



YMCA APRIL COMMUNITY NEWSLETTER

YMCA OF THE CHIPPEWA VALLEY



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JOIN OUR TEAM!

AQUATICS

- Swim Instructor | Eau Claire Downtown YMCA, Eau Claire South YMCA, Chippewa Falls YMCA | Part-time
 - View Day in the Life Video
- Lifeguard | Eau Claire Downtown YMCA & Eau Claire South YMCA | Part-time - Now Hiring Summer Positions
- Lifeguard & CPR Instructor | Eau Claire Downtown YMCA & 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

- Summer Camp Counselor | Eau Claire Downtown YMCA, Chippewa Falls YMCA, YMCA Sports Center | Full/Part Time
 - View Day in the Life Video
- Before & After School Care Teacher | YMCA of the Chippewa Valley | Part-time
 - View Day in the Life Video
- Child Watch Teacher | Eau Claire Downtown YMCA & Eau Claire South YMCA | Part-time
 - View Day in the Life Video
- DPI Licensed Teacher | Eau Claire Downtown YMCA | Summer Position

CUSTOMER SERVICE

- Facility Attendant | YMCA Sports Center | Part-time
- Member Service Lead | Eau Claire South YMCA | Part-time

HEALTHY LIVING

- Yoga Instructors | Eau Claire South YMCA | Part-time
 - View Day in the Life Video

MAINTENANCE/CUSTODIAL

- Custodian | Eau Claire South YMCA | Part-time

SPORTS

- Adult Flag Football Referee | YMCA Sports Center | Part-time
- Adult Basketball Referee | YMCA Sports Center | Part-time
- Sport Tykes 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
- Healthy Kids Expo | YMCA Sports Center

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
Camp Counselor



Chippewa Falls YMCA



The Chippewa Falls YMCA is abuzz with not just members, but also the joyous anticipation of warmer days and lengthening sunlight. We fervently hope that the sun graces us on April 12, 2025, for our cherished annual Healthy Kids Day. This complimentary celebration for the community invites a host of partners to showcase various organizations dedicated to the health and safety of children in Chippewa County. A day brimming with joy and knowledge awaits—come join us!

Our pool remains a vibrant sanctuary for activities and programs, with our very own YCV Barracudas recently competing at both State and Nationals, showcasing an array of exceptionally talented swimmers. Bravo to our competitors and coaches for their tireless efforts and remarkable achievements! You fill us with pride!

As the seasons gracefully transition, we encourage you to keep an eye on the Group Exercise Schedules, as we adjust classes to align with the most sought-after times and locations. This summer, some classes will return to Riverfront Park, allowing the entire community to engage in fitness at no cost!

Our Annual Campaign has commenced! Discover how YOU (yes, you!) can create a ripple of change in the lives of your neighbors by donating as little as \$3 to the YMCA, helping those in need find their path to membership or program participation.

Here's to the joys of April and the sweet scents of spring in the air!

HAPPY RETIREMENT MARK!



Heartfelt congratulations to Mark Erickson for his remarkable contributions to the YMCA of the Chippewa Valley! With a legacy spanning over two decades at the Y, Mark has embraced a myriad of roles, starting as a Lifeguard. Early in his journey, he rose to the occasion by orchestrating a flag football session, showcasing his exceptional coordination skills. Mark, a true embodiment of teamwork, is celebrated for his unwavering support and fervor, particularly in the magical transformation of a racquetball court into a vibrant golf simulator, a venture that significantly elevated membership sales. His warm presence and readiness to lend a hand will be profoundly missed, along with his delightful interactions. Wishing Mark the very best as he embarks on this new chapter, cherishing precious moments with family in his well-deserved retirement.



HOURS

MONDAY - THURSDAY:
5 AM - 9 PM

FRIDAY:
5 AM - 7 PM

SATURDAY & SUNDAY:
6 AM - 4 PM

April Group Exercise Schedule



[CLICK HERE!](#)

Join our Health & Wellness Facebook Group!



[CLICK HERE!](#)

Kara Goossens
Executive Director
Chippewa Falls YMCA



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

Eau Claire Downtown YMCA



Announcement of New Equipment

We are excited to announce the addition of a Vibration Plate Machine to our lower cardio room. This state-of-the-art equipment is designed to improve circulation, enhance bone density, and promote overall well-being.

In addition to the new Vibration Plate, we have also upgraded our lower cardio area with the introduction of a SkiErg and a Box to the Beat machine. Furthermore, we have reorganized the space to improve accessibility for individuals with mobility challenges. The room is now more navigable, with no cords obstructing movement. Be sure to check out our new equipment in the video below!

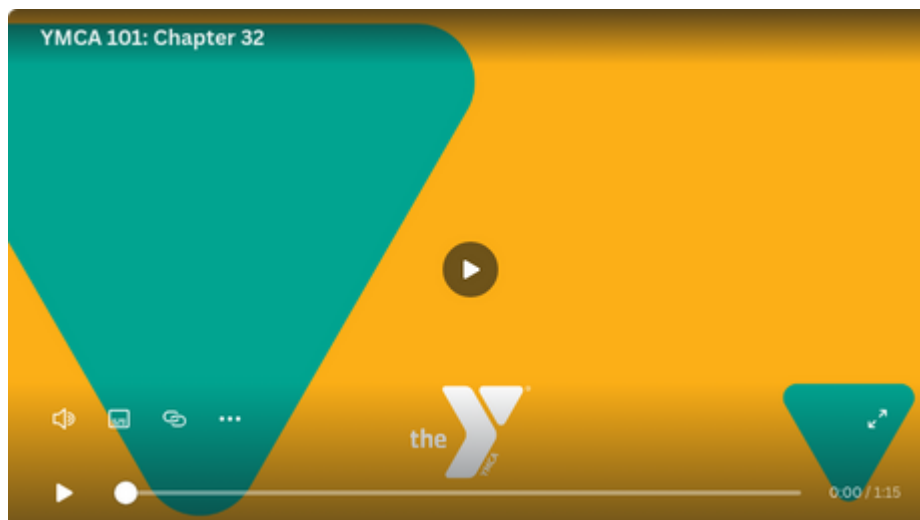
For our Active and Ageless members, we are pleased to offer two upcoming clinics aimed at introducing you to the fundamentals of Pickleball and Racquetball. These sessions provide an excellent opportunity to meet new friends and enjoy your time at the Y. Registration is required for these clinics, but there is no associated fee. It's a perfect chance to bring a friend and explore these activities together.

- Racquetball Clinic: April 9, 8:30-9:30 AM

These clinics are free and open to both members and non-members, but registration is essential.

For outdoor runners/walkers who start at the Y

As the sun shines brighter, many of you might be lacing up for outdoor runs or strolls. When you return to the Y, please strut through Entrance D and give that scan/check-in a little love. Our staff may change from visit to visit, so this helps keep everyone safe and sound. Thanks for being awesome! 🌞



HOURS

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

SATURDAY:
6:00 AM-6:00 PM

SUNDAY:
11:00 AM-7:00 PM

April Group Exercise Schedule



[CLICK HERE!](#)

[Join our Health &
Wellness Facebook Group!](#)



[CLICK HERE!](#)

Craig Monson
Executive Director
Eau Claire Downtown YMCA



[ACTIVE & AGELESS
April Newsletter](#)

Eau Claire South YMCA



We are currently accepting appointments for EGYM onboarding. If the available slots do not fit your schedule, feel free to reach out to us, and we will arrange a personalized session with one of our trainers. If you are curious on what an onboarding appointment looks like check out the video below!

New equipment is set to arrive in mid-April, which includes:

- Three squat racks with integrated deadlift platforms
- A dual cable machine
- A lat pull-down machine
- A vertical Smith machine
- An adjustable bench

This new array of equipment will enhance your workout experience and provide more variety to your fitness routine. We are committed to offering state-of-the-art facilities that cater to all fitness levels and help you reach your personal goals.

Remember, our friendly staff is always here to assist you with any questions or support you might need. We look forward to seeing you at the YMCA and helping you on your fitness journey!

HOURS

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

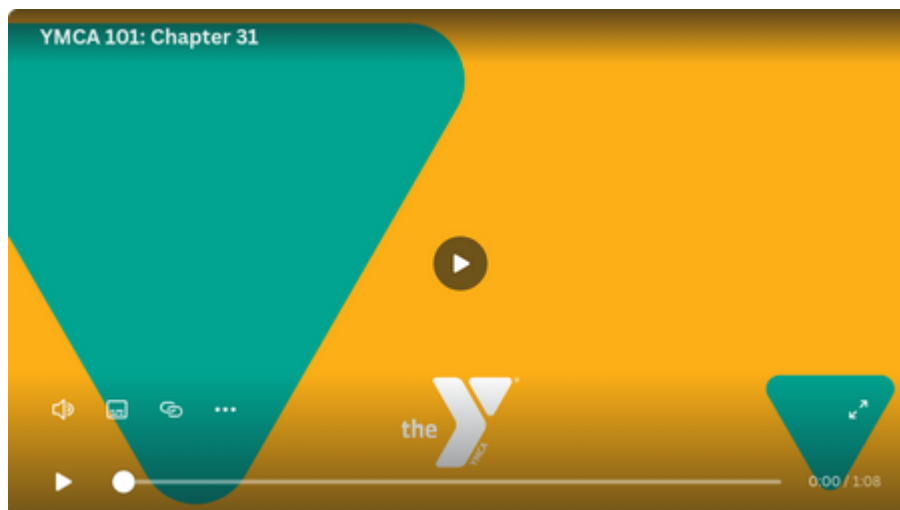
SATURDAY-SUNDAY:
7:00 AM-7:00 PM

April Group Exercise Schedule



[CLICK HERE!](#)

Randi Schrader
Executive Director
Eau Claire South YMCA



L.E. Phillips YMCA Sports Center



HOURS

MONDAY-FRIDAY
8:30 AM-9:00 PM

SATURDAY
9:00 AM-6:00 PM

SUNDAY
9:00 AM-7:00 PM

Join us for the Healthy Kids Expo

Sunday, April 6 from 11:00 AM – 3:00 PM – New this year. FREE ADMISSION
Enjoy family fun while experiencing programs and services available for Chippewa Valley Youth. Don't miss out on live performances, DJ entertainment, huge inflatables, games, prizes and much more!

Spring Programs are filling fast!

Spring instructional sports programs begin the week of April 20th. Register now to avoid the wait list.

- Sports Tykes (age 3-5)
- Youth Volleyball (age 6-8 & 9-11)
- Youth Soccer Skills (age 6-8 & 9-11)
- Gymnastics: School-Age Progressive and Preschool Classes (age 2-5 yrs.)

YMCA Sports Center Summer Camp is right around the corner, and we are excited for a high energy and active summer full of sunshine and togetherness. We are thrilled to continue 2 weekly field trips on Tuesday (Fairfax Pool) and Thursday (new trip each week). Camp is currently full with a waitlist.

Summer Sports Program registration is underway!

Choose from a variety of sports instructional programs starting the week of June 9th.

- Sports Tykes 101 (age 3-4)
- Sport Tykes Sampler (age 4-5)
- Youth Basket Ballers (age 6-8 and 9-11)
- Youth Volley Ballers (age 6-8 & 9-11)
- Youth Soccer Skills (age 6-8 & 9-11)
- NEW PROGRAM Youth Flag Football Boot Camp (ages 6-8). Join us for a fun and engaging seven-week youth flag football instructional class designed to teach the essential skills of the game while fostering teamwork and sportsmanship!

Summer Leagues.

Summer Leagues are a YMCA of the Chippewa Valley tradition, so grab your teammates. We'd love to see at the Y this summer.

Volleyball Leagues

- Middle School League – This league is for girls entering 7th and 8th grade. We hope your team will join us!
- High School League – This league is for girls entering 9th grade and above!

Basketball Leagues

- 3 v 3 League – Perfect for teams entering 5th & 6th grade
- Middle School Girl's League – Open to teams entering 7th and 8th grade.
- High School League – This league is for girls entering 9th grade and above!
- College Women's League. –The Western Wisconsin Women's Basketball League gives female players an opportunity to continue to improve their basketball skills during the summer. The league is open to all women who have graduated high school. Due to NCAA regulations, current D1 scholarship players are not eligible. Teams will play two games a night.

Flag Football Leagues

- Youth League (ages 6-8 & 9-11)
- Middle School League (ages 12-14)
- High School 7v7 League (ages 15-18)
- Adult League

NEW SUMMER LEAGUES ALERT!

- Youth Flag Football Boot Camp (ages 6-8). Join us for a fun and engaging seven-week youth flag football instructional class designed to teach the essential skills of the game while fostering teamwork and sportsmanship!
- SUMMER COED 4's VOLLEYBALL LEAGUE (age 18+) Teams must have a minimum of 4 players on their roster. Standard format is 2 males and 2 females competing on the court.

Bonnie Nicolai
Executive Director
YMCA Sports Center



John & Fay Menard YMCA Tennis Center



HOURS

MONDAY-FRIDAY
8:00 AM-10:00 PM

SATURDAY
8:00 AM-8:00 PM

SUNDAY
10:00 AM-8:00 PM

TENNIS TIP OF THE MONTH:

IT'S JUST A GAME:

I have been involved in tennis since I was 6. It has always been special to me. Tennis has taught me a lot about myself, about life, and about what it means to compete. There have been many ups and downs, successes and failures, and a lot of learning. Sounds like life...

We need to approach tennis the right way. Tennis is a game. The game can be addicting, all encompassing, frustrating, and exhilarating. You can always improve in tennis. It can bring you a lot of happiness and teach you how to pick yourself up off the ground and get back out there when you have struggled.

As I get older and start to deal with more injuries and mobility issues, the mental aspect of the game and strategy have become more important. Dealing with adversity and figuring out how to use what I have is now the focus. I am trying to work on the physical issues and believe that I can improve on my current status, but the biggest gains will be in my thinking.

I wish someone had explained a lot of this to me when I was a teenager. I always thought that I had to hit the ball better than the other player, run faster, and hit more winners. I never understood that things will be different every time you step on the court. The battle is using what you have on that day to give yourself a chance to win.

Remind yourself that tennis is a game. The game isn't over until the last point is played. To be honest, the game never ends. There will be another game. Try to use your knowledge, experience, and your mind to win the game. If you do not win, get back out there and try it again. Figure things out, stay positive, focus on the simple things—they are the most important. Serve, return serve, hit a couple of good solid shots, and then try to figure out how to win the point. Keep playing the game

RACQUET/TENNIS BALL INCREASES

I have been told by our industry reps that effective April 15, we will see an increase in tennis ball and racquet costs due to the tariffs (some as much as 25%). If you have been looking for a new racquet, I suggest you do so before the 15. Stop and take a look at what we have in our Pro Shop!

NEW PLAY/REPLAY

Play/Replay is here. The John and Fay Menard YMCA Tennis Center has 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.

Matt Boughton
Executive Director
John & Fay Menard YMCA
Tennis Center

REGISTER FOR
ADULT TENNIS

REGISTER FOR
YOUTH TENNIS

UPCOMING EVENTS

April 5	UWEC vs Steven's Point
April 6	Junior L6
April 12-14	Junior L4
April 19	UWEC vs Hamlin (college youth day prior to the match)
April 24	UWEC vs St. Scholasitca
April 26	UWEC vs UW Superior and Madison School of Engineering.

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 spring the John and Fay Menard YMCA Tennis Center will be offering free court time to all members on Friday, April 28 from 7:00-10:00 PM.

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.

BLUGOLD TENNIS CLINICS

March 30 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).

TARIFF INCREASES!

We are seeing significant increases to the products we order (cleaning supplies, tennis balls, racquets etc). Effective April 15, we will be increasing Junior Unlimited from \$26 to \$30 a month and Junior court time from \$16 to \$20 per hour. We are also expanding happy hour court time to 8 AM-3 PM Monday-Friday and Saturday and Sunday from 12-4 PM. During this time all court time is \$16.00 per hour.

EGYM AT SOUTH YMCA

We are proud to introduce EGYM at the Y! The Eau Claire South YMCA is excited to bring a comprehensive training option that takes the guesswork out of exercise to the Chippewa Valley. EGYM smart circuit machines automatically adjust to your custom settings for weight, range of motion and cardiovascular exercise, guiding you through a full-body workout in as little as 20 minutes.

[CLICK HERE FOR MORE INFORMATION](#)

HOW DOES EGYM WORK?

Your first EGYM on-boarding session will include:

- Goal setting
- Assessments to determine your BioAge
- Identify muscle imbalances
- Creating a customized training plan

Ask a staff member today how to get started.

This session will take up to 1-hour.



YOUR OWN WORKOUT

Combining your goals with your BioAge assessments, your fitness coach will introduce you to a selection of personalized training plans, based on one of the following paths:

- Immunity Boost
- Weight Loss
- General Fitness
- Muscle Building
- Body Toning
- Athletic
- Rehab Fit
- Metabolic Fit



DO YOU KNOW YOUR BIOAGE?

Your coach will determine your BioAge by conducting a combination of strength, cardio and metabolism assessments. Your EGYM BioAge metric shows how you're doing compared to the typical, average values of those in your age group. The BioAge metrics are a great way to easily track your workout progress

DISCOVER WHAT
AN ONBOARDING
APPOINTMENT
LOOKS LIKE



MISSION STORY

YMCA BARRACUDAS SWIM TEAM MEMBERS HEADING TO NATIONALS



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

**MISSION
MOMENTS**
YMCA OF THE CHIPPEWA VALLEY



SPRING & SUMMER 2025 PROGRAM BROCHURE IS AVAILABLE!

Click on the cover photo to learn more and register.



Come and see what swim team is all about during our Swim Team Free Trial Week! No registration is required just show up ready to swim!



FIND YOUR FINS!

BARRACUDAS SWIM TEAM FREE TRIAL WEEK: APRIL 7-11, 2025

JUNIOR | AGES 10 & UNDER

Swimmers should be able to complete at least one length of freestyle and backstroke. The Junior group will be taught stroke technique and competitive starts and turns.

- Junior 1: Participants in this group must have passed Beginner Barracudas or can complete a full 25 of backstroke and freestyle in the large pool.
- Junior 2: Participants in this group must be able to do 3/4 of the primary strokes (Freestyle, Backstroke, Breaststroke, Butterfly).

JUNIOR ELITE | AGES 9-11

For entry into this group swimmers should be able to complete at least 50 yards of each of the four strokes. The Junior Elite group is focused on improving stroke technique, and endurance. Will be working with qualified coaches focused on giving individual feedback, on each stroke. This group will start to understand and learn how to compete and race strategies, as well as get an introduction to competitive training.

SILVER | AGES 10-12

Swimmers must be able to swim and train all 4 strokes. Swimmers in this group experience a higher intensity, and be expected to train at least at a 1:45 per 100 base or faster. **Eau Claire South Middle School instead of EC Memorial April 7!**

GOLD | AGES 13-18

Swimmers in this group are generally High School athletes, 14 and up. Swimmers are committed to swimming at a high level. Swimmers will experience an increased training volume and intensity, and be expected to train at least at a 1:30 per 100 base or faster. **Eau Claire South Middle School instead of EC Memorial April 7!**

LEVEL	TIME	FREE TRIAL DAYS	LOCATION
Junior 1	4:00-4:45 PM	APRIL 7, 8, 10	CHIPPEWA FALLS YMCA
Junior 2	4:00-5:00 PM		

LEVEL	TIME	FREE TRIAL DAYS	LOCATION
Junior 1	4:15-5:00 PM	APRIL 8, 10, 11	EAU CLAIRE DOWNTOWN YMCA
Junior 1	5:00-5:45 PM		
Junior 2	4:15-5:15 PM		

LEVEL	TIME	FREE TRIAL DAYS	LOCATION
Junior Elite	4:00-5:30 PM	APRIL 7, 8, 10	CHIPPEWA FALLS YMCA

LEVEL	TIME	FREE TRIAL DAYS	LOCATION
Junior Elite	4:15-5:45 PM	APRIL 8, 10, 11	EAU CLAIRE DOWNTOWN YMCA

LEVEL	TIME	FREE TRIAL DAYS	LOCATION
Silver	5:30-7:30 PM	APRIL 7*, 8 10, 11	CF MIDDLE SCHOOL
	6:30-8:30 PM		EC MEMORIAL/ SOUTH MS*

LEVEL	TIME	FREE TRIAL DAYS	LOCATION
Gold	5:30-7:30 PM	APRIL 7*, 8, 10, 11	CF MIDDLE SCHOOL
	6:30-8:30 PM		EC MEMORIAL/ SOUTH MS*

WWW.YMCA-CV.ORG/SWIMTEAM

JOIN THE Y FOR THESE FREE MEMBER BENEFITS



PARENTS' NIGHT OUT

KIDS NIGHT IN AT THE Y
CHIPPEWA FALLS YMCA
EAU CLAIRE DOWNTOWN YMCA

MEMBERS ONLY

the Y

[MORE INFORMATION](#)



FAMILY FUN ZONE

AT THE YMCA SPORTS CENTER

FREE FOR YMCA FAMILY MEMBERSHIPS

the Y

[MORE INFORMATION](#)



FAMILY NIGHT

YMCA SPORTS CENTER

the Y

[MORE INFORMATION](#)



CHILD WATCH

YMCA OF THE CHIPPEWA VALLEY

FREE FOR YMCA FAMILY MEMBERSHIPS

the Y

[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:

STUDENTS RACE CARDBOARD BOATS AT THE YMCA POOL



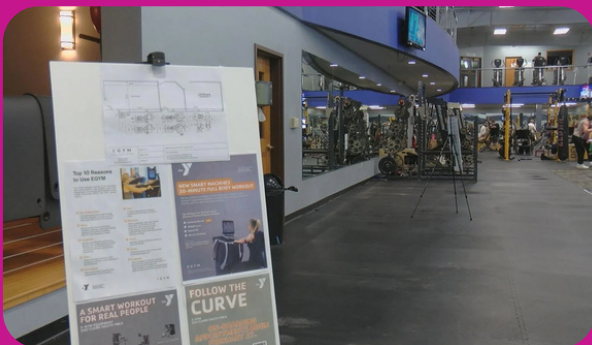
Click the image to view the full article

CHIPPEWA FALLS, YMCA WORKING TOWARDS PARTNERSHIP TO OPERATE MUNICIPAL POOL



Click the image to view the full article

WQOW: YMCA RECEIVES SMART WORKOUT FITNESS EQUIPMENT CALLED EGYM



Click the image to view the full article

CHIPPEWA HERALD: INDOOR PLAYGROUNDS SLIDE IN ACROSS RIVER VALLEY REGION TO MEET GROWING DEMAND



Click the image to view the full article



KICKSTART KIDS' DREAMS

YMCA OF THE CHIPPEWA VALLEY

**DONATE
HERE!!**

THE ANNUAL CAMPAIGN

YOUTH MEMBERSHIP & PROGRAM ASSISTANCE

The Y gives financial assistance for YMCA youth programming like swimming lessons, basketball, football, tennis and gymnastics!

Our goal at the Y is that no child is turned away from programming due to their family's financial circumstances. This can only happen with your help!

WILL YOU GIVE TO HELP THOSE IN NEED?

Gifts from donors like you create a healthier, stronger Chippewa Valley!

SHOW YOUR SUPPORT TODAY BY GIVING ONLINE, BY MAIL, OR GIVE US A CALL!



WWW.YMCA-CV.ORG/GIVE



YMCA of the Chippewa Valley
700 Graham Ave. Eau Claire, WI 54701



(715) 839-4611



What's Happening at the YMCA?

Click the text below to learn more.

[April 1 | Eau Claire South YMCA | Spring Pedaling for Parkinson's Program Begins](#)
[April 6 | Chippewa Falls YMCA | Spring Swim Lessons Registration Opens for Non-Members](#)
[April 6 | YMCA Sports Center | Healthy Kids Expo](#)
[April 7 | Chippewa Falls YMCA | Spring Pedaling for Parkinson's Begins](#)
[April 7 | Eau Claire Downtown YMCA | Spring Pedaling for Parkinson's Begins](#)
[April 8 | Eau Claire South YMCA | Pedaling for Parkinson's Begins](#)
[April 9 | Eau Claire Downtown YMCA | Active & Ageless Racquetball Clinic](#)
[April 12 | Chippewa Falls YMCA | Healthy Kids Day](#)
[April 13 | Chippewa Falls YMCA | Spring Swim Lessons Begins](#)
[April 22 | Chippewa Falls YMCA | Paint Your Own Bird Nest on Canvas!](#)

HEALTHY KIDS EXPO

WHEN: Sunday, April 6, 2025

TIME: 11:00 AM-3:00 PM

WHERE: YMCA Sports Center

FREE ADMISSION!

HEALTHY KIDS DAY

WHEN: Saturday, April 12, 2025

TIME: 9:00 AM-12:00 PM

WHERE: Chippewa Falls YMCA

FREE ADMISSION!

MARK YOUR CALENDAR

STRONGER TOGETHER



STRONGER TOGETHER RECOVERY & MENTAL HEALTH RESOURCE FAIR EAU CLAIRE DOWNTOWN YMCA

The Stronger Together Recovery and Mental Health Resource Fair is a free event designed for the general public, offering a wealth of resources related to substance use disorder recovery and mental health, all conveniently located in one place at one time. We encourage you to engage creatively with demonstrations and activities that showcase different services.

The event will feature a children's play area, two speakers giving 15-minute presentations, prize drawings, and much more. This gathering is not only an opportunity to connect with organizations that educate, inform, and provide resource materials, but also serves as a platform to discover more about mental health resources.

WHEN: Saturday, May 17, 2025

TIME: 10:00 AM-2:00 PM

WHERE: Eau Claire Downtown YMCA | Schaaf Gym



[YMCA-CV.ORG/EVENTS](https://ymca-cv.org/events)

FOLLOW US ON FACEBOOK TO STAY UPDATED AND IN THE KNOW!



Chippewa Falls YMCA



YMCA Early Learning
Community
Chippewa Falls YMCA



Eau Claire
Downtown YCMA



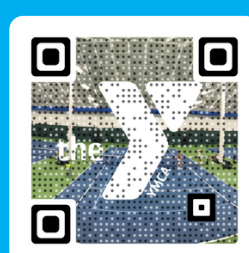
Eau Claire
South YCMA



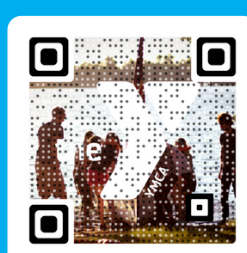
Days Gone By
Early Learning
Community
Eau Claire South YMCA



L.E. Phillips YMCA
Sports Center



John & Fay Menard
YMCA Tennis Center



YMCA Camp Manitou

Featured Employee of the Month

Jieun Kim

Department:
Healthy Living
Eau Claire South YMCA

How long have you worked at the Y:
5 months

When is your birthday?
December 27



Where did you grow up?
I grew up in a small but peaceful city in South Korea, similar to Eau Claire.

What are three words that best describe the Y?
Community, Inclusion, Wellness.

Favorite quote?
"Do what you can, with what you have, where you are." – Theodore Roosevelt

Where's your favorite place in the world?
Honestly, Eau Claire is my favorite place. I absolutely love Eau Claire summers—the beauty and peacefulness make it feel like home. Every winter, I tell myself I can't endure another one, but as soon as spring arrives, I forgive the harsh cold and fall in love with this place all over again. I've been in Eau Claire for nine years now, and this cycle happens every year!

If you could be any animal, what would it be?
A bird—I'd love to soar high in the sky and experience the thrill of diving through the air.

Tell us something interesting about yourself.
I used to spend a lot of time hanging upside down—literally! I have a background in aerial yoga and even competed in Aerial Olympics. These days, my feet are mostly on the ground, but I still love helping others move and feel their best. I also have a Master's degree in Social Work and an APSW credential and I'm passionate about helping others through both physical movement and mental wellness!!, but my biggest life lessons come from my two kids—one wild boy and one sweet girl—who keep me constantly moving (whether I want to or not!). My husband, who's also from South Korea, sometimes gets gently nudged (okay, maybe dragged) to the YMCA to work out with me. So far, my motivational tactics are working... for now!

What is your proudest moment at the YMCA?
Seeing people come to class, let loose, and just enjoy the moment is the best part of what I do. It's so rewarding to hear members say they feel stronger, healthier, or just happier after a class—it reminds me why I love being here.

What is your favorite YMCA story?
One of the most touching moments for me was receiving a handmade thank-you card from a couple who regularly attend both of my classes. They wrote that I helped them shine brighter, which truly meant the world to me. It reminded me that what we do here goes beyond just exercise—it's about uplifting and supporting each other.



Our Favorite Member Feedback

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

- Good people. Nice coaches who care about the athletes.
- We love the fact that it is right at our kiddos school. The teachers are kind and considerate. We also use additional YMCA programs and activities.
- I joined the Tennis Center in 2021 and the only adult program in the evenings were the drills from 5:30-7. Now, there's adult programming available at least four days a week. Having Avery join the team has done wonders to grow the adult offerings. He advocates to have more adult programming for all ranges of players—from beginners to advanced. He really cares about nurturing a player's skills and meeting them where they're at.
- I am so happy we signed our son up for swim team. It has helped him gain confidence. His instructors were so patient with him. We look forward to spring clinics!
- The free buddy pass allows any newcomer to bring a friend and start to feel comfortable starting in the gym or bringing them to play basketball. That's really the best part is that you can get any of your friends involved in fitness at no additional cost once you're a member

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!

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