



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

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Le Mars, IA 51031
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lemarsymca.org

LE MARS YMCA

Program Guide Winter 2025-2026



The LE MARS YMCA is a local non-profit, charitable organization committed to strengthening the foundation of our community.



TOGETHER WE CAN MAKE A DIFFERENCE

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YMCA BOARD OF DIRECTORS

President: Tracey Nesbit

Vice President: Brian Michaelson

Treasurer: Dustan Kneip

Secretary: Margie Augustine

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Noelle Kneip

Jeff Kramer

Jason Weiland

Carolyn Vance

Andrea Loutsch

Mendy Lawrence

LE MARS YMCA

The Le Mars YMCA was born out of a commitment by local neighbors to strengthen the foundations of our community. Today, that commitment to our community remains at the forefront of what we do.

OUR MISSION

The Le Mars YMCA is a non-profit, charitable organization whose mission is to put Christian principles into practice through programs that build a healthy spirit, mind, and body for ALL. We are committed to serve our community promoting our core values of caring, honesty, respect and responsibility.

OUR CAUSE

At the Y, strengthening community is our cause. Every day we work side-by-side with our neighbors to make sure that everyone, regardless of age, income or background, has the opportunity to learn, grow and thrive.

AREAS OF FOCUS

The Y is a cause-driven organization that focuses on Youth Development, Healthy Living and Social Responsibility.

GIVE FOR A BETTER US

When you give to the Y, you help make an impact in our community. At the Y, no child, family or adult is turned away for their inability to pay. We recognize that for communities to thrive, everyone must be given the opportunity to be healthy, confident, connected, and secure. Our Annual Campaign funds allow us to offer program and membership financial assistance. If you would like to donate to this cause, please contact Jacque Perez, CEO.

DO MORE, BE MORE

Volunteers are at the heart of what we do. Many of our youth programs are only possible because of the incredible people in our community who volunteer their time. Contact the Y to learn more about our volunteer opportunities.

**Support your
community by
supporting the Y!**

SCAN
HERE
to donate:



LE MARS YMCA: Facility Hours

September – May

Monday – Friday	5:00 AM – 9:00 PM
Saturday	8:00 AM – 5:00 PM
Sunday	1:00 PM – 5:00 PM

Summer: June – August

Monday – Thursday	5:00 AM – 8:00 PM
Friday	5:00 AM – 7:00 PM
Saturday	8:00 AM – 2:00 PM
Sunday	1:00 PM – 4:00 PM

LE MARS YMCA: Indoor Pool Hours October – April 30



SCAN HERE
for most recent
indoor pool hours



HOLIDAY HOURS

New Year's Day	Closed
Good Friday	Close at 12:00 PM
Easter	Closed
Mother's Day	Closed
Sunday before Memorial Day	Y Closed, Outdoor Pool Open.
Memorial Day	Y Closed, Outdoor Pool Open.
Father's Day	Y Closed, Outdoor Pool Open.
4th of July	Y Closed, Outdoor Pool Open.
Sunday before Labor Day	Y Closed, Outdoor Pool Open.
Labor Day	Y Closed, Outdoor Pool Open.
Thanksgiving Day	Closed
Christmas Eve	Close at 12:00 PM
Christmas Day	Closed
New Year's Eve	Close at 4:00 PM

WEATHER CLOSINGS & CANCELATIONS

If Le Mars Community & Gehlen Catholic are canceled or dismissed early due to weather then youth programs at the Y will be canceled for that day.

Group Exercise changes or cancelations will be determined by the instructor. Please check our Facebook or Instagram page or call the YMCA at 712-546-6655.



LeMars Area
Family YMCA



lemars_ymca

TEXT ALERTS

You can sign up for text and/or email alerts from the YMCA through TextCaster regarding cancelations, changes, registration information and more.

Scan QR Code below.
Click the Le Mars YMCA box under 5a) Local Sports- Le Mars



EMAIL NEWSLETTERS

You can sign up for email newsletters and updates from the YMCA via the QR code:



YOU BELONG AT THE Y!

MEMBERSHIP TYPES



***NEW* RATES EFFECTIVE 01/01/2026**

Household \$68/month \$653/annual

Defined as 2 adults, age 18+, and any minor children (18 & younger) living in the same household.

Single Parent Household \$50/month \$480/annual

Defined as 1 adult, age 18+, and any minor children (18 & younger) living in the same household.

Household of 2 \$53/month \$509/annual

Defined as 2 adults, age 18+, living in the same household.

Adult \$42/month \$404/annual

Defined as 1 adult, age 26 - 54 years old.

Senior \$32/month \$308/annual

Defined as 1 adult, age 55 and older.

Young Adult \$33/month \$327/annual

Defined as 1 adult, ages 19 - 25.

Youth \$25/month \$240/annual

Defined as 1 child, 3-18 years old. We have some facility restrictions for youth under the age of 14.

- Youth ages 2 and under are FREE
- Youth ages 8 and under must be with a supervising adult, 18+, at all times.
- Youth ages 9 years and older are allowed access to the pool, gym, game room, racquetball court, and locker rooms.
- Youth ages 10-13 will need to schedule a one-on-one fitness orientation in order to access the workout areas unsupervised.
- Youth 14 years and older can use any room/space in the facility unsupervised.

FINANCIAL ASSISTANCE

The Le Mars YMCA is a non-profit, charitable organization open to ALL people regardless of age, race, gender, religion or ability to pay. No one will be denied a membership or opportunity to participate in a program due to financial reasons. Financial assistance forms are available online and at the front desk.

Donations to our Annual Campaign enable us to provide these scholarship to qualifying applicants. If you would like to donate to our Annual Campaign, please contact us! The Le Mars YMCA is also a participating agency and awardee from the Le Mars United Way Foundation. We are grateful for their support to help scholarship our youth programs!



Open camera,
scan here
to donate!



Open camera,
scan here
for financial
assistance forms

Not sure where to go?

Stop by the Y, staff would
be happy to give you a tour!

Don't Forget!

The Y is not responsible for
lost or stolen items.

24 HOUR ACCESS

\$5/month

Must be 18 & older



DAY PASSES

Youth (18 & under):	\$7
Young Adult (19-25):	\$7
Adult (26-54):	\$10
Senior (55+)	\$7
Walking Pass:	\$5
Toddler Gym/Swim:	\$5



LE MARS YMCA

Changes, Cancellations, & Payment Authorizations



Please read through the agreement that relates to your membership payment method.
All memberships are non-transferable.

I understand that I am responsible for providing the Le Mars YMCA with my correct and updated contact information, including phone number, mailing address, and email address, and that the Le Mars YMCA is not responsible for any communication that I may miss due to my failure to provide said information.

I understand that the Le Mars YMCA does not track facility usage for billing purposes, and that monthly dues on my account will accrue and be charged according to the payment method I have selected regardless of whether or not I use the facility.

I understand that the Le Mars YMCA does not issue refunds on membership dues as a result of non-usage, failure to cancel verbally, in writing, or through your account, failure to update payment method, failure to monitor personal finances, failure to provide current contact information, or any other agreement failure on the part of the Primary Member and/or other adults on the membership.

Call 712-546-6655 with any questions related to membership.

Monthly Memberships: Pay monthly membership dues. May cancel with no additional charges.

Annual Memberships: Pay for 12 months of membership. No cancels or holds.

Insurance Memberships: Paid for through insurance company.

Changes, Cancellations, & Payment Authorizations for Monthly YMCA Memberships

Please read the following statements. By becoming a Monthly Y Member, you indicate that you understand and agree to comply to the Y's Changes, Cancellations, and Payment Authorizations policies related to your membership type.

- By signing this waiver I authorize the Le Mars YMCA to charge my credit card, debit card or checking account every month for my membership type.
- I understand that in order to make changes to or cancel my membership, I must let the Le Mars YMCA know verbally (in-person or over the phone), in writing (letter or email) or online through my member account by the 1st of the month for changes to take place that month.
- I further understand that membership rates are subject to change and the Le Mars YMCA shall provide a minimum 30 day notice prior to any change.
- I understand that all ongoing membership payments are due and automatically processed on the first day of the month and that drafts will finalize on the fifteenth day of the month. Non-payment by the last day of the month will result in termination of my membership. I will not have access to Le Mars YMCA facilities and programs until resolved.
- I understand that credit card drafts are administered by a third-party company, Daxko, and that any unsuccessful draft attempts will incur a non-refundable fee of \$15. It is my responsibility to settle any past-due balances & incurred fees with the YMCA or Daxko upon notice.
- I understand that EFT/ bank drafts are administered by a third-party company, Daxko, and that any insufficient draft will be charged a \$15 non-refundable fee. If Daxko is unable to collect dues from my account after 30 days, it is my responsibility to make payment to the Le Mars YMCA for all fees due, including any fees not covered by my financial institution.

Changes, Cancellations, & Payment Authorizations for Annual Memberships

Please read the following statements. By becoming an Annual Y Member, you indicate that you understand and agree to comply to the Y's Changes, Cancellations, and Payment Authorizations policies related to your membership type.

- I understand that holds, cancels, and/or refunds are not available with annual memberships. My membership will cancel automatically after one year unless renewed. Annual memberships do not auto-renew.
- I understand that payment is due in full at time of registration.

Changes, Cancellations, & Payment Authorizations for Insurance YMCA Memberships

Please read the following statements. By becoming an Insurance Y Member, you indicate that you understand and agree to comply to the Y's Changes, Cancellations, and Payment Authorizations policies related to your membership type.

- I understand that I am responsible for updating my membership to reflect any changes regarding insurance information.
- I understand that if found ineligible, I am responsible for paying the Le Mars YMCA for my facility usage, which will be charged by the day up to the monthly membership amount.

LE MARS YMCA CODE OF CONDUCT



The YMCA core values include HONESTY, RESPONSIBILITY, CARING, and RESPECT. They are the basis for all we do as an organization.

We ask individuals to act in a manner that upholds these principles at all times when they are in our facility or participating in YMCA programs. We expect those using the YMCA to behave in a way that shows respect & caring for others, which includes using any language or engaging in any action that can hurt or frighten another person or that falls below a generally accepted standard of conduct.

Prohibited Actions Include But May Not Be Limited To:

- Wearing inappropriate attire. Members and guests are expected to wear modest tops, along with closed toe shoes, and shorts or pants. Swimwear is only allowed in the pool area.
- Clothing with vulgar or profane language, symbols or gestures.
- Using angry or vulgar language, swearing, name calling or shouting.
- Making physical contact with another person in an angry or threatening way.
- Engaging in sexual activity or contact with another person.
- Harassment or intimidation with words, gestures, or body language. Behavior which is inappropriate, threatening, or offensive in nature.
- Stealing or behavior which results in destruction of property.
- Sneaking into the YMCA without having a membership or purchasing a day pass.
- Carrying or concealing devices or objects which may be used as weapons.
- Using or possessing illegal chemicals or alcohol on YMCA property or in vehicles.
- Smoking, vaping or use of any tobacco products. All YMCA facilities and grounds offer a smoke free environment. This includes e-cigarettes.
- Using cameras, electronic devices or cell phones with the purpose of taking videos or pictures in ALL areas of the facility.
- Permission is required to post flyers.
- Conducting or participating in paid personal training or other instructional sessions with an instructor or trainer who is NOT employed by the Y.

Suspension or termination of YMCA membership may result from a violation of this Code of Conduct. While an incident is being investigated, the membership of the person(s) accused of violating this Code of Conduct may be temporarily suspended pending a final decision.

Refunds are NOT issued for membership fees because of lack of use or non-attendance.

The Le Mars YMCA reserves the right to deny access or membership to any person who has been accused of any conduct that would, in the YMCA's sole judgement, be contrary to the YMCA's commitment to providing a safe and welcoming environment for all.

Sex Offender Registry:

The Le Mars YMCA conducts regular sex offender screenings on all members, participants, volunteers and guests. If a sex offender match occurs, the Y reserves the right to cancel membership, end program participation, and/or remove visitation access.



YOU ALREADY BELONG



MILITARY DISCOUNT

The YMCA is proud to offer member discounts for military families. Current active or military veterans can receive a 25% discount plus FREE 24hr access. The military persons must be on the active membership, & only the military personal & their spouse will receive the 24hr access at no charge. (Must be 18+ to get 24hr access included).

NATIONWIDE MEMBERSHIP

We want to encourage our members to use the Y as often as they can. Sometimes, its more convenient for members to utilize a Y in another location when traveling. Le Mars YMCA members have the flexibility to use other participating Y's throughout the country at no extra charge. Simply present your Y membership card & a photo ID at any Y in the USA & Puerto Rico to enjoy free access! Nationwide Membership is available for Y members only, if you have an outdoor pool membership you do not qualify.

SAFETY FOR ALL

The Le Mars Y conducts regular sex offender screenings on members, program participants, volunteers and guests. If a sex offender match occurs, the Y reserves the right to cancel membership, end program participation, and remove visitation access.

MULTI-MEDIA POLICY

Y programs & events are often photographed/videotaped for promotional purposes by both the Y & the United Way. If you do not wish to be included in promotional materials, please indicate this to Y staff. Cell phone camera use is not allowed in workout areas, restrooms, locker rooms, swimming pool & program areas. Use of recorders, cameras, cell phone cameras or any other visual recording devices is not allowed within the Y without consent.

LOCKER ROOM POLICY

The locker rooms have daily lockers available, please bring your own lock. The Y is not responsible for belongings stored in lockers. We strongly suggest leaving valuables at home if possible.

REFUND/CANCELATION POLICY

Participant Initiated Cancellations

- If a participant withdraws from a fee-based program 14 days prior to the start date, a full refund will be issued less a \$10 processing fee. Non-refundable deposits will not be refunded.
- If a participant withdraws from a fee-based program < 7 days prior to the activity start date, a 75% refund will be processed.
- Participants cancelling once program has started will be provided a program credit.
- Not attending the program or not using facility does not entitle a participant to a credit or refund. When enrolled, the participant is reserving space, time, and staffing regardless of whether the participant attends the program.
- When special circumstances arise where participation is not possible (i.e. family emergency), participant may request for consideration of a credit or refund.
- Refunds are not issued for membership fees because of lack of use or non-attendance.

YMCA Initiated Cancellations

- All schedules, activities, classes, and/or programs may be changed or cancelled by the Y. If the Y cancels a fee-based class or program due to low enrollment or staffing conflicts, a full refund will be provided.
- Y Sports does not issue refunds after the season has started. At times, the Le Mars YMCA may cancel a scheduled game/practice due to weather or unforeseen circumstances. Due to reasons outside of our control we may not reschedule every game/practice.



CHILD WATCH

2 – 8 YEARS OLD

FREE SERVICE
FOR YOUTH
MEMBERS!



Let them play while you workout!

Looking for child care while you exercise? Lift some weights, take a class, or go for a swim while your little one is cared for in a safe, nurturing environment.

Child Watch is a convenient drop-in child care program for children ages 2 to 8 years old.

Your child will be provided with a positive experience in a secure, happy and active environment. Child Watch is staffed by caring and trained Y professionals.

PROGRAM HIGHLIGHTS:

FREE if child is an active member.
\$5/30 min. if child is not a member.

Available for up to 2 hours a day.
Parents must remain in facility.

This service is staffed by trained
and caring individuals.

No feeding, snacks or diaper/pull-
up changes will be offered.

FEES

FREE for the child (2-8)

*if they have an active YMCA Membership

\$5/30 minutes for the child (2-8)

*if the child does not have an active Y Membership, if parent/guardian has Adult or Household of Two Membership, or if they visit on a day pass fee.
Punch cards available.

SCAN HERE FOR
CHILD WATCH FAQs



CHILD WATCH
HOURS
Monday, Tuesday &
Thursday
5:00-7:30 PM



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



INDOOR POOL

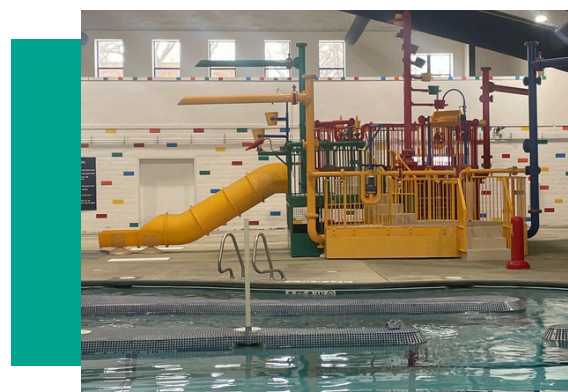
SEASONAL

November 2025 – April 30, 2026

The indoor pool offers 4 lanes for lap swim and open swim, ranging from 3.5 – 6 feet deep and two water slides. The indoor pool also includes a flow channel available for fun or fitness. Youth can also enjoy the splash pad which includes a variety of play features. Stop by the Y for a tour!

Indoor Aquatic Center Rules

1. Lifeguards do not replace parental supervision.
2. Lifeguard decisions are final.
3. Tight-fitting PLASTIC PANTS are REQUIRED on all children age 2 and under. Plastic pants are for sale at the front desk for \$2.00.
4. Children 8 and under MUST have someone 16 years old or older within arms reach of them at ALL TIMES.
5. Only US Coast Guard approved lifejackets are allowed when child is within arms reach of someone (16 years or older) touching the bottom.
6. No other flotation devices are allowed including but not limited to water wings, flotation swimsuits, rafts, etc. Limited quantities of lifejackets available to borrow.
7. Tempered glass goggles are NOT allowed, they can shatter which requires us to drain the pool.
8. There is NO food or drink allowed in the pool area. Please keep food and drinks in the lobby area.
9. Water in plastic water bottles is permitted.
10. No glass, gum, tobacco, alcohol or coolers.
11. No street shoes allowed in the pool.
12. All swimming patrons entering the water MUST be wearing a swim suit.
13. No diving.
14. No running or rough play in the hallways, shower rooms, or pool area.
15. Lockers are available in the lobby, please bring your own lock. No locks may be left on overnight. The Le Mars YMCA is not responsible for lost or stolen items.
16. Please do not leave personal belongings in the changing rooms.
17. Shower before entering the pool area.
18. Never distract the lifeguards unless assistance is needed.
19. Swimmers must be at least 16 years old to use lap swim equipment (ex: fins, kickboards, etc).
20. During open swim, ONLY noodles are permitted in the flow channel.



Splash Pad Rules

1. Parents are required to watch their children while using the Splash Pad.
2. Splash Pad will not be turned on during group swim lessons, water fitness class or swim team practice.

Slide Rules

1. Slide exits into 6 feet of water. All sliders MUST be able to swim, swim test required.
2. One person on the slide at a time.
3. No flotation devices allowed on slide.
4. No catching at the bottom of slide.
5. Feet first on your back only, no flipping.



INDOOR POOL PARTY

Make it a party to remember with a pool party at the Indoor Aquatic Center. These are scheduled during our open swim times. Your fee includes use of the pool plus access to the balcony party room, you may bring your own food, decorations & non-alcoholic beverages.

Location: Indoor Pool

Fee: 1-25 people = \$50/hour
26-50 people = \$65/hour
51-100 people = \$90/hour

Day/Time: Fridays: 4:00 – 8:00 PM
Saturdays: 1:00 – 4:30 PM
Sundays: 1:00 – 4:30 PM

To Schedule: Stop by the Y, call @ 712-546-6655 or email Levi: levib@lemarsymca.org.

If you have a party over 50 people you must contact our Aquatics Coordinator @ 712-546-6655 or email: levib@lemarsymca.org

Full payment is due at scheduling.



PRIVATE POOL PARTY

Celebrate your next event with a private pool party! You & your guests will have the pool to yourself. Fee includes using the pool plus the balcony/party room. You may bring food, decorations & non-alcoholic beverages.

Location: Indoor Pool

Fee: 1-25 people = \$75/hour
26-50 people = \$100/hour
51-100 people = \$125/hour

Day/Time: Saturdays: 4:30 – 8:30 PM
Sundays: 4:30 – 8:30 PM

To Schedule: Contact our Aquatics Coordinator @ 712-546-6655 or email: levib@lemarsymca.org. Please call to scheduled at least 2 weeks in advance.

Payment & Cancellation: Full payment due at scheduling. A full refund is allowed if party is canceled 14 days prior to the scheduled date. A 50% refund will be issued if party is canceled less than 14 days from event. When special circumstances arise (i.e. family emergency) participant may request a credit or refund.



PRIVATE & SEMI-PRIVATE SWIM LESSONS

An American Red Cross certified instructor will guide the participant through individualized lesson plans designed to meet their needs. Available for youth & adults.

A request form must be filled out prior to starting:

- call the Y and fill it out over the phone: 712-546-6655
- email leviblemarsymca.org
- open camera, scan QR code to fill out online



Let us know the times that you are most available and if you wish to request an instructor, or the Aquatic Director will match you with an instructor with similar availability.

Lessons must be paid for by the first day of lessons. When submitting a semi-private swim lesson request please list both of the children's names and contact information.

Location: Indoor Pool (October – April)

Private: \$80.00 for five, 30 minute sessions
(1 child/instructor)

Semi-Private: \$65.00 per child for five, 40 minute sessions
(2 children at the same level/instructor)

INFANT PRIVATE SWIM LESSONS

In these lessons, infants and toddlers learn to be comfortable in the water and develop swim-readiness skills through fun and confidence-building experiences with American Red Cross trained instructors.

A request form must be filled out prior to starting:

- call the Y and fill it out over the phone: 712-546-6655
- email to levib@lemarsymca.org
- open camera, scan QR code to fill out online



Let us know the times that you are most available & if you wish to request an instructor, or the Aquatic Director will match you with an instructor with similar availability. Lessons must be paid for by the first day of lessons.

Location: Indoor Pool (October – March)

Private: \$40.00 for five, 15 minute sessions (1 child/instructor)



SCHOOL AGE GROUP SWIM LESSONS 6 years & Older

Empower your child with swim lessons where they will learn different techniques and strokes to keep them safe in the water. This class will help children become comfortable in the water in a fun, learning environment.

Participants must be at least 6 years old to enroll. There are 2 extra classes built in for cancellations, we offer 10 classes, and only 8 are required. The first 2 times that lessons are cancelled, for any reason, there will be no make up class. Any additional classes will be made up, participants are guaranteed 8 classes.

Fee: \$50.00

Day/Time: Thursdays
Level 1: 7:00 – 7:30 PM
Level 2: 7:30 – 8:00 PM

Session: November 20 – January 29

Minimum: 3 children; max of 8

Registration Deadline: November 17, 2025



PRESCHOOL GROUP SWIM LESSONS 3-5 years

Swim lessons empower your child to learn different techniques to keep them safe in the water. This class will help children become comfortable in the water in a fun, learning environment. Must be at least 3 years old to enroll.

There are 2 extra classes built in for cancellations, we offer 10 classes, and only 8 are required. The first 2 times that lessons are cancelled, for any reason, there will be no make up class. Any additional classes will be made up, participants are guaranteed 8 classes.

Fee: \$50.00

Day/Time: Mondays
Preschool Level 1: 6:30 – 7:00 PM
Preschool Level 2: 7:00 – 7:30 PM
Preschool Level 3: 7:30–8:00 PM

Session: November 17 – January 19

Minimum: 3 children; max of 8

Registration Deadline: November 17, 2025

Day/Time: Thursdays
Preschool Level 1: 6:30 – 7:00 PM

Session: November 20 – January 29

Minimum: 3 children; max of 8

Registration Deadline: November 17, 2025

Register For Lessons Here!



Unsure of what level to choose?

**Contact our Aquatics Coordinator
for more information:**

Levi Brent
712-546-6655
Levib@lemarsymca.org

**MORE LESSONS TO
START IN JANUARY!**

YOUTH PROGRAMS



VOLLEYBALL Grades 2nd – 5th

YMCA youth volleyball programs focus on introducing the sport to young players while emphasizing teamwork, sportsmanship, and character development. Youth will learn fundamental skills like serving, bumping, and setting. We aim to create a fun and positive environment for youth to develop athletic abilities and important life skills. Coaches are needed!

Location: Main Gym

Duration: January 20 – February 19. 2nd–3rd Grade: Tuesdays 5:15–6:15 PM. 4th–5th Grade: Thursdays 5:15–6:15 PM

Coaches: Community Volunteers. With completion of coaching a \$20 credit will be put on your YMCA account!

Deadline: January 6, 2026

Many of our programs do fill up, registration after the deadline is not guaranteed. After the deadline you can ask to be added to a wait list and we will contact you to register if space is available. Fees may apply.

Questions: Contact Krista Bolton @ 712-546-6655 or kristan@lemarsymca.org

Fee: Members: \$40.00, Community: \$55.00 (Play \$15 if you need youth sport jersey)



Adaptive Programming

ADAPTIVE BASKETBALL

Location: YMCA Main Gym

Date/Time: Mondays from 5:15–6:00 PM

Durations: January 12 – February 2, 2026

Questions: Contact Krista Bolton kristan@lemarsymca.org or call the YMCA at 712-546-6655

Fee: \$50



Youth Art Club



Join us for fun, hands-on art activities. Participants will collaborate with the art leader in the creation of unique art projects. Healthy snacks will also be provided!

Location: Groups meet at the YMCA. Kids can get to the YMCA with school bussing.

Date/Time: Thursdays 4:15–5:15 PM. Each session meets once a week for 4 weeks

Sessions: January 8 – 29, February 5–26, March 5–26, April 2 – 23

Fee: \$35/session



SPORTS TEAM AQUATIC WORKOUTS

The water offers a great alternative workout for any team, no matter what sport they compete in.

Coaches can lead the workout themselves or have one of our instructors take over practice for the day.

Sports team workouts are perfect for teams in or out of their competitive season. They are designed to change up the team's workout and have a little fun!

Location: Indoor Pool (Oct - April)

Day/Time: Contact Aquatics Coordinator

- levib@lemarsymca.org
- 712-546-6655

Fee: \$3.00 per participant. (Minimum: 12 participants)

YOUTH FITNESS ORIENTATION

Our Youth Fitness Orientation is a 30-45 instructional session that is required before youth and teens ages 10 - 13 MAY use strength & cardio equipment at the Y. These orientations introduce youth to age-appropriate weight machines and equipment and include supportive instruction on proper use and safety information.

A parent or guardian must attend the orientation with the child. If the child is granted access to certain areas after the orientation, they must ALWAYS be under direct supervisions of someone 18 & older. They cannot independently workout until they are 14 years old.

Questions: Contact Jaden:

- jadenh@lemarsymca.org
- 712-546-6655

Fee: FREE for our youth members



TODDLER GYM

Let your little one burn energy in our gym with scooters, trikes, bouncy balls, giant blocks, and so much more! *NEW equipment just added!

Location: YMCA Gym

Duration: September - April

Ages: 0-6 years old

Days/Time:

Monday, Wednesday & Friday: 8:30 - 11:30 AM

Tuesday & Thursday: 8:30 AM-3:00 PM

Fee: Members: FREE

Community: \$5.00/toddler

Babies (under age 2) & parents are free.



SWEATER DECORATING EVENT

Join the Y at Wise I and let's make this holiday season a bit more absurd and a lot more entertaining! We can't wait to see your 'terrible' taste in sweaters. The Y will bring all the supplies to Wise I so you can decorate while you enjoy some of their amazing beverages, and your sweater will be ready for you to wear throughout the entire holiday season!

BRING YOUR OWN SWEATSHIRT OR SWEATER TO DECORATE

When: Tuesday, December 9, 6:30-8:30 PM

Fee: \$35/person (only 30 spots open)



HEART WALK 2026



Heart disease is still the no. 1 killer and stroke ranks no. 5 in our nation. You could do something to change that. We are walking together - not only for our own health, but also for yours. And for the health of our parents, our children, and our grandchildren. The Heart Walk is a time of celebration, joy, and inspiration. It's also an event where people can come and learn what else they can do to support heart health - to create a world free of heart disease and stroke.

Location: YMCA Gym

Date/Time: Friday, February 6 from 11:00 AM - 1:00 PM

Fee: FREE community event in partnership with Floyd Valley Healthcare.

Description: Come walk laps in our gym and make stops along the way at the education stations.





RENT SPACE FROM THE YMCA

Open Swim Indoor Pool Party

Fee includes use of the pool plus access to the balcony party room, you may bring your own food, decorations & non-alcoholic beverages. Offered during our open swim hours.

Fee: 1-25 people = \$50/hour, 26-50 people = \$65/hour, 51-100 people = \$90/hour

Day/Time: Fridays: 4:00 - 8:00 PM, Saturdays: 1:00 - 4:30 PM, Sundays: 1:00 - 4:30 PM

Private Indoor Pool Party

Includes access to our party deck and offered outside of our open swim hours so you'll have the entire pool to yourselves (with our lifeguards)!

Fee: 1-25 people = \$75/hour, 26-50 people = \$100/hour, 51-100 people = \$125/hour

Day/Time: Fridays: 7:00 - 9:00 PM, Saturdays: 4:30 - 8:30 PM, Sundays: 4:30 - 8:30 PM

For open swim pool rentals stop by or call the Y at 712-546-6655.

For private pool rentals, please contact Levi Brent: levib@lemarsymca.org

Gym (West side)

1 full basketball court or volleyball court rental. Gym divider down.

No food or drink allowed.

Fee: \$30/hour

Gym (East side)

2 full basketball courts or volleyball courts rental. Gym divider down.

No food or drink allowed.

Fee: \$50/hour

Community Room #1 & #2

Enough space for 30 people!

Fee: \$30/hour

Community Room #3

Enough space for 45 people!

Fee: \$50/hour

Upper Fitness Studio

Great for dance practice or a group workout! \$30/hou



For non-pool rentals contact Jessica Stark: jessicas@lemarsymca.org

GROUP EXERCISE



Group exercise classes bring together health-seekers of all ages, backgrounds, and skill levels in a fun and supportive environment where they move, groove, and sweat towards better health and well-being.

Our classes include a variety of strength, conditioning, spin, boot camp and Zumba for all age groups. The Y strives to provide exercises that support members in achieving their health and wellness goals. Instructors will deliver a fun and effective exercise experience in a supportive group setting.

You can find the class schedule at the front desk of the YMCA or on our website lemarsymca.org. Some classes are only offered seasonally, and class times may also change seasonally. Be sure to check the most updated schedule for more details and class descriptions.

Participants must be 16 years or older to participate in YMCA Group Fitness classes. If there are less than two participants, a class may be cancelled by the instructor.



Scan here
for group ex
schedule



PERSONAL TRAINING

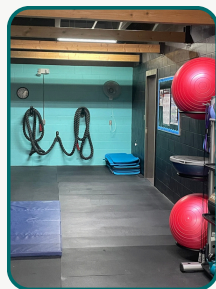
Through personal training, we are strengthening the whole you and bringing your overall health – physical, mental, emotional – into balance. Whether you are just starting out or are experienced in the world of fitness, our Certified Personal Trainers will design a personalized plan and motivate you to achieve your individual fitness goals. Sessions will be scheduled based on the participant's convenience and the trainer's availability

Wellness Consult: FREE

Allows you the opportunity to meet with Y Staff and learn how to properly use the cardio and strength equipment. During this session, you can discuss your fitness goals with for more guidance about workouts to help you effectively meet your goals.

On Your Own + Trainer Guided Program: \$100

This is great option for people who are looking for flexibility and guidance with their workout routine. You will meet with a trainer once to discuss goals and then receive a 12 week personalized workout program. Your trainer will create workouts for you and then schedule follow-ups as needed to advance or modify your plan.



NEW Client Special
3 sessions – 30 minutes
\$75

GET STARTED!

Contact Jaden:

712-546-6655

Jadenh@lemarsymca.org

Individual Sessions

3 sessions – 45 minutes:

Member: \$96 / Community: \$111

6 sessions – 45 minutes:

Member: \$180 / Community: \$210

12 sessions – 45 minutes:

Member: \$336 / Community: \$396

2 Person Small Group Sessions

6 sessions – 45 minutes:

10 sessions: \$175/person

16 sessions: \$256/person

TUTORING

Does your child need a little boost to continue to succeed in school? Let the Y help! We offer a comprehensive tutoring program to meet your child's every need. Our tutoring program is available to members and non-members alike. Once purchased, each session's time and date is scheduled around your family's busy schedule. Let our experienced tutor assist your child in reaching their academic goals.

One tutor, Dani Den Ouden, is secondary certified (grades 5-12) in Math and Spanish and is qualified to tutor grades K-12th. Dani is also certified in English as a second language (ESL) for grades K-12th and recently received her master's in education. Another tutor, Betty Loutsch, is a retired from Gehlen where she was employed for 18 years. She started as a paraeducator in TK and since then worked one-on-one with students who needed help at any grade. She worked as their PBIS (positive behavior intervention support) coordinator. She is taking one tutoring in her post-school retirement!

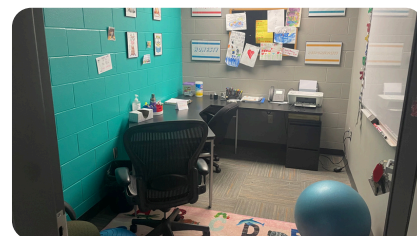
Location: YMCA Tutoring Room

Grades: K - 12th

Fee: \$25.00/60 minutes; \$15.00/30 minutes.
Full payment is due before your first session.

To get started contact:

- Dani: 712.546.6655 or danid@lemarsymca.org
- Betty: elizabethloutsch@gmail.com



AFTER SCHOOL PROGRAM 5 - 12 years old

The Y works to ensure that youth not only have access to affordable, quality after-school programming, but are also in a safe and nurturing environment around caring adults where they can learn, play, and grow. Our program provides a practical child care option for working parents. Youth will receive a snack and participate in activities that keep them active and productive.

Location: Le Mars YMCA and Gehlen Elementary

Days/Time: Monday- Friday from school dismissal - 5:30 PM

Quarterly Fee: \$15 deposit made at registration. \$360/school quarter

Weekly Fee: \$15 deposit made at registration. \$50/week (drafts Friday to pay for following week)

Questions: Contact Krista Bolton @ 712-546-6655 or kristan@lemarsymca.org



EARLY OUT PROGRAM 5 - 12 years old



When school is out early, the Y is here your for child. You can count on our program and staff to provide a safe and fun environment where your child can relax, play and make new friends without you having to take time away from work.

Location: Clark, Kluckhohn, Franklin & Gehlen Elementary

Days/Time: Early out days only, Wednesdays from school dismissal - 5:30 PM

Weekly Fee: \$7/kid per early out day

Questions: Contact Krista @ 712-546-6655 or kristan@lemarsymca.org



Scheduled Early Out Days

November 12, 2025

December 10, 2025

January 14 & 28, 2026

February 11 & 25, 2026

March 11, 2026

April 15, 2026

May 6 & 21, 2026





COMMUNITY IS OUR CAUSE



GRINCH-MAS PARTY

Friday, December 12

Games & Crafts: 5:30 PM

Movie in the Gym: 7:00 PM



We hope to see you at this FREE holiday community event! Come spend the evening with the YMCA playing holiday, and Grinch-themed games, and creating some crafts. FACE PAINTING will also be available, tips welcome!

We will also have popcorn, water, candy and other baked goods for sale before the movie starts.

LIFESERVE BLOOD DRIVES

The Le Mars YMCA is the host for community blood drives on the following dates from 9:00 AM - 2:30 PM:

- December 5, 2025
- January 2, 2026
- February 6, 2026
- March 6, 2026



Appointments Encouraged:

Visit lifeservebloodcenter.org or call 800.287.4903.

Blood Donor Eligibility: Must be at least 120 pounds, at least 16 years old (16 & 17 year old donors must have a signed permission form) and must be in general good health. Eat a good meal and drink plenty of fluids prior to donating. Bring a photo ID or Donor ID card.



PICKLEBALL



All hours reserved by the Y are for open play sessions. During the scheduled open play times, socialize, get active, and have fun!

- Members play for FREE during scheduled times
- Non-members are welcome to play by purchasing a guest pass
- Youth 11-13 must be accompanied by an adult (18+).
- Nets provided. Please bring your own paddle and ball.
- Nets and chairs cannot be set up more than 15 minutes before scheduled time

Advanced Players

7:30-10:00 AM - Monday, Wednesday, Friday

- 4 courts available
- Gym will NOT be closed down to other members/guests: non-players can use east side basketball hoop (not on a pickleball court) and indoor walk around the courts during open play times

ALL Players

7:30-10:00 AM - Tuesday/Thursday

1:00-3:00 PM - Tuesday/Thursday

- 4 courts available
- Gym will NOT be closed down to other members/guests: non-players can use east side basketball hoop (not on a pickleball court) and indoor walk around the courts during open play times

ALL PLAYERS

7:00-9:00 PM - Monday & 6:30-9:00 PM - Friday

- Only 2 courts on the west side of the gym will be made available for open play.
 - The east side of the gym will remain open for other members and guests
 - If the east side is open or becomes available the other 2 courts may be used.
 - Y staff WILL NOT remove any member or guest from the east courts during evening hours.
 - Pickleball players cannot remove any members or guests from the east courts so they can play.

GYM RESERVATIONS

You can reserve a court time outside of scheduled open play times.

- 2 courts on the west side of the gym: \$30/hour
- 2 courts on the east side of the gym: \$50/hour
- FULL gym rentals are not guaranteed. Please contact the Y for full court rentals.



COMMUNITY IS OUR CAUSE

CPR/ AED CERTIFICATION

Blended learning Adult & Pediatric CPR/AED course will help prepare you to recognize and care for a variety of breathing and cardiac emergencies in adults, children and infants. The eLearning portion of this class will introduce you to the skills that you will practice and master during the in-person skill session.

Allow approximately 3 hours to complete the eLearning portion, including the final exam. The eLearning portion of the course must be completed prior to attending the in-person skill session. This eLearning content must be taken in conjunction with an in-person training and evaluation led by an Instructor.

Successful completion of this eLearning content alone will not result in certification.

To earn certification, participants must:

- Complete all eLearning modules
- Attend and actively participate in skills sessions.
- Demonstrate competency in all required skills.
- Pass the final in person skill scenario.

In-Person Skills Classes

- December 13 @ 9:30 AM
- December 16 @ 5:30 PM
- January 17 @ 9:30 AM
- February 17 @ 5:30 PM
- March 28 @ 9:30 AM



Questions:

712-546-6655 or jadenh@lemarsymca.org

Register:

Online at lemarsymca.org or scan the QR code.
You can also stop by the Y and sign up in person!

Fee:

\$55/cert (good for 2 years)
+\$10 if you need First Aid



BABYSITTING CLASSES

This class will help educate kids, ages 10-18, about how to interact with kids of every age. Students will learn how to assist with potty training & diaper changes.

They will also learn feeding techniques and how to make bottles. Students will be taught basic CPR/AED and First Aid.

Dates: January 14: 4:00-6:30 PM
February 8: 1:30-4:00 PM
March 10: 4:00-6:30 PM
April 26: 1:30-4:00 PM

Class Fee: \$30



PARNTERS IN HEALTH

Become an Employee Wellness Partner!

A healthy and productive workforce is key to a successful business. Becoming a Employee Wellness Partner with the Le Mars YMCA can help build an active, productive workforce where employees thrive.

HOW IT WORKS

- An Employee Wellness Partner pays an annual contract fee based on their total number of employees.
- \$7.00 will be discounted from all Young Adult, Adult and Couple monthly membership fees for their staff.
- \$10.00 will be discounted from all Family and Single-Parent Family monthly membership fees for their staff.
- Wellness packages may be purchased separately. (more info on back)

Questions:

Contact Jacque
712-546-6655
jacquep@lemarsymca.org

FOREVER HERE FOR YOU!



BOOTS & BLING: Daddy Daughter Dance



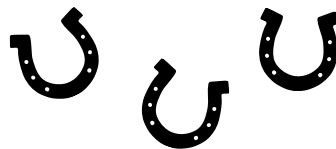
Put on your BOOTS & BLING and join us for a special evening of dancing, laughter, and lasting memories at this year's Daddy-Daughter Dance. This event is designed for ALL girls and an important man in their life - dad, stepdad, grandpa, uncle, etc. Registration to this party includes snacks, desserts, a photo area, and dancing! DJ music and entertainment is brought to you by Jammin' Entertainment.

WHEN: Saturday, February 21, 6:00 – 8:00 PM

WHERE: Le Mars YMCA Gym

FEE: \$25 per Daddy & Daughter
(\$5/additional daughter')

REGISTER: Please register BEFORE the event so we can plan for food!
You can stop by the Y, call or scan the QR code and register online:



LET'S GLOW! : Mom & Son Event

This event is designed for ALL boys and an important woman in their life - mom, stepmom, grandma, aunt, etc. Come wearing white, neon, or anything that glows! We'll have music, snacks, and games, all under blacklights!

WHEN: Friday, March 3, 6:00 – 8:00 PM

WHERE: Le Mars YMCA Gym

FEE: \$25 per Mom & Son
(\$5/additional son')

REGISTER: Please register BEFORE the event so we can plan for food!
You can stop by the Y, call or scan the QR code and register online:



Winter Day Camp



Spend winter break at the Y!
There's SNOW place like the Y.

When school is out, FUN is in session at the Y!

Break free from boredom with YMCA Winter Break Day Camp and experience a week of fun! We will be doing some awesome crafts and science projects, as well as various games to keep your child active throughout holiday school break. Taking a break from school has never been more fun!

Ages: 5-12 years old

Fee: \$32/child per day

Dates: December 22, 23, 29 and 30 (8:00 AM – 5:00 PM)
December 31 (8:00 AM – 4:00 PM)
January 2 (8:00 AM – 5:00 PM)

Winter Day Camp Info:

- Morning and afternoon snack will be provided.
- Children need to pack their own sack lunch.
- Please have your child(ren) dress for indoor and outdoor activities with proper closed-toe shoes, and please send a water bottle with the child's name every day.

Questions: 712.546.6655 or email Krista at kristan@lemarsymca.org





**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

LE MARS YMCA

**241 12 Street SE
Le Mars, IA**

YMCA Phone: 712-546-6655

info@lemarsymca.org

lemarsymca.org



Like us on Facebook!
Follow us on Twitter!!
Find us on Instagram!!!
Now on TikTok!!!!



Le Mars Area
Family YMCA



lemars_ymca



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