccer, Adult Flag Football, Adult Basketball, Adult Volleyball and Adult Soccer.
 - Pickleball – as the weather gets cooler, pickleball is offered daily and open to anyone and everyone. You can purchase a day pass or season pass (Sept-May)

Registration open for Youth Basketball

Our 1-4 Grade Basketball League is back. Practices begin the week of December 1. Teams will play an 8-game schedule starting the weekend of January 3. Volunteer coaches are needed for this program. Please reach out to Spencer Scholl at sscholl@ymca-cv.org if you are interested in coaching.

YMCA Sports Center Events:

- **Halloween Party:** Friday, October 25 5:00-8:30 PM. Enjoy inflatables, face painting, Halloween games, and family fun. \$5 admission per person. 2 & under free.
- **Family Fun Zone:** Tuesday, Thursday, and Friday from 9:00-11:30 AM! Children 5 and under, along with an adult, will enjoy open play on our turf including a variety of sport balls, inflatables, riding toys, station play, and much more. No registration required, but please check in at the concession stand upon arrival. Free with YMCA Family Memberships, \$6 per child for non-member participants. Adults free!
- **Family Night:** Fridays from 5:00-9:00 PM. Enjoy family fun such as basketball, volleyball, soccer, and inflatables. Open gymnastics is included from 7:00-9:00 PM. Participants under 18 years old must be accompanied and supervised by an adult. No registration required, but please check in at the concession stand upon arrival. \$4 with YMCA Memberships, \$6 for non-member participants. NO Family Night October 11. Halloween Event October 25.

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
Sports Center
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:

HOW TO START YOUR MATCH THE RIGHT WAY

Pre Match Routines

Establish pre-match routines. These could start the night before when you get your outfit ready, when you start to properly hydrate, or they could start the morning of the match with a nutritious well-balanced breakfast. The routines can and should continue throughout the day until the start of the match.

Arrive Early

Our juniors hate it when we talk about this but arriving early for your matches is critical to starting a match the right way. You cannot rush into your match and expect to play well. Try connecting with your doubles partner, a friend, or someone you know. If you can't find someone you know, ask if you can leave your name for others who may be looking for a practice partner. Try spending 30 minutes off court getting to know your partner better and their preferences. Once the match starts you should form a connection with your partner before each point (touch). This could be telling them where you are serving, or if you plan to return cross court. It can also just be a high-five or words of encouragement.

Have Serve and Return Routines

A routine is a series of steps that help you get into the optimal state of mind. The routine should be performed before each point. Routines are very important in tennis because they help you get into the right mindset. Remember that serve routines in doubles are different from singles because they need to include communication with your partner.

Have a Plan

A very important step to starting the right way is to have a plan, stick to it when its working and change it to Plan B when it's not.

Playing to Win vs Playing Not to Lose

Playing to win means hitting shots that will help you compete as effectively as possible. Hitting those shots that you have been working on with Meg, Jon, or Traci to perfect for years. Playing not to lose is hitting the ball much softer than usual and just hoping the other team will hand you the point. You should always start a match playing to win. Have a game plan and implement it. Don't hope to win because your opponents had a bad day or had to default. You should want to win because you played your best tennis that day and it was good enough to beat your opponents. All you can every do on a tennis court is try 100 percent on each shot. The rest, you have no control over. Playing tentative and not to lose is not giving 100 percent. It is hoping that your opponents will roll over and hand you the match.



FREE COURT TIME FRIDAYS

This fall 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 October 11 & 18!

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.

Matt Boughton
Executive Director
John & Fay Menard YMCA
Tennis Center

[REGISTER FOR
ADULT TENNIS](#)

[REGISTER FOR
YOUTH TENNIS](#)

UPCOMING EVENT

- | | |
|----------|---|
| 10/1 | Middle Border Conference
Tournament |
| 10/4-6 | USTA Open L5 |
| 10/7-10 | WIAA Sub Sectional and
Sectional Tournaments |
| 10/25-27 | Menards Halloween Open |

CARDIO TENNIS

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

Cost:

- Free for Members
- \$10.00 for Non-Members



Matt got to meet Hugh Jackman
at the U.S. Open!

MISSION STORY

Sober Strong at the YMCA

Sober Strong is a specialized referral-based program at the Eau Claire Downtown YMCA for women in early recovery from substance use disorder. Sober Strong combines group exercise with supportive services to create connection and belonging while reducing post-acute withdrawal symptoms in early recovery.

The Chippewa Falls YMCA will be holding an athletic gear clothing donation drive for women's workout clothing that will benefit the Sober Strong program at the Eau Claire Downtown YMCA, October 1-8!

[Click here to learn more.](#)

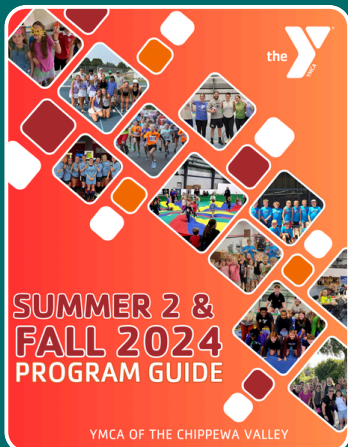
To see the full impact of this program, watch the video below!



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

**MISSION
MOMENTS**

YMCA OF THE CHIPPEWA VALLEY



**FALL 2024
PROGRAM GUIDE
IS NOW
AVAILABLE**

Click on the cover photo to learn more and register.

CALLING FOR ARTISTS



The Eau Claire Downtown YMCA is seeking artists to provide 25 Christmas and winter themed pieces of art for a building-wide Advent calendar we are seeking to create in December. Art can range in size from 8" x 10" to 24" x 36" (or potentially larger). The artwork will be placed in windows throughout the building with "doors" that will be opened as the days of the month progress. Artists of all ages are welcome. To sign up, please contact Suzie at sslota@ymca-cv.org or 715-839-4631 by November 8.

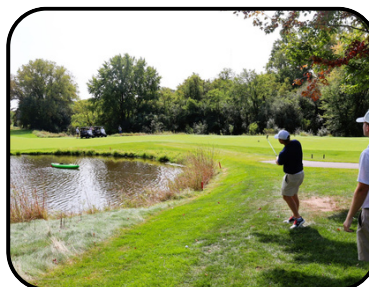


Clayton Anderson Golf Outing & Wine Tasting Recap

Thank you to everyone who sponsored and participated in our 29th Annual Clayton Anderson Golf Outing and Wine Tasting! This year's event was a tremendous success, raising \$72,000 for the YMCA's Membership For All Program. These funds will help to ensure that everyone, no matter their financial circumstances, will have the opportunity to be a part of the Y family. The program also supports mission-based programming for cancer survivors, women in recovery, and people with dementia, and Parkinson's Disease.

Click [here](#) to see our wonderful sponsors; this event would not be possible without the generous support of our community!

We hope to see everyone again next year (September 8, 2025). If you are interested in learning more about being a part of this wonderful event, please feel free to reach out to Carylann Burton at 715-861-2342 or cburton@ymca-cv.org.



UPCOMING EVENTS

SATURDAY, OCTOBER 19: ROCK THE DOME

Join us at Loopy's Dome for a night of music to benefit the YMCA. All ticket sales and a portion of the bar sales go towards benefiting the Chippewa Falls YMCA Annual Campaign that provides scholarship memberships to individuals and families in the Chippewa Valley who need financial assistance. Make a difference in your community. Purchase your tickets and come out to Loopy's to Rock the Dome to benefit the YMCA!

WHEN: Saturday, October 19, 2024

COST:

- VIP - \$60: Happy Hour 6:00-7:00 PM, Heavy Appetizers, 2 Drink Tickets & Reserved Tables
- General Admission- \$25: Doors open for General Admission at 7:00 PM

BAND: BOOGIE AND THE YO-YOZ 8:00 PM - 11:30 PM

LOCATION: THE LOOPY DOME · Loopy's Grill and Saloon



Click the ticket above to purchase tickets

THURSDAY, OCTOBER 24: HALLOWEEN AT THE Y CHIPPEWA FALLSYMCA

JOIN US FOR A GHOULISH GOOD TIME! Put on your costumes, gather your friends, and join us at the Chippewa Falls YMCA for our annual Halloween at the Y event. Our 2024 event will take place outdoors at the YMCA and will be bursting with fun activities for all ages. Join us for inflatables, community booths, a haunted house, games, raffles, giveaways, and MUCH MORE!

WHEN: Thursday, October 24, 2024

TIME: 3:30-6:00 PM

LOCATION: Chippewa Falls YMCA

COST: FREE for Everyone



FRIDAY, OCTOBER 25: HALLOWEEN PARTY L.E. PHILLIPS YMCA SPORTS CENTER

Join us for an evening of Halloween fun! Open to the Chippewa Valley and surrounding communities. There will be games, inflatables, face painting, and family fun!

WHEN: Friday, October 25, 2024

TIME: 5:00-8:30 PM

LOCATION: YMCA Sports Center

ADMISSION: \$5/person | 2 and under free | CASH ONLY



UPCOMING EVENTS

SATURDAY, NOVEMBER 9: SUPPORT THE TROOPS

The YMCA of the Chippewa Valley, Jacob Leinenkugel Brewing Company, McDonell Area Catholic Schools National Honor Society, with your help, would like to SUPPORT OUR TROOPS by sending them a care package! Show the men and women in the Army, Navy, Air Force, Marine Corps and Coast Guard how much you care! JUST IN TIME FOR THE HOLIDAYS!

DROP OFF ITEMS at the all YMCA of the Chippewa Valley locations, Leinenkugel's Leinie Lodge or all McDonell Area Catholic Schools

WATCH our social media pages on Tuesday, October 29 to participate in our Day of Support where we will be asking the community to sponsor 400 boxes with a \$25 donation per box. Don't want to wait to donate? Sponsor a box by donating \$25 online today! Simply click the "Sponsor A Box" button to the right and select "Support Our Troops" for the campaign. With your donation of \$25 (or more) we will shop and fill your box with goodies for the troops!



THURSDAY, NOVEMBER 28: FESTIVAL FOODS TURKEY TROT

The Festival Foods Turkey Trot is the perfect guilt-free solution for eating your weight in mashed potatoes. The Festival Foods Turkey Trot allows participants to partake in either the untimed 2-Mile Walk, 2-Mile Fun Run, or the timed 5-Mile Run, and is open to everyone of all ages and abilities. Don't forget to bring your favorite cuddly companion for the 2-Mile Dog Jog.

WHEN: Thursday, November 28

TIME: 8:00 AM

WHERE: Eau Claire Downtown YMCA

Register by Thursday, October 31 to get the Early Bird Rate!

**VOLUNTEERS
NEEDED!!**

A promotional banner for the Festival Foods Turkey Trot. At the top left, it says "festival TURKEY TROT 17th ANNUAL". In the center, "THANKSGIVING MORNING NOVEMBER 28, 2024" and "2-Mile Walk · 2-Mile Fun Run · 5-Mile Run". To the right, it lists "Premier Partner Fleet Farm" and "Benefiting: the Y and Eau Claire County". Below this is a photo of a turkey mascot in a red shirt and yellow pants running alongside a large group of runners. A green banner across the photo says "SAVE THE DATE!". At the bottom left, a green box says "REGISTER BEFORE NOVEMBER 1 FOR THE LOWEST RATE". Below that, it says "Text TROT TO 78402 TO WIN GREAT PRIZES!" and lists prizes: "Traeger Wood Pellet Grill (GRAND PRIZE)", "FREE Festival Foods Turkey Trot Registration", and "FREE Festival Foods Turkey Trot Merchandise". At the bottom right, a green banner says "WIN ME!" above an image of a Traeger pellet grill. Small text at the bottom left provides registration details and a disclaimer.



**Click on the Festival
Turkey to Register for
the races or to volunteer**

FRIDAY, DECEMBER 6: CHRISTMAS AT THE LODGE



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)



[REGISTER HERE](#)

[DONATE HERE](#)

CAMP MANITOU DINING HALL CAPITAL CAMPAIGN



PROJECT OBJECTIVE:

Camp enrollment has consistently grown over the last decade. Enrollment is up over 80% in the last 10 years and we have waitlists on all our sessions. Demand is strong for a safe place where kids can go to make new friends face-to-face, play outdoors, be away from technology, and make wonderful childhood memories. Our most pressing challenges to accommodate our current numbers and to prepare for future growth are dining hall and kitchen space, bathroom capacity, and an adequate storm shelter. This project will address all three.

LET'S CHANGE LIVES!

Join in making a lasting impact for future campers. Your gift to Camp Manitou will change lives.

This is the biggest project Camp Manitou has ever undertaken and likely the biggest project we'll ever need to undertake. It will succeed from the deep generosity of the people that care about Camp Manitou. Consider making a generous gift. Pledges can be spread out over 5 years.

OTHER DONATION METHODS

We can accept direct stock transfers or Qualified Charitable distributions from IRAs.

DONOR RECOGNITION

All gifts \$5,000+ will be recognized on a donor wall inside the building. Please reach out to learn about naming opportunities for gifts of \$125,000+.

\$4.0 million raised

est. \$5 million project budget

[PLEDGE HERE](#)

[DONATE TODAY](#)

QUESTIONS

For any project or donation related questions, reach out to:

Brian Moore
bmoore@ymca-cv.org
(715) 839-4607

PEDALING FOR PARKINSON'S



Pedaling for Parkinson's helps Parkinson Disease patients develop healthy lifestyles through fitness, education, and wellness activities in a group setting. Sessions will run for 8 weeks at a time. The Pedaling for Parkinson's™ program is based on research indicating that forced exercise on a bicycle can reduce symptoms of Parkinson's. In fact, participants who ride three days a week over eight weeks have shown improvement in their Parkinson's-related symptoms by as much as 35%.

COST:

- Free for all Parkinson's patients and their caregivers. All participants will receive a 1-year family membership to the YMCA of the Chippewa Valley once the program begins.
- To register, visit www.ymca-cv.org/hip and fill out the interest form. A YMCA staff will be in contact with you.

WHEN & WHERE:

- Eau Claire South YMCA: Dates Coming Soon!
- Eau Claire Downtown YMCA: Nov 4-Dec 25, 2024
 - Mondays & Wednesdays from 1:00 PM-2:00 PM
- Chippewa Falls YMCA: Sept 30-Nov 20, 2024
 - Mondays & Wednesdays from 10:30 AM-11:30 AM

[CLICK HERE FOR MORE INFORMATION](#)

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.

[CLICK HERE FOR MORE INFORMATION](#)

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

DON'T FORGET ABOUT YOUR FREE MEMBER BENEFITS

The YMCA of the Chippewa Valley offers monthly Parents' Night Out Events at the Chippewa Falls and Eau Claire Downtown YMCA locations. Age appropriate activities include board games, crafts, gym time, movies, and pizza for dinner for the children!

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

Second Friday of every month at the Chippewa Falls YMCA & EC Downtown YMCA

A promotional graphic for Parents' Night Out. It features the YMCA logo and the text "the Y PARENTS' NIGHT OUT YMCA OF THE CHIPPEWA VALLEY". A starburst graphic says "FREE FOR YMCA HOUSEHOLD MEMBERSHIPS". A list of activities includes Open Play, Swimming, Board Games, Crafts, Gym Time, Movie, and Pizza for Dinner. A purple box provides details: "MONTHLY PARENTS' NIGHT OUT" at Chippewa Falls YMCA (2nd Friday) and Eau Claire YMCA (2nd Friday), from 6:00-9:00 PM, for ages potty trained through 5th grade, with dinner provided. A blue banner at the bottom right says "SPACE IS LIMITED! REGISTRATION REQUIRED." There is also a small photo of a family playing with toys.

[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!

A promotional graphic for Child Watch. It features the text "CHILD WATCH" in large white letters on a black background with colorful confetti. A starburst graphic says "FREE FOR YMCA HOUSEHOLD MEMBERSHIPS". A pink box contains the text: "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." Below that, it says "Let US take care of your kids while you take care of YOU!" and "For ages 6 weeks to 10 years." At the bottom left, there is a website link: 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:

AGNES' TABLE MOVES FOOD PANTRY AND FREE MEAL PROGRAM IN CHIPPEWA FALLS



Click the image to view the full article

WEAU: YMCA OF THE CHIPPEWA VALLEY ANNOUNCES PEDALING FOR PARKINSON'S



Click the image to view the full article

WQOW: YMCA HOSTS WELCOME WEEK



Click the image to view the full article

MORE NEWS STORIES!

- [Free health program for Parkinson's patients offered at Chippewa Valley YMCAs - Chippewa Herald](#)
- [YMCA of the Chippewa Valley announces Pedaling for Parkinson's - MSN - MSN](#)

What's Happening at the YMCA?

Click the text below to learn more.

- [October 2 | YMCA Sports Center | Adult COED Volleyball Fall 1 Begins](#)
- [October 8 | Eau Claire Downtown YMCA | Member Registration for Fall 2 Swim Lessons Opens](#)
- [October 8 | Chippewa Falls YMCA | Member Registration for Fall 2 Swim Lessons Opens](#)
- [October 8 | YMCA Sports Center | Men's Soccer Begins](#)
- [October 9 | Eau Claire Downtown YMCA | Messy Crafts Begins](#)
- [October 12 | Eau Claire Downtown YMCA | SafeSitter Training](#)
- [October 14 | Eau Claire Downtown YMCA | Non-Member Registration for Fall 2 Swim Lessons Opens](#)
- [October 14 | YMCA Sports Center | Gymnastics Fall 2 Member Registration Begins](#)
- [October 14 | Chippewa Falls YMCA | Non-Member Registration for Fall 2 Swim Lessons Opens](#)
- [October 16 | Chippewa Falls YMCA | Pop-Up Step Group Exercise Class](#)
- [October 19 | Chippewa Falls YMCA | Rock the Dome](#)
- [October 19 | Eau Claire Downtown YMCA | Lifeguard Recertification Course](#)
- [October 19 | Chippewa Falls YMCA | Vibrational Sound Healing](#)
- [October 20 | YMCA Tennis Center | Fall 2 Tennis Lessons Begin](#)
- [October 21 | YMCA Sports Center | Gymnastics Fall 2 Non-Member Registration Begins](#)
- [October 22 | YMCA Sports Center | Youth Volleyball Fall 1 Begins](#)
- [October 22 | YMCA Sports Center | Youth Soccer Skills Fall 2 Begins](#)
- [October 22 | Eau Claire Downtown YMCA | Slimetastic Begins](#)
- [October 23 | YMCA Sports Center | Super Hoopers Fall 2 Begins](#)
- [October 24 | Chippewa Falls YMCA | Soup & Cracker Social](#)
- [October 24 | Chippewa Falls YMCA | Halloween at the Y](#)
- [October 24 | YMCA Sports Center | Sport Tykes Fall 2 Begins](#)
- [October 24 | Eau Claire Downtown YMCA | Music & Movement Begins](#)
- [October 24 | Eau Claire Downtown YMCA | Science Makers Begins](#)
- [October 25 | YMCA Sports Center | Halloween Party at the Y](#)
- [October 27 | YMCA Sports Center | High School Soccer Begins](#)
- [October 28 | YMCA Sports Center | Women's Soccer Fall 2 Begins](#)
- [October 30 | YMCA Sports Center | Adult Flag Football Fall 1 Begins](#)
- [October 31 | YMCA Sports Center | Adult Basketball Fall 2 Begins](#)

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

- October 12, November 25, December 30
 - 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

- November 25
 - 3:00-4:30 PM
- Entering Grades 4-6
- Cost: YMCA Members: \$30 | Non-Members: \$40

Featured Employee of the Month

Maria Fierro

Department:

School-Aged Child Care
Eau Claire Downtown

How long have you worked at the Y:

1 Year

When is your birthday?

August 29

Where did you grow up?

Maple Grove, MN

What is your favorite part of working at the YMCA?

Playing outside with the kids.

What are three words that best describe the Y?

Active, Versatile, Fun

Favorite pastimes?

Listening to music, spending time with family and friends, hiking, being in the sun, and cooking.

Favorite quote?

Kindness always wins!

Where's your favorite place in the world?

Hawaii

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

Loon

Tell us something interesting about yourself.

I have three little sisters

What is your proudest moment at the YMCA?

Being Employee of the Month





Our Favorite Member Feedback

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

- The wonderful water class leaders!
- Programs are good and amazing teacher.
- They have a nice pool!
- My daughters coach was nice and helpful!
- I really enjoy the yoga classes and swimming laps in the pool.
- I love the hours and the layout of the facility! Very cohesive and organized!
- Really like your facility and the availability of machines upstairs.
- We love our YMCA summer day camp and after care programs! I don't know what we'd do without this program. We trust YMCA staff with our children's safety. These programs help their social development and teach core values of integrity, friendship, kindness, patience, leadership, and helpfulness.

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!](#)