



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WELCOME TO OUR COMMUNITY

YOUR COMPLETE GUIDE TO THE YMCA



YMCA OF THE CHIPPEWA VALLEY | WWW.YMCA-CV.ORG

A NOTE FROM YOUR CEO:

Thank you for joining the YMCA of the Chippewa Valley. You have not only made a commitment to a better you but to a better community. The YMCA, where your membership means more.

Here, you are part of a vibrant community that supports body, mind, and spirit. Our programs cater to all ages and interests, from fitness classes and swimming lessons to youth sports and senior activities. We strive to create an inclusive environment where everyone feels welcome and valued.

As a member, you have access to state-of-the-art facilities, knowledgeable staff, and a variety of events and workshops designed to inspire and engage. Your membership fees help fund community outreach initiatives, scholarships for families in need, and programs that promote healthy living and social responsibility.

We encourage you to get involved, meet new people, and make the most of everything the YMCA has to offer. Whether you're here to improve your health, learn new skills, or simply spend quality time with family and friends, you are contributing to a legacy of positive change.

Welcome to the YMCA of the Chippewa Valley family. Together, we can achieve so much more.



DEREK WHITE
PRESIDENT & CEO



TABLE OF CONTENTS

4: MISSION

- Our Mission
- Our Vision
- Our Values
- Our Purpose
- Equity Statement
- Nationwide Membership

5-6: YOUR MEMBERSHIP

- Our Branches
- Early Learning Communities
- YMCA360 Access
- Guest Passes
- Facility Amenities

7-8: OUR FACILITIES

- Gymnasiums
- Pools & Spas
- Why Each Facility is Unique

9-11: WELLNESS

- Group Exercise
- Wellness Areas
- Personal Training
- Manual Release Therapy
- Nutrition Coaching

12: SPECIAL EVENTS

- Annual Special Events

13-14: PROGRAMS

- Year Round Programs
- Seasonal Programs
- Registration
- Birthday Parties

15: FAMILY MEMBERSHIPS

- Child Watch
- Parents' Night Out
- Family Fun Zone
- Open Play Space
- Kids Gym

16: CHILD CARE SERVICES

- Our Purpose
- Days Gone By YMCA Early Learning Community
- Chippewa Falls YMCA Early Learning Community

17: SCHOOL-AGE CHILD CARE

- Before School Care
- After School Care
- School's Out Care
- YMCA Summer Camps
- Camp Manitou

18: ACTIVE & AGELESS

- Our Purpose
- Active & Ageless Group Exercise
- One Membership, All Locations

19-20: HEALTH INTERVENTION PROGRAMS

- Pedaling for Parkinson's
- Sober Strong
- Weight Management Support Group
- LiveStrong
- Brain & Body Fitness
- Enhance Fitness

21-22: HISTORY

- YMCA of the Chippewa Valley History

23: GET INVOLVED

- Our Culture
- Employment
- Internships
- Volunteering

24: MORE THAN MEMBERSHIP

- Why Give to Our Y
- Know the Impact
- In need of assistance

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MISSION STATEMENT

OUR MISSION

The YMCA mission is to put Christian principles into practice through programs that build healthy spirit, mind, and body for all.

OUR VISION

The Y's Commitment to America is developing new generations of change-makers who will create communities we all want to live in. We envision communities where all people achieve health, gain confidence, make connections, and feel secure at every stage of life.

OUR VALUES

CARING

Show a sincere concern for others.

HONESTY

Be truthful in what you say and do.

RESPECT

Treat people the way they want to be treated.

RESPONSIBILITY

Be accountable for your promises and action.

OUR PURPOSE

We are committed to strengthening community by connecting all people to their potential, purpose, and each other. Working locally, we focus on empowering young people, improving health and well-being, and inspiring action in and across communities.

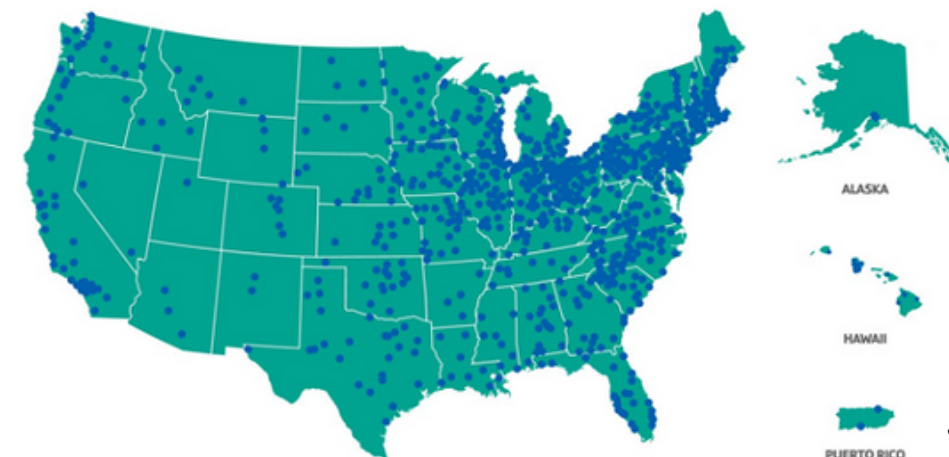
EQUITY STATEMENT

The YMCA of the Chippewa Valley values individuals from diverse backgrounds working together to strengthen our community. Our core values of caring, honest, respect, and responsibility guide us as we embrace diversity, equity, and inclusion. We strive to build an atmosphere where everyone feels welcomed, valued, and respected, and where we all have the opportunity to reach our full potential.

NATIONWIDE MEMBERSHIP

One membership, all locations.

The YMCA of the Chippewa Valley is part of the Nationwide Membership program which allows you to visit Ys across the country for free. Whether you are traveling for work, or pleasure, a stop at the local YMCA can be part of your trip itinerary!



YOUR MEMBERSHIP

OUR BRANCHES



CHIPPEWA FALLS YMCA
611 JEFFERSON AVE, CF



EAU CLAIRE DOWNTOWN YMCA
700 GRAHAM AVE, EC



EAU CLAIRE SOUTH YMCA
3225 LORCH AVE, EC



L.E. PHILLIPS YMCA SPORTS CENTER
3456 CRAIG RD, EC



JOHN & FAY MENARD YMCA TENNIS CENTER
1260 MENOMONIE ST, EC



YMCA CAMP MANITOU
NEW AUBURN

EARLY LEARNING COMMUNITIES



CHIPPEWA FALLS YMCA EARLY LEARNING COMMUNITY
5 630 MILLER ST, CF



DAYS GONE BY YMCA EARLY LEARNING COMMUNITY
3221 LORCH AVE, EC

YMCA360 ACCESS

On-demand, on your schedule. Stream anywhere, anytime. Included with your YMCA membership. YMCA360 offers a wide variety of videos including fitness, wellness, education, youth activities, and more.

YMCA360 also manages our branch schedules and reservations.

YMCA360 is available as a mobile app, on most TVs, and through a computer or tablet.



GUEST PASSES

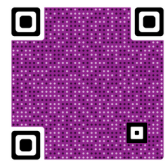
YMCA members (11 and older) are welcome to bring guests with them to the YMCA membership Branches in Chippewa Falls, Downtown Eau Claire, & Eau Claire South at no cost to their guest. Members can bring 2 guests per day, however, each individual guest will be limited to 3 free visits per year.



WHICH BRANCH WORKS FOR YOU?

	CHIPPEWA FALLS YMCA	EAU CLAIRE DOWNTOWN YMCA	L.E. PHILLIPS YMCA SPORTS CENTER	JOHN & FAY MENARD YMCA TENNIS CENTER	CAMP MANITOU	EAU CLAIRE SOUTH YMCA
Multi-Purpose Gymnasium	●	●	●			●
State-of-the-Art Fitness Equipment	●	●				●
Handicap Accessible Equipment	●	●				
Free Weights & Cardio Equipment	●	●				●
Private Fitness Studio	●	●				●
YMCA360 Access for Members	●	●	●	●	●	●
Chronic Disease Prevention Programs	●	●				
Pickleball	●	●	●			●
Indoor Tennis Courts				●		
Indoor Track	●	●				
School-Age Child Care	●	●	●			
Cycling Classes	●	●				●
In-Person Group Exercise Classes	●	●				●
Personal Training	●	●				●
Locker Rooms	●	●	●	●		●
Spa Area - Hot Tub, Sauna, Steam Room		●				●
Full-Time Licensed Child Care Facility	●					●
School's Out Day Care (Full Day Care)	●	●	●			●
Summer Camps	●	●	●	●	●	
Lap/Open Swim	●	●				●
Racquetball	●	●				
Family Swim & Gym Time	●	●				●
Youth & Enrichment Programs	●	●	●	●	●	●
Water Exercise Classes	●	●				●
Private Swimming Lessons	●	●				
Gymnastics			●			
Group & Private Tennis Lessons				●		
Golf Simulator	●					
Yoga Classes	●	●				●

GYMNASIUMS



Available to all members, our gymnasiums provide opportunities for a variety of recreation and exercise. During open gym time, members can use this space however they would like, keeping in mind this is a shared space. Our gym schedules also highlight opportunities for pick-up basketball, volleyball, and pickleball. Please scan the QR code above to view the current schedule or refer to our website under the Schedules tab.



CHIPPEWA FALLS YMCA

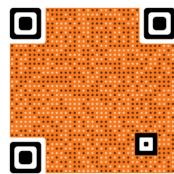


EAU CLAIRE DOWNTOWN YMCA



EAU CLAIRE SOUTH YMCA

POOLS & SPAS



POOLS

LAP SWIM

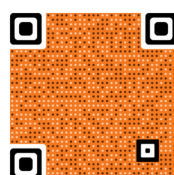
Aimed at swimmers who swim, walk, or jog lengths of the pool. Two swimmers allowed per lane.

OPEN SWIM

Lanes are available for general recreation, leisure, or exercise.

WATER EXERCISE

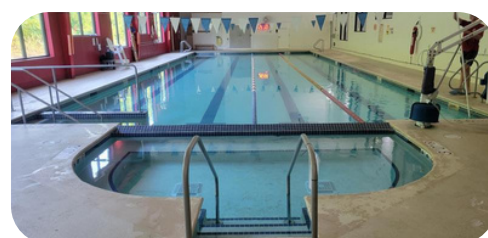
This is a low-impact, instructor-led class that incorporates cardiovascular and muscle conditioning exercises using water as resistance. This is one of the many group exercise classes that we offer.



SPAS



CHIPPEWA FALLS YMCA

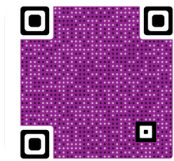


EAU CLAIRE SOUTH YMCA



EAU CLAIRE DOWNTOWN YMCA

EACH FACILITY IS UNIQUE - SEE WHY!



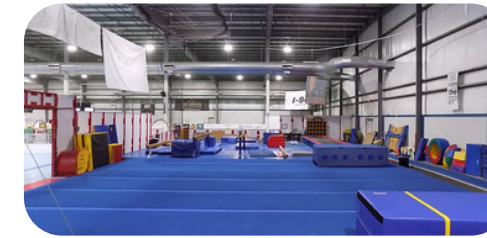
L.E. PHILLIPS YMCA SPORTS CENTER



SPORTS COURT

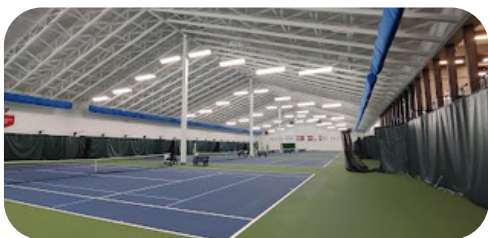


INDOOR TURF



GYMNASICS AREA

JOHN & FAY MENARD YMCA TENNIS CENTER



INDOOR TENNIS COURTS



ADULT TENNIS PROGRAMS



YOUTH TENNIS PROGRAMS

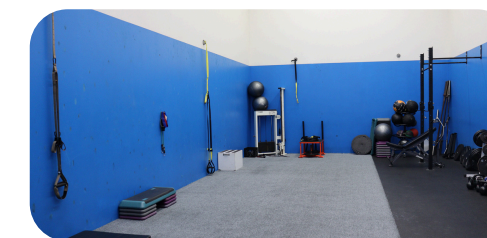
EAU CLAIRE DOWNTOWN YMCA



SMALL POOL



KIDS GYM

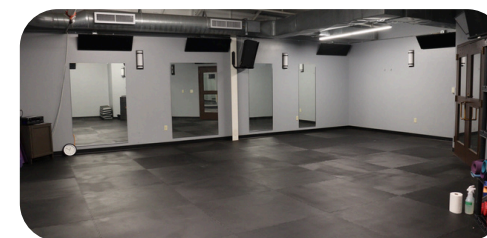


PERSONAL TRAINING STUDIO

EAU CLAIRE SOUTH YMCA



CYCLING ROOM



HEATED YOGA STUDIO



SALINE POOL

CHIPPEWA FALLS YMCA



GOLF SIMULATOR

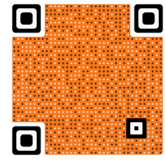


OPEN PLAY SPACE



YOGA STUDIO

GROUP EXERCISE



The Y offers a variety of FREE, instructor-led group exercise classes for all fitness levels. Y Members 12 years and older can attend both instructor-led and on-demand fitness classes at the Y at no additional cost.

FIRST TIME ATTENDING CLASS?

We encourage you to arrive to class 5-10 minutes early, dress in comfortable clothing, bring a water bottle, and find the class instructor. They will be happy to help you get set!

ACTIVE & AGELESS

The YMCA of the Chippewa Valley is proud to offer a variety of Active & Ageless programs committed to helping seniors maintain a healthy lifestyle and strengthen social ties. We encourage everyone to grow in the areas of physical, emotional, social, and spiritual well-being. Our Active & Ageless land and water-based exercise classes promote fitness and well-being while fostering friendships and camaraderie. Volunteer opportunities and social events build relationships and community ties that can last a lifetime. Gathering places are available at our branches for those who want to relax after exercising and chat over a cup of coffee with old friends or new friends. Maximize your membership and take full advantage of what your Y has to offer.

WATER EXERCISE

Classes that focus on low-impact workouts that use the resistance and buoyancy of water to improve strength, flexibility, and cardiovascular fitness. Intensity level determined by participant.

CARDIO EXERCISE

These classes are primarily focused on cardiovascular endurance, high calorie burns, and vigorous movements.

MORE THAN 150 CLASSES ARE OFFERED EACH WEEK!

CARDIO & STRENGTH

These classes involve strength and cardio training exercises done in two or three different activities to make up a set. Exercises such as running, jumping, and stepping may be combined with strength exercises using your body weight, dumbbells, body bars, medicine balls, and steps.

STRENGTH

Classes designed to make your muscles work harder than normal, which can increase their strength, size, power, and endurance. They can involve using your body weight or working against resistance.

MINDFUL MOVEMENT

Mindful movement classes combine physical activity with mindfulness to improve the mind-body connection. They can help reduce stress, anxiety, improve sleep, and can be used to help with physical and emotional healing.

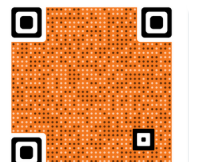
MIND & BODY

Classes that combine body movement, mental focus, and controlled breathing to improve strength, balance, flexibility, and overall health.

SPECIALTY FITNESS

Specialty fitness programs are committed to helping individuals begin, maintain, or advance their healthy lifestyle and strengthen social ties. We encourage everyone to grow in the areas of physical, emotional, social, and spiritual well-being.

WELLNESS AREAS



The YMCA wellness areas are built around the idea that if a space is warm and inviting, everyone will feel comfortable exercising in that space. Every day our motivated staff build relationships with members through open and honest communication. The Y wellness areas offer state-of-the-art cardio equipment, strength equipment, and much more. Members of all levels and abilities who are 12 years and older are welcome in these spaces. It is our sincerest hopes that you, too, will find our wellness areas to be a welcoming environment that will drive you to achieve your fitness goals.

WEIGHT ROOMS



CHIPPEWA FALLS YMCA

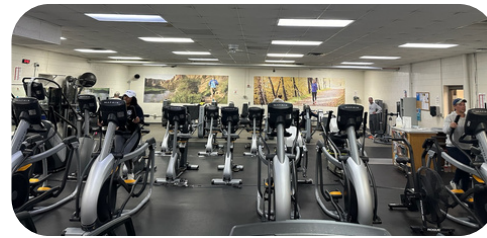


EAU CLAIRE DOWNTOWN YMCA



EAU CLAIRE SOUTH YMCA

CARDIO ROOMS



CHIPPEWA FALLS YMCA



EAU CLAIRE DOWNTOWN YMCA

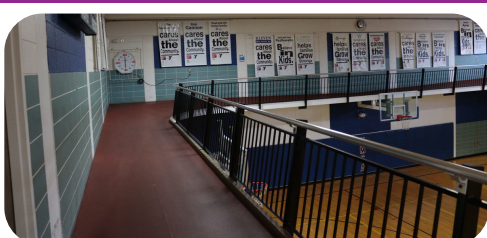


EAU CLAIRE SOUTH YMCA

INDOOR WALKING/RUNNING TRACKS



CHIPPEWA FALLS YMCA



EAU CLAIRE DOWNTOWN YMCA

FREE WELLNESS CONSULTATIONS

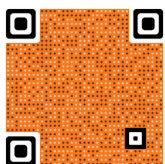
The YMCA offers an exclusive, complimentary wellness consultation for all members, providing personalized guidance on achieving your fitness goals. During the session, you'll explore how the YMCA supports your health journey, with a focus on tailored advice. The wellness professional will showcase facilities, equipment, amenities, and free group exercise classes. The trainer will provide guidance on personalized training options and how to make the YMCA an integral part of your fitness routine. This one-on-one session empowers you with the knowledge to maximize your membership for health and fitness goals! To schedule your consult call your YMCA home branch today.

PERSONAL TRAINING

WHAT CAN PERSONAL TRAINING DO FOR YOU?

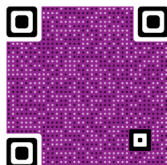
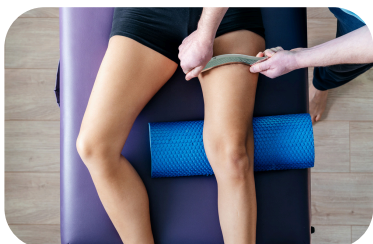
- Define your personal goals
- Develop a customized fitness plan
- Improve your self-confidence
- Provide motivation and accountability
- Improve your physical well-being
- Improve your mental well-being
- Increase your energy, mobility, and strength
- Take your fitness to the next level.

Private, Partner, and Small Group training opportunities available.



MANUAL RELEASE THERAPY

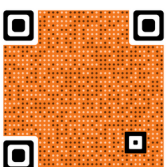
Manual Release Therapy is a hands-on type of targeted massage and body manipulation that releases tightness and pain throughout your muscles and myofascial tissues. Manual Release Therapy is offered at the Chippewa Falls YMCA location.



NUTRITION COACHING

Fueling your body for success can be tricky, but we are here to help you succeed. We offer 1-, 3-, and 6-month commitment packages. Each package includes an initial consult and weekly follow-ups depending on your needs. We will work together to understand your goals, lifestyle, and habits. Your coach will go through your individualized needs to create a program that works for you. This program will include a customized nutrition plan and shopping list so you are prepared to get started.

Follow-up sessions will include re-assessment of the previous week, nutrition education, and tools to stay on track. Topics that may be covered are overcoming plateaus, meal prep, recipe modifications, or developing mindful eating habits. Resource guides, sample meal plans, recipes, and handouts provided as necessary.



SPECIAL EVENTS

JANUARY

WINTER FREE FISHING

Join us for Wisconsin DNR Free Fishing Weekend! Meet at Ojibwa Golf & Bowl in Chippewa Falls for an afternoon of instruction on Glen Loch Lake/Reservoir and learn how to ice fish!

APRIL

KIDS EXPO | YMCA SPORTS CENTER

Enjoy live performances, face painting, DJ entertainment, huge inflatables, indoor recess, games, family marketplace, prizes, and much more family fun!

HEALTHY KIDS DAY

Healthy Kids Day allows families to gather and share information on nutrition, health, exercise, health care services, chiropractic care, dental hygiene, fire safety, and much more. This event will be spaced throughout the YMCA and outside.

JUNE

SUMMER FREE FISHING

Join us for Wisconsin DNR Free Fishing Weekend! Meet at Erickson Park for an afternoon of instruction on Glen Loch Lake/Reservoir and learn how to fish!

SUMMER VETERAN FISHING SERIES

The YMCA has teamed up with the Chippewa Falls Veteran's home to assist with the summer veterans' fishing series at Erickson Park. Open to veterans to fish and volunteers needed every year for the series.

MONDAY MARKET AT THE CHIPPEWA FALLS YMCA

In partnership with the Chippewa Health Improvement Partnership, the Monday Market provides additional opportunities in Chippewa Falls for fresh produce from local vendors. The Farmers Market will also feature food trucks, food demos, resource booths, kids activities, and giveaways!

CHIPPEWA FALLS YMCA GOLF OUTING

Enjoy a day of fun and friends! The Chippewa Falls YMCA provides golfers with a day of camaraderie in order to help those in need. Proceeds from the Golf Outing benefit the Annual/Strong Kids Campaign.

JULY

FERRIS WHEEL 5K

This fun run/walk takes place every year during fair week! Proceeds from the race support youth initiatives at the Northern Wisconsin State Fair.

AUGUST

LEINENKUGEL'S PURE WATER DAYS RACES

Pure Water Days is a weekend-long festival for the entire family held in Chippewa Falls. The Pure Water Days festival events begin on Friday and end Sunday afternoon. The Leinenkugel's Pure Water Days races are held at the Chippewa Falls YMCA. There are five different races to involve the entire family.

SEPTEMBER

CLAYTON ANDERSON GOLF OUTING & WINE TASTING

All proceeds from the day's events support the Eau Claire YMCAs' Membership for All program which helps more than 2,500 people with financial hardship join the Y and participate in programs each year, as well as other free mission-based programs for cancer survivors, women in recovery, and people with dementia or Parkinson's Disease. We hope you'll join in to support these worthy programs!

OCTOBER

ROCK THE DOME FOR THE YMCA

Join us at Loopy's Dome for a night of music to benefit the YMCA. All ticket 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.

HALLOWEEN AT THE Y

Put on your costumes and join us at the Chippewa Falls YMCA for our annual Halloween event. This event takes place outdoors and will be bursting with fun activities for all ages. Join us for inflatables, community booths, a haunted house, games, raffles, giveaways, and more.

HALLOWEEN PARTY AT SPORTS CENTER

Join us for an evening full of family fun sponsored by RCU! We will have Halloween games, inflatables, face painting, DJ entertainment, family interactive games and much more!

NOVEMBER

SUPPORT OUR TROOPS

Every year our community comes together to SUPPORT OUR TROOPS by sending them a care package! Show the men and women in the Army, Navy, Air Force, Space Force, Marine Corps, and Coast Guard how much you care! Just in time for the holidays!

FESTIVAL FOODS TURKEY TROT

The Festival Foods Turkey Trot allows participants to partake in a 5-mile run, 2-mile fun run, 2-mile walk or Dog Jog on Thanksgiving Day! Proceeds benefit the YMCA and the Boys & Girls Club.

DECEMBER

CHRISTMAS AT THE LODGE

Experience the beauty of camp in winter and join us by the warmth of the fireplace for mingling with drinks and great food at our annual fundraiser. This event allows us to come together to help support our mission, provide exceptional facilities, and ensure that Manitowish will continue to inspire youth for years to come.

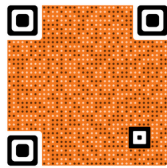
CHRISTMAS AT THE Y

Get in the Christmas spirit and join us at the Chippewa Falls YMCA for our annual Christmas event. This event will bring Christmas joy to everyone and will be bursting with fun activities for all ages. Join us for inflatables, community booths, a visit from Santa, games, raffles, giveaways, and more.

NEW YEAR'S FAMILY EVENT

Join us for a super fun family event! Ring in the New Year with your children and community families. Large inflatables, DJ entertainment, limo rides from Cody Limousines, balloon drop with 1,500 balloons, face painting, and family fun games.

PROGRAMS



Experience all that the Y has to offer you and your family by participating in one of our programs! The Y offers program sessions throughout the year with a variety of offerings.

YEAR ROUND

- Tennis
- Swim Lessons
- Swim Team
- Gymnastics
- Youth Enrichment Programs
- Sports Tykes
- Youth Fitness
- Livestrong
- Brain & Body
- Enhance@Fitness
- Sober Strong
- Pedaling for Parkinson's
- Youth Safety Trainings
- Super Hoopers Basketball
- Youth Tennis
- Adult Tennis
- Youth Flag Football
- Youth Volleyball

WINTER 1 & WINTER 2

- Little & Big Dribblers
- Adult Basketball League
- Men's Masters Basketball
- Adult Flag Football
- COED Volleyball
- Fusion Volleyball Club
- Youth Soccer Skills
- High School Soccer League
- Women's Soccer League
- Men's Soccer League
- + Year Round

SPRING

- Swim Team Clinics
- Adult Basketball League
- Adult Flag Football
- Spring Training
- COED Volleyball
- Youth Soccer Skills
- Women's Soccer League
- + Year Round

SUMMER 1 & SUMMER 2

- Swim Team
- Adult Tri/Lap League
- Youth Basketball Camps
- Youth Basketball Skills
- High School Basketball League
- 3v3 Basketball League
- Middle School Basketball League
- High School Basketball League
- Women's Basketball League
- Adult Basketball League
- Middle School Volleyball League
- High School Volleyball League
- + Year Round

FALL 1 & FALL 2

- Swim Team
- Swim Team Clinics
- Adult Basketball League
- Outdoor Youth Flag Football
- Adult Flag Football
- Youth Volleyball
- COED Volleyball
- Youth Soccer Skills
- Women's Soccer League
- Men's Soccer League
- + Year Round

»» FLAG FOOTBALL

The YMCA of the Chippewa Valley offers flag football leagues for all ages - youth to adult!

»» YOUTH ENRICHMENT

Let's MAKE & CREATE! The YMCA offers youth programs for kids who like to learn, build, move, sing, and create.

»» SWIM LESSONS

Instructor-led classes for all skill levels, following the American Red Cross Learn to Swim Program for Parent/Child, Preschool, and Youth lessons.

»» BASEBALL/SOFTBALL

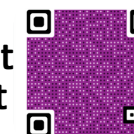
Get your kids involved in baseball, softball, or t-ball at the YMCA!

»» SWIM TEAM

The YMCA of the Chippewa Valley Barracudas Swim Team combines YMCA and USA year-round competitive swimming and diving programs in Eau Claire, Chippewa Falls, and the surrounding area. We promote the long-term development of athletes by offering skill instruction, training focused on improving fitness levels, and appropriate social interaction in a caring, respectful, and encouraging environment. More than 200 student-athletes learn and train at multiple locations: Eau Claire YMCA, Chippewa Falls YMCA, Chippewa Falls Middle School, and Eau Claire Memorial High School. The YMCA Swim Team welcomes swimmers ages 5 to 19 at all ability levels!



Looking for a fun place to host your child's next birthday party? Look no further than the YMCA!



»» BASKETBALL

The YMCA of the Chippewa Valley offers basketball programs and leagues for all ages - youth to adult! Participate in instruction programs, leagues, or tournaments.

»» VOLLEYBALL

The YMCA of the Chippewa Valley offers volleyball programs and leagues for all ages - youth, high school, and adult! Participate in instruction programs, leagues, tournaments, or open gyms.

»» SOCCER

We offer a variety of soccer leagues at the YMCA Sports Center. Leagues are available for men, women, high school students, and skill classes are available for youth.

»» GYMNASTICS

The Gymnastics Program aids in your child's physical, mental and social development. Our objective is to provide children with safe, positive, and fun learning experiences! We aim to build strength, flexibility, endurance, coordination, and self-confidence while having fun with the sport of gymnastics. We provide an opportunity for the children of our community to participate, learn and enjoy the skills of gymnastics in a safe, wholesome, family-friendly environment.

»» TENNIS

The John & Fay Menard YMCA Tennis Center offers youth, high school, and adult progressive tennis classes.

»» PRESCHOOL SPORTS

Youth sports classes help kids develop a love for sports by focusing on skill development and teaching the fundamentals of the game.

REGISTRATION

Programs are open to everyone in the community but, by being a YMCA Member, you receive discounts on program class fees and priority registration. Classes, especially swim lessons and gymnastics, often fill early in the registration process.

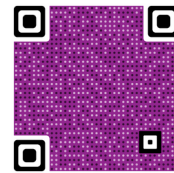
Stay up-to-date with the latest program offerings and registration dates by viewing our website or the current program brochure.

TO LEARN MORE ABOUT THE CURRENT YMCA PROGRAMS AND OFFERINGS, PLEASE VISIT OUR WEBSITE TO FIND OUR CURRENT PROGRAM GUIDE.

FAMILY MEMBERSHIP BENEFITS

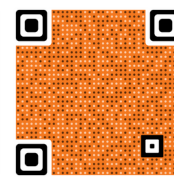
FREE TWO-HOUR DROP-IN CHILD WATCH

Child Watch is a FREE drop-in daycare service for ages 6 weeks to 10 years. This service is available for those with a YMCA Family Membership 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! Parents must remain on-site while child is in care.



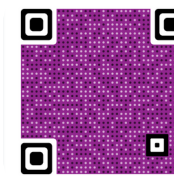
FREE MONTHLY PARENT'S NIGHT OUT

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 a YMCA Household Membership once a month. For ages 3 and potty trained through 5th grade.



FREE FAMILY FUN ZONE (SEPT-MAY)

Family Fun Zone is a program offered for accompanied children ages 0 to 5. Family Fun Zone operates September through May from 9:00-11:30 AM. Children and parents enjoy open play on the large turf field filled with numerous toys, games, sports equipment, and inflatables. Organized activities are also offered at different times each morning which children may participate in if they choose or continue with open play. This offering is free for YMCA Household Memberships.



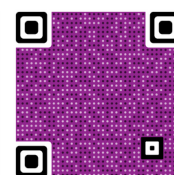
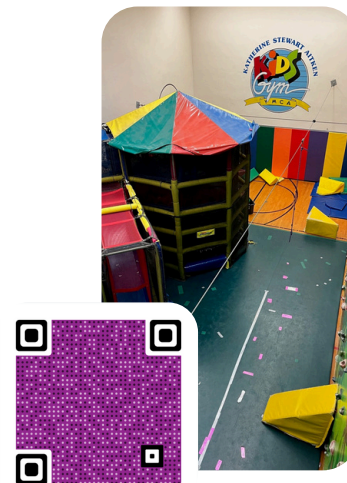
OPEN PLAY SPACE

In partnership with the Children's Museum of Eau Claire, the Chippewa Falls YMCA welcomes YMCA members to explore our Open Play Space included with their membership. This space is a free interactive environment featuring activities for all ages including free play equipment, board games, STEM (Science, Technology, Engineering, & Math) activities, puzzles, and much more. This space creates a learning through play experience!

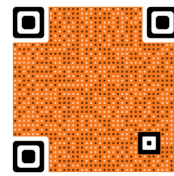


KIDS GYM

Kids Gym is available to members at the Eau Claire Downtown YMCA during business hours except for when it is used for our Child Watch drop-off child care service or is reserved for a birthday party. Members wishing to use Kids Gym can check out the key at the service desk. Please note, children must be supervised by an adult when using Kids Gym.



CHILD CARE SERVICES



At the Y, we strengthen community through youth development because we believe that a community is stronger when all children have the opportunity to discover who they are and what they can achieve.

When you enroll in our child care programs, you do so knowing that the Y impacts youth by supporting their needs and interests in our welcoming and safe environment. The child care programs create a space for social and emotional learning which will have a positive impact on mental health and social skills.

Our caring staff team follows all state licensing standards while nurturing the potential of every child. Daily activities include structured physical activities, social and emotional learning activities, as well as an afternoon snack with fresh fruit and vegetables.



THE GOALS OF Y CHILD CARE PROGRAMS

- To help children develop to their fullest potential
- To support and strengthen the family unit
- Deliver childcare in a safe and positive environment
- To teach, model, celebrate, practice, praise, and reinforce the four values of character development: caring, honesty, respect, and responsibility
- To foster health and well-being for children and families

PROFESSIONAL ROLE MODELS

Our staff are "Professional Role Models" selected based on their experience, attitude, skills, and their ability to EXPECT and demonstrate the Y core values of caring, honesty, respect, and responsibility.

SAFETY

Our programs are safe and full of fun activities that encourage physical activity, social interaction, educational opportunities, personal growth, and creativity. All Y staff attend trainings that cover the Y mission, character development, and child abuse prevention.

THE EXPERIENCE

YMCA School-Age Care allows children the opportunity to explore, build friendships, develop new skills and discover their creativity. Y staff focus on character development and emphasize accomplishments and successes in all participants.

KIDS LOVE US

Y programs offer your child a chance to have fun while building a healthy spirit, mind, and body. Plus, they get to build friendships, be physically active, get messy and creative, learn new skills, have a blast, and BE A KID!

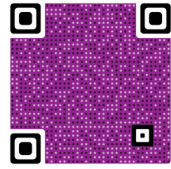
EARLY LEARNING COMMUNITIES | AGES 0-5

Our state-of-the-art childcare centers combine state licensing regulations with the Y mission to offer children the highest quality care. Qualified staff foster social, emotional, physical, and educational growth through developmentally-appropriate activities. We believe children learn best through play and experiences and strive to offer variety each day. Some of these experiences include swim lessons for children age 3 and older, music, art, dramatic play, and outdoor activities. The Y and Chippewa Falls Area Unified School District collaborate to offer a 4K Cardinals at the Chippewa Falls YMCA Early Learning Community.

- **DAYS GONE BY YMCA EARLY LEARNING COMMUNITY**
 - 3221 LORCH AVE, EAU CLAIRE, WI 54701
- **CHIPPEWA FALLS YMCA EARLY LEARNING COMMUNITY**
 - 611 JEFFERSON AVE CHIPPEWA FALLS, WI 54729



SCHOOL-AGE CARE



BEFORE SCHOOL CARE | AGES K-12 years

This program is available for children enrolled in all elementary schools (all public and private schools) in the Eau Claire area. Before School Care is designed to provide quality, licensed childcare for children before their school day begins. Care is available at the Eau Claire Downtown YMCA and onsite at many Eau Claire schools. Care begins at 6:30 AM until school starts.

AFTER SCHOOL CARE | GRADES K-5th

This state-licensed program offers children care where children can stay engaged in a fun, safe, and friendly atmosphere. Each site offers a unique program to help individual children develop positive self-esteem. Daily activities may include group discussions, group play, positive interaction, arts and crafts, homework help, and outdoor play. Care is provided until 6:00 PM at your child's after school program site. An afternoon snack and drink are provided. YMCA locations include the Chippewa Falls YMCA and Eau Claire Downtown YMCA and many school sites.

SCHOOL'S OUT CARE | GRADES K-5th

In YMCA School's Out Care, kids engage in physical and educational activities that encourage them to explore who they are and what they can achieve. It's a safe place to learn, have fun, and get active during the school year when school isn't in session. School's Out is designed to provide quality, licensed childcare for children who are enrolled in the YMCA Before and After School Care when the schools are not in session. Daily plans include sports, arts and crafts, and many other activities to keep your child motivated, social, and active. Care is offered at the YMCA Sports Center, Eau Claire Downtown YMCA, and the Chippewa Falls YMCA.

YMCA SUMMER CAMPS | AGES 5-12

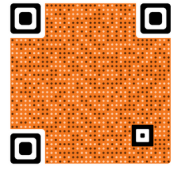
YMCA Summer Camps are the best way to keep your kids active and engaged during the summer! Summer Day Camps are offered at the Chippewa Falls YMCA, L.E. Phillips YMCA Sports Center, and Eau Claire Downtown YMCA. From fun field trips to swimming weekly, our summer care will keep your child engaged, active, and developing social-emotional skills.

CAMP MANITOU 27960 137th St., New Auburn, WI, 54757

Camp Manitou is an overnight camp with programs for youth entering grades 2-10. Campers will learn new skills, play large group games, and have plenty of opportunities to go swimming and boating every day. The activities we offer provide great opportunities for campers to enjoy the outdoors while learning to work together and build new friendships. Campers make memories that will last a lifetime.



ACTIVE & AGELESS



The YMCA of the Chippewa Valley is proud to offer a variety of Active & Ageless programs committed to helping seniors maintain a healthy lifestyle and strengthen social ties. We encourage everyone to grow in the areas of physical, emotional, social, and spiritual well-being. Our Active & Ageless land- and water-based exercise classes promote fitness and well-being while fostering friendships and camaraderie. Volunteer opportunities and social events build relationships and community ties that can last a lifetime. Gathering places are available at our branches for those who want to relax after exercising and chat over a cup of coffee with old friends or new friends. Maximize your membership and take full advantage of what your Y has to offer.

ACTIVE & AGELESS GROUP EXERCISE CLASSES

Sit & Fit, Yoga, Basic Fitness, Zumba, and many more classes are designed with the Active Older Adult in mind! Group exercise classes are a great way to get your workout in and even make some new friends while doing it.



ONE MEMBERSHIP, ALL LOCATIONS

When you join the YMCA, you get access to, and membership benefits, at all our branches, not just your home branch. With three membership branches, 2 program branches, and an overnight camp, it's not hard to make the most of your membership at the Y!



CHIPPEWA FALLS YMCA



EAU CLAIRE DOWNTOWN YMCA



EAU CLAIRE SOUTH YMCA



L.E. PHILLIPS YMCA SPORTS CENTER

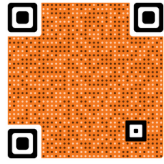


JOHN & FAY MENARD YMCA TENNIS CENTER

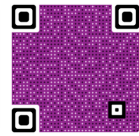


YMCA CAMP MANITOU

HEALTH INTERVENTION PROGRAMS

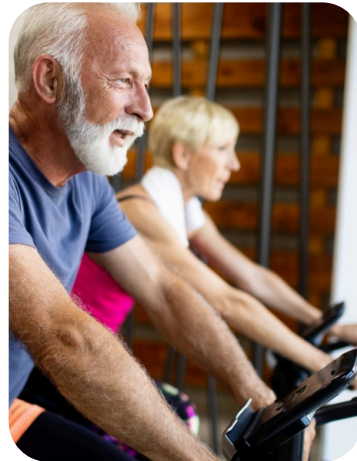


PEDALING FOR PARKINSON'S

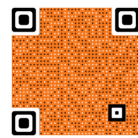


Pedaling for Parkinson's helps Parkinson Disease patients develop healthy lifestyles through fitness, education, and wellness activities in a group setting. Sessions will run for 8 weeks at a time.

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%. 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.



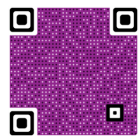
SOBER STRONG



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. Recovery coaching, athletic clothing closet, support meetings, and group exercise classes are all part of this life-changing program.



WEIGHT MANAGEMENT SUPPORT GROUP



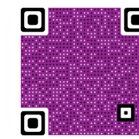
Weighing in on Health Weight Management Support Groups helps educate and motivate individuals to focus on healthy lifestyle changes. As one said, an ounce of prevention is worth more than a pound of cure. Making sound decision on nutrition, daily exercises, and determination sounds simple, although everyone has a unique path to success. Join this support group for community, guidance, support, and encouragement.

This is open and free to members and community promoting public health and nutritional guidance.

This support group focuses on education and group motivation to overcome weight management issues. Relationships with trained medical professionals are encouraged for all because obesity is a health crisis and can be complex.



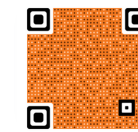
LIVESTRONG®



Cancer is a life-changing disease, taking a tremendous physical and emotional toll on those affected. The YMCA and LIVESTRONG® have joined together to create LIVESTRONG® at the YMCA: a free, research-based physical activity and well-being program designed to help adult cancer survivors reclaim their total health. Participants work with Y staff, who are trained in supportive cancer care to safely achieve goals such as: building muscle mass and strength, increasing flexibility and endurance, and improving confidence and self-esteem. By focusing on the whole person and not the disease, LIVESTRONG® at the YMCA is helping people move beyond cancer in spirit, mind, and body. A free one-year family membership is included. Free for cancer survivors, but registration is required. Offered at the Chippewa Falls YMCA and Eau Claire Downtown YMCA.



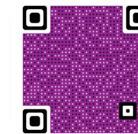
BRAIN & BODY FITNESS



This is a group exercise program for people living with mild to moderate dementia and their caregivers. To participate, individuals must be able to perform simple exercises, follow verbal directions, and participate in conversation. Modeled after the LEEPS program (Language Enriched Exercise Plus Socialization), Brain and Body Fitness has been shown to improve physical fitness and mood in people living with dementia and their caregivers. It is a safe, effective, fun social program taught by qualified and trained YMCA staff. A free one-year family membership is included. Offered at the Eau Claire Downtown YMCA.



ENHANCE®FITNESS



This program is geared toward older adults of all fitness levels. If you have a chronic condition, such as arthritis, you may be able to gain more strength and independence. You will feel energized—physically, mentally, and socially—and be surrounded by people who care about your success.

THE FACTS TELL THE STORY: Research has shown that among older adults who participate in Enhance®Fitness, health costs were lowered by close to \$1,000 and 9 out of 10 people stay with the program. In addition, 99% say they would recommend the program to a friend.

The exercises are dynamic but can always be done at your pace:

- Up to 25 people in each class: we provide chairs and soft weights
- Class meets 3 times per week and focuses on flexibility, balance, strength, & movement
- Fitness assessment at beginning of each 16-week session.

Offered at the Eau Claire Downtown YMCA.



YMCA OF THE CHIPPEWA VALLEY HISTORY



The YMCA of the Chippewa Valley was created when the Eau Claire Downtown YMCA and the Chippewa Valley Family YMCA merged in May of 2019 and is currently:

- One of the largest childcare providers in the area.
- Teaching thousands of kids how to swim, play basketball, play football, and participate in a variety of other activities.
- Employing over 800 staff annually.
- Serving nearly 20,000 members in 2024.

The YMCA of the Chippewa Valley started with the YMCA of Eau Claire in 1881. Reading, gospel meetings, socialization, and physical fitness opportunities were offered to members.

From 1912-1961, the Y served as a rooming house in addition to offering programming with a pool and gym.

In 1952, Hank Aaron lived at the Eau Claire YMCA while playing for the Eau Claire Bears. That year, he was the unanimous choice for the Northern League's Rookie of the Year.



The current facility in downtown Eau Claire was dedicated in 1961 with additions in 1968 and 1977.

Camp Manitou is our overnight camp located on the shores of Lower Long Lake near New Auburn, WI. It was founded in 1923. Summer Camp serves youth entering grades 2-10.

The Chippewa Falls YMCA's current campus opened its doors to the community in 1980, but the YMCA has had a presence in the community since the lumber and papermill era. The YMCA Early Learning Community was added in 2000 and currently serves around 100 kids at the center and approximately 250 kids at our school-age sites.

The John & Fay Menard YMCA Tennis Center opened in April 2018 and is located next to the entrance to Carson Park. It replaces our former tennis facility which opened in 1972. The current 8-court facility was made possible by the generosity of the Menard Family.

The L.E. Phillips YMCA Sports Center was acquired by Eau Claire YMCA in September 2018. This facility has a turf field and sport court arena and is home to our gymnastics program and gymnastics team. Several leagues for youth and adult sports are held here, as are many family and community events.

The Eau Claire South YMCA, formally Eau Claire Fitness & Gold's Gym, was purchased and added to the association in January of 2024. Eau Claire South YMCA is the third full-service membership facility available to YMCA of the Chippewa Valley members.

The YMCA Kept Lumberjacks from Carousing All Night (Originally printed in the Chippewa Herald - circa Nov-Dec 1980).

A Young Men's Christian Association was first chartered in Chippewa Falls in either late 1883 or early 1884. It was located in the area now occupied by the law offices at 119 ½ N. Bridge St.

Unlike the "Y" of today, the first facility was a reading room and meeting hall for the young men drawn to the city by the lumbering industry.

The YMCA of that day provided fellowship through group scripture readings – an alternative to leaving the lumberjacks to carouse all night long.

In that respect, the mission was similar to the mission of the YMCA today, which maintains employee membership deals with the area's larger businesses.

The mission of the original YMCA was to help individuals grow in spirit, mind, and body. Today, the Y helps people grow through fair play and fellowship.

Today's YMCA, located at 611 Jefferson Ave., is the result of a community effort that began in the mid-1970s. The first recorded meeting to look at the feasibility of building a YMCA took place on May 21, 1974.

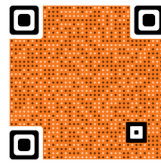
On January 12, 1979 the group purchased four acres of land from the fir association and started a fund-raising drive.

On July 10, 1979, the ground was broken and construction began. The building was dedicated on November 2, 1980.



The original Eau Claire YMCA in the mid 1950's.

GET INVOLVED



OUR CULTURE

Our mission is to put Christian principles into practice through programs that build healthy spirit, mind, and body for all.

We are WELCOMING and open to all. We are a place where you can belong and become. We are GENUINE. We value you and embrace your individuality. We are HOPEFUL. We believe in you and your potential to become a catalyst in the world. We are NURTURING. We support you in your journey to develop your full potential. We are DETERMINED. Above all else, we are on a relentless quest to make our community stronger, beginning with YOU.

EMPLOYMENT

PART-TIME BENEFITS

- FREE Personal YMCA Membership with option to upgrade to Household Membership.
- 25-50% off qualifying YMCA programs and services for you and your household.
- 25% discount on Camp Manitou
- 25% discount on Early Learning Child Care, School Age Child Care & Summer Day Camps
- 12% Employer Retirement Contribution after Y-USA conditions have been met.
- 403(b) retirement account
- Flexible schedules
- Paid trainings/certifications (CPR, First Aid, YMCA Leadership)
- Eligible for Y-USA Employee Assistance Program
- Pet insurance

FULL-TIME BENEFITS

- FREE YMCA Household Membership
- 25-50% discount on qualifying YMCA programs and services for you and your household.
- 12% Employer Retirement Contribution after Y-USA conditions have been met.
- 403(b) retirement account
- Early Learning Child Care, School Age Child Care & Summer Day Camps Discounts:
 - 100% discount: Full-Time Exempt Employees
 - 50% discount: Full-Time Non-Exempt Employees
- Camp Manitou Discount:
 - 50% discount: Full-Time Exempt
 - 50% discount: Non-Exempt Employees
- Paid trainings/certifications (CPR, First Aid, YMCA Leadership)
- Full benefits package including PTO, health, dental, life insurance, short-term disability, & long-term disability.
- Eligible for Y-USA Employee Assistance Program
- Pet Insurance

INTERNSHIPS

Grow personally and professionally with an internship at the Y. Our interns gain valuable hands-on experience in various aspects of the Y, such as youth development, healthy living, community outreach, and administrative tasks. This practical experience helps interns develop skills like leadership, communication, teamwork, and program-solving, which are highly transferable and valuable in any future career path.

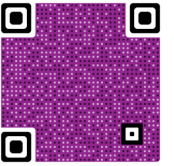
VOLUNTEERING

Volunteering at the Y offers the opportunity to give back to the community. By giving your time to support the Y's programs, services, and events, you will not only make a positive impact on the lives of others but also gain valuable experience, make new friends, and cultivate a sense of fulfillment and purpose.

MORE THAN MEMBERSHIP

WHY GIVE TO OUR Y

Everyday the YMCA of the Chippewa Valley gives our community the support it needs to learn, grow, and thrive. It gives us a place to learn, to be healthy, to eat well, and to give back. It gives parents child care, enrichment activities, and programming for all ages, and children a safe place to go.



Fulfilling our mission requires the support of people dedicated to strengthening our community. Although we are an association, 100% of your donation stays at the YMCA branch you donate to.

DID YOU KNOW

1 in 6

Eau Claire YMCA members receive membership assistance

1 in 8

Chippewa Falls YMCA members receive membership assistance

150-225

Kids received camperships to attend Camp Manitou each summer

IN NEED OF ASSISTANCE?

- **MEMBERSHIP & REGISTRATION**
 - Eau Claire Downtown YMCA: (715) 833-4846
 - Eau Claire South YMCA: (715) 861-8161
 - Chippewa Falls YMCA: (715) 861-2361
- **SCHOOL-AGED CHILD-CARE**
 - Eau Claire Downtown YMCA: (715) 839-4609
 - L.E. Phillips YMCA Sports Center: (715) 895-8105
 - Chippewa Falls YMCA: (715) 861-2355
- **YMCA EARLY LEARNING COMMUNITY**
 - Chippewa Falls YMCA: (715) 723-5135
 - Eau Claire South YMCA: (715) 835-1234
- **HUMAN RESOURCES**
 - (715) 839-4617
- **PUBLIC RELATIONS**
 - (715) 861-2346
- **MARKETING**
 - (715) 839-4618
- **SWIM TEAM**
 - (715) 839-4614
- **MISSION ADVANCEMENT/FUNDRAISING**
 - (715) 839-4631
- **CAMP MANITOU**
 - (715) 839-4607
- **MEMBER SERVICE DESK**
 - Eau Claire Downtown YMCA: (715) 833-4859
 - Eau Claire South YMCA: (715) 552-4570
 - L.E. Phillips YMCA Sports Center: (715) 552-1200
 - John & Fay Menard Tennis Center: (715) 833-4850
 - Chippewa Falls YMCA: (715) 861-2363
- **CHILD WATCH**
 - Eau Claire Downtown YMCA: (715) 839-4610
 - Eau Claire South YMCA: (715) 861-8161
 - Chippewa Falls YMCA: (715) 723-2201