



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

241 12th Street SE
Le Mars, IA 51031
712-546-6655
lemarsymca.org
info@lemarsymca.org

LE MARS YMCA

Program Guide Fall 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

LEADERSHIP TEAM

Jacque Perez

CEO

jacquep@lemarsymca.org

Krista Bolton

Senior Program Director

kristan@lemarsymca.org

Jessica Stark

Member Services Director

jessicas@lemarsymca.org

Dani Den Ouden

Aquatic & Education Coordinator

danid@lemarsymca.org

Amanda Becker

Community Engagement & Facility Specialist

amandab@lemarsymca.org

Ruby Munguia

Front Desk Manager

rubym@lemarsymca.org

Abigail Tilberg

Aquatics Coordinator

abigailt@lemarsymca.org

YMCA BOARD OF DIRECTORS

President: Tracy Nesbit

Vice President: Brian Michaelson

Treasurer: Dustan Kneip

Secretary: Margie Augustine

Kyan Ludwig

Adam Moss

Scott Pageler

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 you
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**

LAP SWIM

Monday:	TBD
Tuesday:	TBD
Wednesday:	TBD
Thursday:	TBD
Friday:	TBD
Saturday:	TBD

OPEN SWIM

Monday & Wednesday:	TBD
Friday:	TBD
Saturday:	TBD
Sunday:	TBD

HOLIDAY HOURS

New Year's Day	Closed
Good Friday	Close at 12:00 PM
Easter	Closed
Sunday before Memorial Day	Y Closed. Outdoor Pool Open.
Memorial 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

EMAIL NEWSLETTERS

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



WEATHER CLOSINGS & CANCELATIONS



LeMars Area
Family YMCA



lemars_ymca

If schools are canceled or dismissed early due to weather then youth programs at the Y will be canceled for that day.

Group Exercise cancelations will be determined by the instructor. Please check our Facebook or Instagram.

TEXT ALERTS

We now have an account with SimpleTexting for YMCA alerts. Everyone will have to re-opt in. This is a NEW service.

Text lemarsymca to 201-740-1577 to receive ALL updates/messages/alerts from the YMCA.

Text daycamp to 201-740-1577 to receive updates/messages/alerts about day camp.

Text pools to 201-740-1577 to receive updates/messages/alerts about indoor & outdoor pool.

Text wellness to 201-740-1577 to receive updates/messages/alerts about group exercise and any health & wellness programming.

Text youth to 201-740-1577 to receive updates/messages/alerts about ALL youth programming (lessons-sports-camp-after school-et



YOU BELONG AT THE Y!

MEMBERSHIP TYPES



All credit card payments will now include a 3% service charge.

Household \$68/month \$653/annual

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

Single Adult 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 (couple) \$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.

24 HOUR ACCESS

\$5/month
Must be 18 & older



TO CANCEL MEMBERSHIP:

- Stop by the Y or call 712-546-6655
- Email jessicas@lemarsymca.org
- Request through your Daxko Account:
 - visit lemarsymca.org
 - click My Account icon on top bar
 - search for/log in to your account
 - scroll to membership and click the blue 'Manage' link
 - request termination

DAY PASSES

Toddler	\$5
Youth (6-18):	\$7
Young Adult (19-25):	\$7
Adult (26-54):	\$10
Senior (55+)	\$7
Walking Pass:	\$5
Toddler Gym/Swim:	\$5

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.

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 a 3% processing fee will be added to all credit card payments or transactions.

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.
 - Modest, clean, and appropriate attire required at all times. (at the discretion of Y staff)
 - Members and guests are expected to wear modest tops, along with closed toe shoes, and shorts or pants.
 - In Pool: modest and appropriate attire designed specifically for swimming required. This excludes street clothes, transparent suits, etc. Modesty is prioritized, often requiring that swimsuits provide full coverage, with specific restrictions against revealing, low-cut, thong or inappropriate attire in family-friendly environments.
 - Swimwear is only allowed in the pool area.
 - No clothing with vulgar, offensive 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.



INDOOR POOL

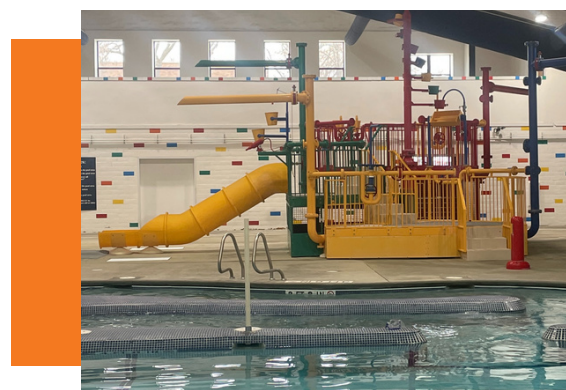
SEASONAL

Tentative open date in October!

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 abigailt@lemarsymca.org

At least 50% of payment is due at scheduling.



PRIVATE POOL PARTY

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

Location: Indoor Pool

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

To Schedule: Contact the Y @ 712-546-6655 or email: abigailt@lemarsymca.org. Please call to scheduled at least 2 weeks in advance.

Payment & Cancellation: At least 50% of payment is due at scheduling. A 50% refund will be issued if party is canceled less than 14 days from event. When special circumstances arise where participation is not possible (i.e. family emergency) participant may request for consideration 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 to aquatics@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. When submitting a semi-private swim lesson request please list both of the children's names and contact information.

Location: Indoor Pool (October – March)

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 aquatics@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)

STINGRAYS SWIM TEAM

The Le Mars Stingray Swim Team is a youth club team for kids ages 5-18 years old. The parents & coaches help to build every swimmers' personal skills & endurance via structured workouts. Once swimmers have built their skills, they are provided opportunities to swim competitively at meets across Iowa.

WHO CAN JOIN?

Anyone who is between the ages of 5 and 18 can join the Stingrays. Participants must be able to demonstrate the following skills:

- Can confidently swim 25 yards freestyle
- Mastery of strokes is NOT required to join!

SWIM TEAM PRE-SEASON CLINIC

Join us for a YMCA Swim Team Clinic! This fun & informative session gives swimmers a chance to experience what swim team practices are like, meet coaches, learn about the season.

WHEN: October 26 & 29th from 6:30-7:30 PM and October 30th from 4:00-5:00 PM

COST: \$15 per swimmer

REGISTER: online or at the YMCA

TEAM PRICING

Our swim team fee includes 3 practices a week and entry fees for all regular season YMCA Meets.

The Le Mars YMCA offers program financial assistance through our annual campaign. You can stop by the Y for forms or visit our website to apply online. You may qualify for 25%-50% off program fees.

SWIM TEAM FEES: \$75/month (Nov, Dec, Jan & Feb). You can choose to pay ALL at once if you prefer, but not required.

PAYMENTS: A billing method must be on file, payments will be taken on the 2nd Friday of each month. The first months payment (November) will be due at registration.

- At registration: \$75
- December 11, 2026: \$75 due
- January 8, 2027: \$75 due
- February 12, 2027: \$75 due

**SCAN HERE
for all swim
team info**



TODDLER SWIM



Let your toddler burn off some energy in our indoor pool. Enjoy the splash pad and the pool (slides not available) At least one adult for every 2 children must be in the water.

Fee: Y Member = FREE
Community: \$5/toddler (guardians free)

Day/Time: Monday - Thursday from 11:00 AM - 1:00 PM

All credit card payments will now include a 3% service charge

PRESCHOOL GROUP SWIM LESSONS

3-5 years

Preschool swim lessons empower your child to learn different techniques & strokes 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. Participants are guaranteed 8 classes.

Minimum: Need 3 children to hold the class, 5 MAX.
1 instructor to 5 students

Fee: \$50.00

Day/Time: TBD

Registration Deadline: XXX

Day/Time: TBD

Registration Deadline: XX

SCHOOL AGE GROUP SWIM LESSONS

6 years & Older

Empower your child with swim lessons where they learn different techniques & strokes to keep them safe & comfortable in the water. Participants must be at least 6 years old to enroll. Participants are guaranteed 8 classes/session

Minimum: Need 3 children to hold the class, 5 MAX.
1 instructor to 5 students

Fee: \$50.00

Day/Time: TBD

Registration Deadline: XXX

Day/Time: TBD

Registration Deadline: XXX



PARENT & INFANT/TODDLER SWIM LESSONS (6-36 months)

These lessons will help educate parents on how to help their child learn & develop in a fun & safe aquatic environment.

Minimum: Need 3 children to hold the class, 10 MAX.
1 instructor to 5 students. Five, 30 minutes classes.

Fee: \$25.00

Day/Time: TBD

**Unsure of what level to
choose?**

**Contact Our Aquatics
Coordinator, Abigail:**

712-546-6655
abigailt@lemarsymca.org

**SCAN HERE
To Register for Swim Lessons**



YOUTH SPORTS



Volunteer coaches are needed!!
Register online or at the Y!
lemarsymca.org

All credit card payments will now include a 3% service charge

MINI BASKETBALL

Grades K – 5th

Dribble. Pass. Shoot. Score big with Y Mini Basketball! We believe every child deserves the chance to learn the game, make new friends, and build confidence on and off the court.

Location: YMCA gym

Duration: October 24 – November 21, 2026

Day/Time: Saturdays. Time TBD.

Coaches: Community Volunteers! Each volunteer coach will receive a \$20 YMCA credit to use on any future program or membership!

Deadline: October 11, 2026. 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.

Fee: Members: \$40.00, Community: \$55.00 (plus \$15 if you need a youth sports jersey)

Register Online Here



FALL SOCCER

Grades PreK – 5th

YMCA'S youth soccer offers a fun and engaging way for children to learn and enjoy the sport, developing skills, teamwork, and sportsmanship. This program typically will focus on fundamental skills while also emphasizing the importance of teamwork and fair play.

Location: Little League Fields

Duration: September 14 – October 14, 2026

Day/Time: PreK: Wednesdays 5:15–6:00 PM
K–1st Grade: Mondays 5:15–6:00 PM
2nd–3rd Grade: Thursdays from 5:15–6:15 PM
4th–5th Grade: Thursdays from 5:15–6:15 PM

Coaches: Community Volunteers! Each volunteer coach will receive a \$20 YMCA credit to use on any future program or membership!

Deadline: August 30, 2026. 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.

Fee: Members: \$40.00, Community: \$55.00 (plus \$15 if you need a youth sports jersey)

Register Online Here



Questions:

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

YOUTH SPORTS

Y DANCE Grades K – 3rd



Volunteer coaches are needed!!
Register online or at the Y!
lemarsymca.org

All credit card payments will now include a 3% service charge

Y dance classes help to improve flexibility, coordination, balance, stamina, and strength. Our program allows students to explore dance in a fun and supportive environment. Our program introduces children to the joy of dance in a fun and supportive environment. Through imaginative movement, playful exercises, and age-appropriate choreography, self-confidence, and social skills

STUDENTS WILL LEARN:

- The fundamentals of dance
- How to control their body movements
- Have a greater awareness of rhythm and music
- Self-confidence

Register Online Here



Location: YMCA Fitness Studio

Duration: September 3 – December 3, 2026

Day/Time: Thursdays from 6:00-6:45 PM

Deadline: August 28, 2026.

Fee: Members: \$100, Community: \$125

Questions:

Contact Jacque @ 712-546-6655 or jacque@lemarsymca.org

FLAG FOOTBALL Grades K – 5th



Flag Football is for all boys and girls going into Kindergarten – 3rd grade in the fall. This is a great way to learn the fundamentals of football, without tackling, and prepare your child for Middle School Youth Contact Football.

Register Online Here



Location: Le Mars Community Practice Field

Duration: September 15 – October 13, 2026

Day/Time: Tuesdays 5:15-6:15 PM. Teams: K-1st; 2nd-3rd; 4th-5th

Coaches: Community Volunteers! Each volunteer coach will receive a \$20 YMCA credit to use on any future program or membership!

Deadline: August 30, 2026. 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.

Fee: Members: \$40.00, Community: \$55.00 (plus \$15 if you need a youth sports jersey)

Questions:

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

ADAPTIVE PROGRAMS

The Le Mars YMCA acknowledges that children have individual needs. We aim to serve ALL children whenever possible. YMCA Adaptive Programs are offered in a group setting, we are able to provide some accommodations however we are unable to provide one-on-one care, unusual medical attention, or children exhibiting violent behavior.

- Y Staff will lead all sessions.
- Each session meets once a week for 5 weeks
- \$55/session



Let your ability SHINE!

Register Online Here



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

ADAPTIVE FALL BASEBALL



September 14–
October 12, 2026
Mondays 5:30–6:15 PM

ADAPTIVE BASKETBALL



October 19–
November 16, 2026
Mondays 5:30–6:15 PM

All credit card payments will now include a 3% service charge

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 (\$7)
- Youth 11-13 must be accompanied by an adult (18+).
- Nets equipment is 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.

October – April





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. We have a private tutoring room and during each session, students receive support, homework help, and a safe and open space to build confidence and enhance their educational skills.

Tutors:

DANI: Is qualified to tutor students in grades Kindergarten through 12th grade. She is secondary certified (grades 5-12) in Math & Spanish. Dani is also certified in English as a second language (ESL) for grades K-12.

📞 712-546-6655 ✉️ danid@lemarsymca.org

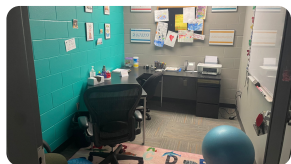
ANDREA: Is a special education/reading intervention teacher at Gehlen. She works with students who need additional support in reading & math & students who have special needs. She has a bachelor's degree in Special Education minor in Reading & English as a new language. She offers tutoring for grades P-6 in Reading and Math; students on IEPs & 504 are welcome!

📞 712-541-3508 ✉️ andreaberkenpas@gmail.com

BETTY: Is recently retired from the school system (Gehlen); working there for 18 years. She started in 2007 as a Para Educator; eventually she worked as a para in grades PreK- 10th; including special needs students. She is trained in PBIS (positive behavior intervention support) & worked as a coordinator for the school. She also is certified in Love and Logic.

✉️ emloutsch7@gmail.com

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



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 Jacque:

- jacquep@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:

Mon, Wed & Fri 8:30am - 11:30 AM

Tues & Thurs 8:30am-3:00pm

Fee: Members: FREE

Community: \$5.00/toddler

Babies (under age 2) & parents are free.



GYM RENTAL

The Le Mars YMCA will provide gym rental on the west court for teams to practice. Rental will include putting up the volleyball net (if needed) and placing the gym divider down.

Gym rentals are offered for 1 hour minimum, 2 hours maximum. Gym rental reservations will be first come first serve, payment must be made at time of reservation.

Questions: Contact Member Service Director, Jessica or Front Desk Manager, Ruby:

- jessicas@lemarsymca.org
- rubym@lemarsymca.org
- 712-546-6655

Fee: \$30.00/ hour for west court only
\$50/hour for two east side courts
Contact the Y for FULL court rentals

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 - March)

Day/Time: Aquatics Coordinator, Abigail, to schedule:

- 712-546-6655 or abigailt@lemarsymca.org

Fee: \$2.00 per participant. (Minimum: 12 participants)

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.



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

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

GET STARTED!
712-546-6655
info@lemarsymca.org

All credit card payments will now include a 3% service charge

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 after the school day ends.

Location: Le Mars YMCA and Gehlen Elementary

Days/Time: Monday- Friday from school dismissal - 5:30 PM. Includes Early Out Care.

Program Fees: \$15 non-refundable deposit due at registration
Quarterly Payment: \$370/school quarter (save 10%)
Weekly Payment: \$60/week (drafts Friday to pay for following week)



Sibling Discount: After the first sibling registers the remaining siblings get a 10% discount. To get your discount applied please reach out to Krista at 712-546-6655 or kristan@lemarsymca.org.

Inclement Weather: The After School Program will follow and adhere to all school closures. If school and all school activities are canceled, then the After School Program will also be canceled.

Transportation: LE MARS Y LOCATION- Your child may take the school bus route and get dropped off at the Y, they may walk to the Y, or they may get dropped off by someone whom you approve. Staff will be waiting in the lobby to check your child in. GEHLEN LOCATION- Your child will walk to the library after dismissal and check in with staff.

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

To Register: You can stop in the Y for guidance and sign up in person, or you can scan QR Code and register online. Additional DHS paperwork may be required.

Financial Assistance: Scholarships are made available through generous Annual Campaign contributions. Individuals and families may apply for scholarships toward Y memberships and programs, like the After School Program! You can email us to get an application: kristan@lemarsymca.org or stop by the Y and pick one up from the flyer display in our lobby. Please wait to register for the program until after you have received notice of scholarship.

REGISTER HERE



PROGRAM SCHOLARSHIP FORM



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: YMCA (kids can take the school bus & get dropped off) & Gehlen Catholic School. All day care offered for Gehlen students on no school in-service days AT THE YMCA!

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

Weekly Fee: \$10/early out day. \$35/day for Gehlen's no school in-service day.
(care offered at the YMCA 8:00 AM - 5:30 PM)

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

Registration Required: You can stop by the Y or register online via the QR code.



Scheduled Early Out Days

9/16/26
9/30/26
10/14/26 (Le Mars Early Out, Gehlen NO SCHOOL)
10/28/26
11/11/26
12/9/26
1/13/2027 (Le Mars Early Out, Gehlen NO SCHOOL)
1/27/27
2/10/27
2/24/27
3/10/2027 (Le Mars Early Out, Gehlen NO SCHOOL)
4/14/2027
5/5/2027 (Le Mars Early Out, Gehlen NO SCHOOL)

All credit card payments will now include a 3% service charge



COMMUNITY IS OUR CAUSE

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:

- September 4, 2026
- October 2, 2026
- November 6, 2026
- December 4, 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.



REGISTER TO DONATE



TODD LANCASTER MEMORIAL GOLF TOURNAMENT

Saturday, September 26



Join us for a fun afternoon of golf in this 4-person scramble. All proceeds go to support the Le Mars YMCA in honor of Todd's 16 years of service!

Location: Willow Creek Golf Course

Time: 12:00 PM Shotgun Start

Fees: \$300/team

- Includes green fees and lunch
- Cart not included, call the clubhouse to reserve a cart (712-546-6849)

Register In-Person:

Stop by the golf course or the Y to fill out form.

Register Online:

Open camera & scan the QR code to register/pay online.



SANTA'S FUN RUN 5K RUN/WALK & KID'S DASH



Join us for the Santa Fun Run, an event part of the City of Le Mars' Christmas in Hometown. We encourage you to wear your Santa Suit, Ugly Christmas Sweater, Santa Hat, Fancy Socks or any fun festive holiday gear!

Date: Saturday, November 28, 2026

Time: 10:00 AM

Fee: Register by November 15: 5K \$30
Register November 16-27: 5K \$35
Day of Registration: November 28: 5K \$40
Kid's Dash: \$15

Where: Olson Cultural Event Center in downtown Le Mars

MORE INFO HERE



All credit card payments will now include a 3% service charge



COMMUNITY IS OUR CAUSE

CPR/ AED, FIRST AID CERTIFICATION

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

Allow approximately 3 hours to complete the eLearning portion. 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

- August 22 @ 9:30 AM
- September 22 @ 5:30 PM
- October 17 @ 9:30 AM
- November 17 @ 5:30 PM
- December 12 @ 9:30 AM

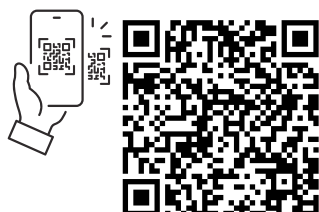
Questions:

Contact Jessica @ 712-546-6655 or jessicas@lemarsymca.org

Register:

Online via the QR code.

You can also stop by the Y and sign up in person!



CHILD & BABYSITTING SAFETY CLASS Become the best babysitter on the block!

This training will allow students to gain the skills and confidence they need to be a great babysitter. Participants receive a Babysitter Certificate and learn CPR & First Aid skills.

AGES:

The Purpose of the Child And Babysitting Safety (CABS) Trainings is to provide youth ages 10-15 with the information and skills necessary to provide safe and responsible care for children in the absence of parents or guardians.

LEARN HOW TO:

- Supervise children and infants.
- Perform basic child-care skills
- Choose safe, age-appropriate games and toys.
- Handle bedtime and discipline issues.
- Identify safety hazards and prevent injuries.
- Care for common injuries.
- Communicate effectively with parents.
- Learn to respond to emergencies.
- CPR/First Aid skills

DATES:

Thursday, September 3: 4:00-6:00 PM

Wednesday, October 21: 4:00-6:00 PM

Sunday, November 15: 1:30-4:00 PM

Tuesday, December 8th: 4:00-6:00 PM

COST:

\$30 / babysitter



YMCA PROGRAMS & EVENTS

FOREVER HERE FOR YOU!



DADDY DAUGHTER DANCE: A Night Under the Stars

Spend A Night Under the Stars with your favorite girl at this special evening of music, dancing, refreshments and fun! A DJ, selfie station, snacks and drinks will be provided. This event is designed for ALL girls and an important man in their life – dad, stepdad, grandpa, uncle, etc.

DJ music and entertainment is brought to you by Jammin' Entertainment.

Location: Le Mars YMCA Gym

Date: February 20 from 6:00–8:00 PM

Fee: \$25 per Daddy & Daughter; \$5/additional 'daughter'.
The extra 'daughter' can be a niece, granddaughter, friend, etc.

**Register at the YMCA or Online
lemarsymca.org**



Please register BEFORE the event so we can plan for food!



WOMEN ON WEIGHTS



Women on Weights is a small group (maximum of 6 people), instructor led program, that takes place over an 8 week time period. Groups meet with the instructor two times a week. Whether you're new to weight training or looking to enhance your routine, this class will leave you feeling stronger, more confident, and empowered.

FALL SESSION

Date: September 14 – November 4

Days: Mondays & Wednesdays from 4:15–5:15 PM

Fee: Y Member: \$75 / Community: \$125

Instructor: Jacque- 712-546-6655 or jacquep@lemarsymca.org

Child Watch: will be available for kids 2-12 if needed. FREE for members; \$5/day for non-members.

**Register at the YMCA or
Online lemarsymca.org**



PROGRAM INCLUDES:

- 2 instructor led, small group workouts/week
- 1 workout to do on your own/week
- Guidance and motivation
- Supportive community!

PARENTS NIGHT OUT:

YMCA Parents' Night Out give parents a few hours of break time while children (typically ages 4 to 12) enjoy supervised gym time, games, swimming, crafts, and dinner led by YMCA staff!

ADAPTIVE PARENTS NIGHT OUT

Date: September 11th from 6:00–8:00 PM

Fee: \$5/ kid

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

**Register at the YMCA or Online
lemarsymca.org**



PARENTS NIGHT OUT: SPOOKTACULAR!

Date: October 24th from 5:30–8:30 PM

Fee: \$10/kid

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

All credit card payments will now include a 3% service charge



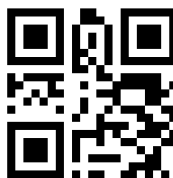
**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

LE MARS YMCA

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

**YMCA Phone: 712-546-6655
Outdoor Pool Phone: 712-546-4809**

**info@lemarsymca.org
lemarsymca.org**



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



lemars area
family ymca



lemars_ymca



lemars_ymca



ymcalemars