the YMCA

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Something for Everyone

Fall Program Brochure 2026

August 31, 2026 – December 31, 2026

YMCA OF SOUTHWEST WASHINGTON

766 15th Avenue, Longview, WA 98632

Scan QR code for online brochure

WHY WE'RE HERE

the YMCA

Our Mission

To put Christian principles into practice through programs that build healthy spirit, mind, and body for all.

Our Four Core Values

Caring-Honesty-Respect-Responsibility

Areas of Focus

Youth Development

Healthy Living

Social Responsibility

DIVERSITY & INCLUSION

Our Commitment to Inclusion: The Y is made up of people of all ages and from every walk of life working side by side to strengthen communities. Together we work to ensure that everyone, regardless of ability, age, cultural background, ethnicity, faith, gender, gender identity, ideology, income, national origin, race or sexual orientation has the opportunity to reach their full potential with dignity. Our core values are caring, honesty, respect and responsibility – they guide everything we do.

The Y, always here for you.

FOR YOUTH DEVELOPMENT

Nurturing the potential of every child and teen

We believe that all kids deserve the opportunity to discover who they are and what they can achieve. That's why, through the YMCA, millions of youth today are cultivating the values, skills and relationships that lead to positive behaviors, better health and educational achievement.

FOR HEALTHY LIVING

Improving our community's health and well-being

In neighborhoods across Southwest Washington, the YMCA is a leading voice on health and well-being. The Y brings families closer together, encourages good health and fosters connections through fitness, sports, fun and shared interests.

FOR SOCIAL RESPONSIBILTY

Giving back and providing support to our neighbors

The YMCA of Southwest Washington has been listening and responding to critical social needs for over 100 years. Whether it's developing skills or emotional well-being through education and training, or connecting diverse demographics populations through global services. The Y fosters the care and respect all people need and deserve.

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WHO WE ARE

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Child Watch Supervisor	Jaide Hogman	jaideh@longviewymca.org

Board of Directors

Todd Boze	President	Joel Davis	Board Member
Edna Ostermiller	Vice President	Lou Locke	Board Member
Brian Magnuson	Secretary	Linda Beattie	Board Member
Tasha Nelson	Treasurer	William Boehm	Board Member
Gene Guttormsen	Past President	JoAnne Baker	Board Member
David Rosi	Board Member	Julie Mahnke	Board Member
Michelle Domenico	Board Member	Elisha Jolma	Board Member
Linda King	Board Member		

Our Strength is in Community

- The Y is a nonprofit like no other. That's because in 10,000 neighborhoods across the nation, we have the presence and partnerships to not just promise, but deliver, positive change.
- They Y is community centered. For nearly 160 years, we've been listening and responding to our communities.
- The Y brings people together. We connect people of all ages and backgrounds to bridge the gaps in community needs.
- The Y nurtures potential. We believe that everyone should have the opportunity to learn, grow and thrive.

INVESTING IN YOU

New Member Rates

	Monthly Credit/Debit Card
Youth(3-18)	$21.00
Young Adult (19-26)	$53.25
Adult	$79.50
Couple	$111.00
1 Adult Family	$96.50
2 Adult Family	$118.25
Senior (62+)	$59.50
Senior Couple	$84.75

*Financial Assistance available to those who qualify.

Family

A family is defined as one or two adults living in a household with their dependents, if any. The number of adults is limited to two, unless other adults in the household qualify as dependents and are claimed on either of the primary adults' tax return. Dependents include full-time college students, or disabled adult children. All family members must reside at the same address.

Membership

The YMCA of Southwest Washington requires every participant to be a member of the YMCA. Membership categories include Facility and Day Pass.

Cancelling of Membership

Cancelling of your membership must be made to the YMCA 10 days in advance of your bank draft. Cancel by phone, email or in person.

Hours of Operations

Monday - Thursday	5:00am-9:00pm
Fridays	5:00am-8:00pm
Saturday	7:00am-4:00pm
Sunday	11:00am-4:00pm

Music

If listening to your own music, on your own device you must use ear phones.

Accidents

The YMCA does not carry public health or accidents insurance. All individuals participate at their own risk.

Day Passes

Become a member of they Y for a day!

Youth (3-18)	$6
Young Adult (19-26	$11
Adult	$18
Couple	$30
1 Adult Family	$25
2 Adult Family	$30
Sr. Citizen (62+)	$11
Sr. Couple	$20

Dates Closed

Christmas Eve	Early Closure
Christmas Day	Closed
new Year's Eve	Early Closure
New Year's Day	Closed
Easter Sunday	Closed
Memorial Day	Closed
Independence Day	Closed
Labor Day	Closed
Thanksgiving	Closed

Membership Hold

Annual Members may put their membership on hold 1 to 6 months. All other types of membership may be put on hold for medical or job related circumstances see membership office for authorization.

Guest Pass/Day Pass Users

Photo I.D. is required for everyone over the age of 16. Children 12 and under need to be signed by a parent or guardian.

No Loitering Policy

Loitering on, in and around the YMCA, including the building and parking lots and areas inside the building is not allowed. Loitering is defined as lingering idly or aimlessly in any area of the YMCA without purpose, or hanging around in clusters and causing unusually loud or disturbing noises.

FOR YOUR INFORMATION

We know firsthand how difficult it can be to find a balance in life. That's why we're here with you every day, making sure that you, your family and our community have the resources and support needed to learn, grow and thrive.

LOCKER ROOM FACILITIES

Our locker rooms are for changing, showering and storing your items while you work out. Please do not leave your belongings in the lockers overnight as they will be removed by our custodial staff at the end of each day. Lockers are available for rent on an annual basis, check the front desk for details. We encourage you to bring and use padlocks to secure your belongings the front desk has a limited number of locks to lend out.

- Children ages 4 and under may accompany an adult of the opposite gender into the locker room.
- Family Locker Rooms are available for those needing assistance from a person of the opposite gender and parents with children 5 and older.
- Upstairs locker rooms are for ADULTS, 18 years and older.

Supervision of Children

For everyone's safety, children under 9 years of age need adult supervision while at the YMCA. All children younger than 9 or under 52 inches in height must be accompanied by an adult in the water for open swims. Kids 9 through 12 who are unattended will only be allowed in certain staff supervised areas of the YMCA, such as open swim or the Game Room for a total of 3 hours. Visits to the YMCA are not intended for youth for a full day, so the 3-hour maximum is still in effect for ages 9 to 15 unless youth are participating in a supervised program. The YMCA reserves the right to deny access to individuals who abuse this privilege. It is the Y's policy to notify the police when minors under17 are left at the YMCA at closing.

Weapons/Tobacco

The YMCA and its property are a drug, alcohol, weapon and tobacco free zone.

Equipment Checkout

Need equipment? Checkout a basketball or racquetball gear at the front desk.



Cell Phone/Video Taping

For the safety and security of our members and guests, no video/photo equipment (including, but not necessarily limited to cameras, cell phones, camcorders, digital recorders, etc.) may be used in locker room, dressing areas, shower areas, restroom, or other areas generally deemed to be "private" within the YMCA facilities. Voyeurism is a Class C felony in the state of Washington under RCW 9A.44.115. Unauthorized use of such equipment shall be grounds for termination of membership and /or ability to use or visit the YMCA facilities.

Code of Conduct

The Board of Directors of the YMCA of Southwest Washington recognizes the right for all YMCA members to enjoy participation in programs and facilities without fear for personal safety or verbal abuse. The YMCA Staff is empowered to suspend membership privileges for anyone who acts in a manner which negatively affects other members. This includes offensive language, racist or sexist remarks, acting in a confrontational manner, intimidation, and offensive clothing or tattoos.

Criminal History

It is the policy of the YMCA of SW WA to deny access to the facility to any individual convicted of a sexual offense level II or level III or who is registered sex offender and the Y will periodically check its records for criminal history. The YMCA reserves the right to terminate membership or deny access if the Y becomes aware that the person has been convicted of a sex crime.

Program Refund Policy

There is a refund or YMCA credit if cancelled at least one day before the program begins less a nonrefundable $5 transaction fee. If cancelled during the first two scheduled dates of the program, it is a 50% YMCA credit less the $5 transaction fee (no refund). YMCA credits may be used for future programs.

***Personal Training has its own policy. **Day camp has a 1 week cancellation policy minus fees.**

EVERYONE IS WELCOME

We're proud to ensure that the Y is accessible to everyone, and we never want anyone to be turned away for an inability to pay. Don't hesitate to ask about financial assistance for programs or membership. We're happy to help.

Financial Assistance

The YMCA of Southwest Washington is for everyone. If you need financial assistance to participate in the YMCA, please contact the front desk and ask about our Scholarship Program. The YMCA of Southwest Washington strives to provide services for any youth, adult or senior who desires to participate in membership or programs. The YMCA of Southwest Washington believes a strong sense of ownership and pride is developed if recipients contribute to the cost of YMCA involvement.

Financial Assistance Annual Income Qualifications

	Family of 1	Family of 2	Family of 3	Family of 4	Family of 5	Family of 6
60% off	$19,000	$25,000	$31,000	$38,000	$44,000	$50,000
40% off	$25,000	$34,000	$42,000	$50,000	$60,000	$68,000
25% off	$34,000	$45,000	$57,000	$69,000	$81,000	$92,000



Drop in Child Watch

GROWING STRONG



Rainbow Corner

One of the most valuable services the YMCA of Southwest Washington provides is free child watch to members. This is for children ages 6 months to 9 years old. You may bring your children to Rainbow Corner for up to 2 hours while you exercise or participate in programs within the building.

Rainbow Corner Guidelines

- Toddlers who are potty-training must be appropriately dressed with pull-ups or underwear. If a child needs help, staff will locate the parent to assist. Rainbow Corner staff are not responsible for potty-training or changing diapers and soiled clothing.
- Security items such as pacifiers or blankets are OK for infants. Please do not bring toys or personal items from home.
- Parents may provide pre-made bottles for infants. Bottles must be labeled and stored out of reach from other children. If able, staff will hold and feed infants.
- Occasionally, children in Rainbow Corner become upset. Staff will try holding, soothing, and entertaining upset children. If they are unable to soothe an upset child, they will contact the parent, to address the child's needs.
- To reduce the spread of germs we request that children wash their hands upon entering Rainbow Corner.
- No Peanut Butter snacks, please bring snacks in a sealed container with child's name on it.



Hours

Monday-Friday 8:55am-12:00pm
Monday-Thursday 4:00pm-7:00pm



Our drop-in child watch and preschool are not licensed or regulated by the State Department of Children Youth & Families. All YMCA child programs adhere to YMCA quality standards.

PRESCHOOL PROGRAMS

Tumbleweeds Classes (Ages 3-5)

The YMCA Tumbleweeds preschool program enhances the mental and physical development of each child through our kindergarten readiness curriculum that focuses on preparation for kindergarten and beyond. We believe that all children deserve the opportunity to discover who they are and what they can achieve. That's why, through the YMCA, millions of youth today are cultivating the values, skills and relationships that lead to positive behaviors, better health and educational achievement.
Activities include literacy, STEM activities, arts & crafts, music & movement, physical activities, field trips and much more.



AM class days & times for 2025-2026 school year

Days	Times	Cost
2 days per week Tue & Thur	8:00am-12:00pm	$290/month
3 days per week Mon, Wed, Fri	8:00am-12:00pm	$340/month
5 days per week Mon-Fri	8:00am-12:00pm	$465/month

***Registration Fee $125**

PM class days & times for 2025-2026 school year

Days	Times	Cost
2 days per week Tue & Thur	1:00pm-5:00pm	$290/month
3 days per week Mon, Wed, Fri	1:00pm-5:00pm	$340/month
5 days per week Mon-Fri	1:00pm-5:00pm	$465/month

***Registration Fee $125**



$10 monthly discount for signing up for monthly auto-payments
***One time $125.00 yearly registration fee covers supplies, field trips, and graduation**







How to get your child started

To reserve a place for your child, you must pay a nonrefundable registration fee. You may do so by coming to our YMCA front desk. You also need to pay for the first month before your child can attend. Payments are due the 1st of every month thereafter. Limited financial assistance is available.

Our drop-in child watch and preschool are not licensed or regulated by the State Department of Children Youth & Families. All YMCA child programs adhere to YMCA quality standards.

After School Child Care

Fall 2026-Spring 2027

Our experienced and quality staff is dedicated to the development of each child's spirit, mind, and body in a safe, caring, and positive environment. We offer a variety of activities that allows your child to be engaged and physically active, as well as have opportunity to have a healthy snack after school every day. We will offer gym time with organized activities, crafts, STEM, and game room time. Our focus is to keep your child physically active after school, which comes easy with access to our obstacle course room, 8ft and 10ft basketball hoops, and traverse rock wall. They also get to swim every Wednesday, and we will take occasional park trips when the weather is nice. Children will need a swimsuit and towel on Wednesdays in order to participate in swimming, and it is suggested to please bring a water bottle from home daily. If your child goes to another school but wants to participate, parents will have to arrange transportation to the YMCA.

Pick up to Y at: Lexington Elementary
Columbia Heights Elementary
Olympic Elementary

Call 360-423-4770 for details.



How to get your child started

To reserve a spot for your child, complete the registration paperwork at the YMCA and pay for the first month of care. Invoices are due monthly thereafter between the 1st and the 5th. We offer a $5.00 discount for signing up for auto pay.

After School runs Monday thru Friday from after school to 6:00pm

Rates:

5 days per week $220 YM/$230 NM per month
4 days per week $200 YM/$210 NM per month
3 days per week $170 YM/$180 NM per month





YM = YMCA Member NM = Nonmember
Financial Assistance available to those who qualify.

Normal early release days covered in monthly fee, extra charge for conference release days.

Schools Day Out Camps

An engaging schools day out experience filled with various activities, including sports, swimming and crafts, designed to keep kids active and entertained.

Time: 7:30am-5:30pm
Cost: $45/day YMCA Member $50/day Non-Member
Bring: Sack lunch, snack, swimsuit and towel and appropriate footwear for gym activities.

Dates: Oct 8, 9, Nov 11, Nov 23-25 (Kelso), Feb 12 (Longview), March 11,12,15
Winter Break: Dec 21, 22, 23, 28, 29, 30, 2026
Spring Break: April 5-9, 2027

Preregistration required must have a minimum of 10 children 1 week prior to camp date or it maybe cancelled.

GET INTO THE SWIM OF THINGS

What is the right level for your child?

Water Exploration/Seahorses
Ages 6 months to 2 1/2 years

Parent is in the water with the child.

Water Exploration/Transition/Tadpole
Ages 2 ½ - 3 years

Parent starts in water and transitions to out of water by end of session.

Level 1/Polliwog - Ages 3-5 years
Level 1 - Ages 6 and older

Child will learn to get their faces wet along with being assisted with float and glides.

Level 2/Minnows - Ages 3-5 years
Level 2 - Ages 6 and older

Children will be able to submerge their face and will learn to glide and float on their own. In order to advance to next level child must be able to submerge face, roll over, float on their own and tread water.

Level 3/Eels - Ages 3-5 years
Level 3 A&B - Ages 6 and older

Child will float, glide and swim 25 yards on their own with no instructor assistance. They will be able to fully place their face in water for 20 seconds and tread water for 20 seconds. Eels require Aquatic Director or Swim Coord. permission to enroll. Child may repeat class multiple times to learn all skills.

Level 4/Shark - Ages 3-5 years
Level 4 A&B - Ages 6 and older

Taught in main pool. Prerequisite: Be able to swim 15 yards and back. Learn fundamentals of front crawl and back crawl. Child may repeat this class multiple times to learn all skills.

Level 5 - Ages 6 and older

Taught in main pool. Students will learn to master front crawl, back crawl. learn breaststroke and fundamentals of butterfly. Prerequisite: Be able to swim 25 yards.

Level 6 - Ages 6 and older

Taught in main pool, students will learn to master all of the strokes.





Private Swim Lessons

Swim lessons that provide private one on one instruction to each student. These lessons will be catered to the needs and skill level of the student, wither that be gaining confidence in the water or improving technique. Open to children of all ages and Adults!

Scheduling is limited to instructor availability and pool time, please inquire at the front desk for more information. Private lessons are not scheduled during swim lesson times.

Four - 30 minute lessons for 1 person per session
$90 member, $130 non member

- 24hr cancellation required to avoid private lesson charge
- Lesson is cancelled if client is 15 minutes late or no show without notification
- Outside instructors are not allowed.
- Rebooking sessions may be limited if there is waiting list or the instructor's availability changes.

SWIM LESSONS

We believe the ability to swim is a critical life skill.
When you learn to swim, you gain confidence, acquire safety / rescue skills and experience water activities you can enjoy for a lifetime. Throughout all levels, we teach students how to be safer and more comfortable in the water.

Fall Swim Sessions

All lessons are 30 minutes long. Please make sure you shower your child before entering the pool. All spectators that are not members must bring ID, or show their program card. All Spectators must remove their shoes before walking on the pool deck. All swimmers must wear a swim suit or clothing made of polyester, nylon, lycra or spandex. Denim and cotton clog up our filters. Instructor and child in the water parents must sit on the benches.
Registration is now available online at www.longviewymca.org



Classes Offered:

3-5 years Level 1-3, (6+ years) Level 1-5
Class times vary from 8:00am, 8:30am, 9:00am, 9:30am 12:00pm, 12:30pm, 1:00pm 1:30pm 4:00pm, 4:30pm, 5:00pm, and 5:30pm. Not all levels are available at all times, please check with front desk for specific times and levels.

Session Cost: $75 Member Price $55

Sessions

Sept 8 - Oct 1, 2026 Mon/Wed or Tue/Thur
Mon/Wed-Sept 9,14,16,21,23,28, 30(Prorate 7 Lessons)
Tue/Thur-Sept 8,10,15,17,22,24,29, Oct 1

Oct 5 - Oct 29, 2026 Mon/Wed or Tue/Thur
Mon/Wed-Oct 5,7,12,14,19,21,26,28
Tue/Thur-Oct 6,8,13,15,20,22,27,29

Nov 2 - Nov 25, 2026 Mon/Wed or Tue/Thur
Mon/Wed-Nov 2,4,9,11,16,18,23,25
Tue/Thur-Nov 3,5,10,12,17,19,24(Prorate 7 Lessons)

Nov 30 - Dec 16, 2026 Mon/Wed (Prorate 6 Lessons)
Mon/Wed-Nov 30, Dec 2,7,9,14,16



Parent Child/Water Discovery Class (6 months-3years)

Check with front desk for specific times. Water Discovery classes are for children 6 months to 3 years with a parent or an adult in the water with the child.

Session Cost: $65 Member Price $45

Program Refund Policy

There is a refund or YMCA credit if cancelled at least one day before the program begins less a nonrefundable $5 transaction fee. If cancelled during the first two scheduled dates of the program, it is a 50% YMCA credit less the $5 transaction fee (no refund). YMCA credits may be used for future programs.



AQUATICS

the YMCA

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FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Main Pool Schedule

August 31 – December 31, 2026

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
5:00am	Lap Swim/ Walking 5-8am	Lap Swim/ Walking 5-9am	Lap Swim/ Walking 5-8am	Lap Swim/ Walking 5-9am	Lap Swim/ Walking 5-8am			5:00am
6:00am								6:00am
7:00am						Lap Swim/ Walking 7am-1pm		7:00am
8:00am	Water Fitness Wave Makers 8-9am	Water Fitness Inspire 8-9am	Water Fitness Wave Makers 8-9am	Water Fitness Inspire 8-9am	Water Fitness Wave Makers 8-9am			8:00am
9:00am	Water Fitness HIIT 9-10am	Inspire 9-10am	Water Fitness HIIT 9-10am	Inspire 9-10am	Water Fitness HIIT 9-10am			9:00am
10:00am	Water Fitness Wave Makers 10-11am	Water Resistance 10-11am	Water Fitness Wave Makers 10-11am	Water Resistance 10-11am	Water Fitness Wave Makers 10-11am			10:00am
11:00am	Stretching & Strengthen 11-12pm	Joyful Joints 11-12pm	Stretching & Strengthen 11-12pm	Joyful Joints 11-12pm	Stretching & Strengthen 11-12pm		Lap Swim/ Walking 11am-1pm	11:00am
12:00pm	Lap Swim/ Walking	Lap Swim/ Walking 12-4pm	Lap Swim/ Walking	Lap Swim/ Walking 12-4pm	Lap Swim/ Walking			12:00pm
1:00pm	Water Fitness 1-2pm		Water Fitness 1-2pm		Water Fitness 1-2pm	Open Swim 1-3:30pm	Open Swim 1-3:30pm	1:00pm
2;00pm	Lap Swim/ Walking 2-4pm		Lap Swim/ Walking 2-4pm		Lap Swim/ Walking 2-6pm			2:00pm
3:00pm								3:00pm
3:30pm						GROUPS ARE NOT ALLOWED DURING OPEN SWIMS		3:30pm
4:00pm	Swim Lessons/ Swim Team 4-6pm (2 Lap Lanes) Nov 9th-Feb	Swim Lessons/ Swim Team 4-6pm (2 Lap Lanes) Nov 9th-Feb	Swim Lessons/ Swim Team 4-6pm (2 Lap Lanes) Nov 9th-Feb	Swim Lessons/ Swim Team 4-6pm (2 Lap Lanes) Nov 9th-Feb				4:00pm
5:00pm								5:00pm
6:00pm	Open Swim 6-8:30pm	Aqua Zumba 6-7pm	Open Swim 6-8:30pm	Inspire 6-7pm	Open Swim 6-7:30pm			6:00pm
7:00pm		Lap Swim 7-8:30pm		Lap Swim 7-8:30pm				7:00pm
7:30pm								7:30pm
8:30pm								8:30pm

- LAP SWIM: There is always at least one lane available for lap swim in the main pool, sometimes two or three, depending on use.
- Water in unbreakable container is only beverage allowed on pool decks. NO GLASS

AQUATICS

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Activity Pool Schedule

August 31 – December 31, 2026

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
8:00am	Adult Exercise 8-11am	Adult Exercise **8-10am**	Adult Exercise 8-11am	Adult Exercise **8-10am**	Adult Exercise **8-10am**	NO WARM WATER POOL DURING FAMILY SWIMS		8:00am
9:00am								9:00am
10:00am		Swimming Lessons 10-10:30am		Swimming Lessons 10-10:30am	Preschool Lessons 10-11			10:00am
10:30am		Progress Center 10:30-11:30am		Group Lessons 10:30-11:30am				10:30am
11:00am	Joyful Joints 11-12pm		Joyful Joints 11-12pm		Joyful Joints 11-12pm			11:00am
11:30am								11:30am
12:00pm								12:00pm
1:00pm						Family Swim 1-2:30pm Children 17 & under with Parent/Guardian	Family Swim 1-2:30pm Children 17 & under with Parent/Guardian	1:00pm
2:00pm								2:00pm
2:30pm						GROUPS ARE NOT ALLOWED DURING OPEN/FAMILY SWIMS		2:30pm
3:00pm			YMCA After School 3-4pm	Water Yoga 3-4pm				3:00pm
4:00pm	Swim Lessons 4-6pm	Swim Lessons 4-6pm	Swim Lessons 4-6pm	Swim Lessons 4-6pm				4:00pm
5:00pm								5:00pm
6:00pm	Open Swim 6-8:30pm	Family Swim 6-8:30pm Children 17 & under with Parent/Guardian	Open Swim 6-8:30pm	Family Swim 6-8:30pm Children 17 & under with Parent/Guardian	Open Swim 6-7:30pm			6:00pm
7:30pm								7:30pm
8:30pm								8:30pm

* Warm Water Therapy Pool (18 and older) is NOT open during special events, group programs or morning swim lessons.

- 30 minute maximum in Warm Water Therapy Pool
- Water in unbreakable container is only beverage allowed on pool decks. NO GLASS

BIRTHDAY PARTIES AT THE Y



Pool Party/Family Zone

Book a pool party and get exclusive use of our activity pool, including the lazy river. A pool party consists of one hour of swimming time for up to 25 swimmers, and an hour in our Family Zone/party area for up to 35 guests total. All parties include a party host to direct you to your party locations, set up of tables and chairs and clean up. Family Zone includes use of our obstacle course room, kids basketball room.

Pool Party/Family Zone Times

Saturday
11:30-12:30pm Swim 12:30-1:30pm Party Area
2:30-3:30pm Swim 3:30-4:30pm Party Area

Sunday
11:30-12:30pm Swim 12:30-1:30pm Party Area
2:30-3:30pm Swim 3:30-4:30pm Party Area

Cost:
Pool Party $195.00 Y Member $170.00



Birthday Party Refund Policy

100% minus $5 transaction fee if cancelled more than 2 week prior to party. 50% minus $5 fee if cancelled 2weeks to 48 hours prior to party and no refunds if cancelled within 48 hours prior to party.

How do I book a birthday Party?

Birthday parties can be booked at the front desk. We ask that you book your party at least 14 days in advance of the requested party date. Payment must be made in full and turned in with a completed registration form. All party bookings are subject to availability.

What is provided?

For each party booking we provide chairs and tables. There is a refrigerator and freezer available for use, if needed.

What can I bring?

You may bring decorations, food and drinks. Tablecloths are recommended but not required. Please remember to remove all personal items by the time your party is scheduled to be over.

Important Pool Information

Swimmers should be at least 9 years of age and at least 52" tall to swim in the Activity Pool alone. All children under 9 years, and/or under 52" tall must be accompanied by an adult in the water. The ratio for children under 9, or non-swimmers is 2 children per 1 adult. Exceptions may be made at the lifeguard's discretion.

All Swimmers need to wear a swimsuit, or clothing that is made of polyester, nylon, lycra, or spandex. Cotton and denim are not allowed because it clogs the filters.

Please follow the directions of the lifeguard at all times. The lifeguard is there to prevent accidents and injuries. If you disagree with a lifeguard please follow their direction anyway, and speak with the Aquatics Director about your concern.

AQUATICS

The lifeguards are on duty to ensure patron safety and prevent accidents from happening. All guest and members must follow the direction of the lifeguards and the posted rules at all times. If you disagree with the lifeguard, please follow their instructions and discuss your concerns with the Aquatics Director.

Appropriate Swimwear

All swimmers must wear appropriate swim wear.
Swimsuit required, no cotton or denim allowed. Swim diapers are required for those who need them. Showers are required for everyone, prior to entering the pool. No street shoes are to be worn on the pool deck.

Diaper Policy

Only swim diapers may be worn into the pool. Disposable diapers will not be allowed.
Swim diapers may be available to purchase from the front desk in a variety of sizes ranging from infants to adults. The cost ranges from $1 or $2, depending on size.

Fragrance Free Zone

Many of our members have a sensitivity to fragrances that are found in perfume, hair spray, body spray, and other products. Because of the humid air in the aquatics area, it is especially hard in the swimming pools. Please remember to shower off before entering any of our pools, and take care to remove traces of products with fragrances. Also, please don't apply these products in any of the locker rooms at the YMCA. Thank you for your consideration of other members.

Recreational Swim Programs

Open Swim

Open to all members and guests. Children under 9 years and/or under 52" in height must be accompanied by an adult in the water at all times and must be kept within arm's reach, even if they are wearing a life jacket. Exceptions may be made for children who can pass a swim test. Swim test administered at beginning of open swim only.

Family Swim

These are recreational swims for families only. Defined as children 17 & under with a parent, grandparent, guardian, or sibling 21 years or older in the water at all times.

WATER FITNESS

Joyful Joints

This water-based program is tailor made for people with arthritis, fibromyalgia, or limited range of motion. The class works on good body mechanics and increasing mobility from head to toe.

HIIT

Interval training approach to water fitness. You do an intense bursts of exercise followed by a short but active recovery period. HIIT gets and keeps your heart rate up while it usually burns more fat in less time.

Water Resistance

This beginning water cardio workout uses a variety of equipment to increase endurance, strength, balance, and stability for performing daily tasks.

Wave Makers

This moderately paced water cardio workout integrates a variety of cardiovascular movements, strength training, and flexibility exercises for agility, coordination, balance, and fun.

Aqua Zumba

Splash your way into shape with a Latin inspired, low-impact, calorie burning, dance fitness pool party.

Inspire

We'll dive into low-impact, high-intensity aerobics that are easy on the joints but tough on calories. It's a fun, inclusive class with music and customizable workouts - come join the fun!

LAP LANE ETIQUETTE

Entry—Always use a feet-first entry. Please make sure that anyone already in the lane, sees you before you enter the lane.
Sharing—If two people need to use one lane, please split the lane in the middle and keep to your respective side.
Non-swimmers—There should be no walking, jogging or stationary exercise outside of the designated walking lane during lap swims.
Age requirement—Lap swimmers need to be at least 14 years old and be able to swim continuous lengths of the pool. Swimmers who are younger than 14 but have the ability to lap swim, may do so when accompanied by a parent or guardian, with permission from the lifeguard on duty.

For safety we ask that you limit non-swimmers to 2 per adult. Non-swimmers are considered anyone who is not able to swim on their own, including those wearing life jackets. Exceptions may be made at the lifeguard's discretion.

We do not allow the use of inflatable toys in any of our pools. Members and guest may bring a USGS approved lifejacket, or there are some available to borrow. All other toy use is allowed with lifeguard permission. The lifeguard can revoke those privileges if they see the toy becoming unsafe or disrupting other members.

Youth Sports

KIDS ON THE MOVE

SPORTS AGES 3-5

Indoor Soccer, Basketball, T-Ball

This is a great introduction to youth sports. Young athletes will be placed on a team and will develop the skills of teamwork, self confidence, and the fundamentals of each sport. Special team/coach requests will be honored on a first come first serve basis. We will do our best to accommodate what we can.





Age	Date	Deadline
Indoor Soccer		
Age 3 (Intro) Boys & Girls	September 12-October 24, 2026	August 9, 2026
Ages 4-5 boys & Girls	September 12-October 24, 2026	August 9, 2026

COST: $70 YMCA Members $100 Non Members (Includes: T-Shirt & Award



Basketball		
Ages 4-5 Boys & Girls (Saturdays Only)	January 23-March 6, 2027	December 27, 2026

COST: $70 YMCA Members $100 Non Members (Includes: T-Shirt & Award

T-Ball 3-5 year olds		
Ages 3-5 boys & Girls	April 3-May 15, 2027	March 7, 2027

COST: $75 YMCA Members $105 Non Members (Includes: T-Shirt, hat & Award

Volunteer Coaches and Gym Supervisors wanted. If interested contact the front desk for more information.

GO GIRL GO

February - May 2027

Go Girl Go is a young women's athletic empowerment program that focuses on improving the social/ emotional health and well being of young girls in our community by combining sports, physical activity, leadership, and education.

Groups meet for 1 hour every week, for 12 weeks, with the exclusion of spring break. After the completion of the 12 weeks, we celebrate by hosting a 5K Fun Run for all Go Girl Go participants, leads and families to attend.

Check with your school today to see if they are participating. Flyers will be distributed into participating schools after Winter Break.



TEEN FRIDAY NIGHTS

Teens 6th Grade through 17 years old, join us Fridays 8:00-10:00 pm for video games, basketball, swimming and food.



FREE! Open to the Community



***All Participants MUST have a youth waiver signed on file before attending. These need to be read and signed by parent or guardian. You can do this anytime before the youth attends.**







PERSONAL TRAINING

FEEL HEALTHIER BE STRONGER

Personal Training

Do you have everything it takes to get in shape but lack motivation? Are you someone that needs strong personal motivation? Would you get more from your work outs if someone took you through every exercise every time you came to work out? If the answer is YES then you may be perfect for the YMCAs' one-on-one coaching or personal training program.

PERSONAL TRAINING CONSULTATION

1 30 Minute Session Member: $25
1 60 Minute Session Member: $50

QUICK TRAIN PROGRAM—30 minute

6 Sessions Member: $140
12 Sessions Member: $280

EXTENDED PROGRAM-60 minute

6 Sessions Member: $270
12 Sessions Member: $540

- Session packages expire 12 months from purchase.
- Advance purchase required for all sessions and packages.
- NO REFUNDS for sessions and packages unless a medical extension has been granted by your physician.
- 24 hour cancellation required to avoid session charge.
- Session is cancelled if client is 15 minutes late without notification.
- Outside trainers are not allowed.
- Prior medical clearance may be required.

Get an orientation at no cost.

Learn how to use equipment safely under the supervision of the weight room staff. Then decide for yourself if you are ready to work out on your own, or sign up for some person training.

Trainers

Addie Johnson

NASM Certified Personal Trainer with over 5 years of experience in the industry. She has worked with clients of all ages, genders, and fitness backgrounds and takes great pride in her ability to meet every client exactly where they are at and deliver the results and education they are looking to achieve. Addie puts form and education at the forefront of every training session to ensure that all of her clients gain a solid foundation and understanding of health and fitness that they can carry with them throughout their lives. She is always striving to be the best personal trainer that she can be and is currently furthering her training education at Brookbush Institute of Human Movement.

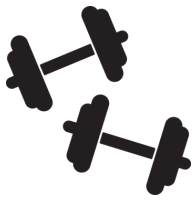
Chrissy Manick

Certified since 2012 and currently NASM-certified, Chrissy brings experience, passion, and uplifting energy to every session. She blends strong fitness knowledge with a genuine love for helping people reach their goals, empowering members to feel strong, confident, and capable.

Jon Netz

Jon is passionate about powerlifting, competing in the USAPL, fitness, and maintaining a healthy lifestyle. In addition to his personal journey in these areas, he loves sharing his knowledge and helping others.
"I've learned so much over the years and if I can share/ guide people down a healthier path to strength, fitness, better nutrition, and a fuller, healthier, longer life - this will be my biggest win. "

Certified Personal trainer, bodybuilding/ powerlifting specialist, corrective exercise specialist and nutrition coach.



GROUP EXERCISE

FITNESS, FUN, & FRIENDS

How To Get Started?

Bring a water, show up and wear comfortable clothing. All equipment is provided. No Preregistration required unless stated. Age Restriction: Children 9-14 are welcome to attend group fitness classes under adult supervision.

Why Participate in Group Exercise Classes?

Research has indicated that individuals who participate in group exercise classes are more likely to achieve their health and wellness goals due to increased motivation, new friendships, and accountability.

Active Older Adults (AOA)

Minimize joint stress while getting a great workout by incorporating cardio, muscular strength, flexibility & balance. We love our squats! This class is good for beginner to intermediate.

Barre

This workout technique is inspired by elements of ballet, yoga, and Pilates. Focuses on low-impact, high intensity movements for overall strength that also develops strength, agility and flexibility.

Circuit Lab

This is a full-body cardio and strength class set in a circuit/ interval format using free weights and other assorted equipment. Each exercises can be customized to individual fitness levels.

Cycle Together

Cycle together is a 60-minute cycling experience brought indoors. Roll over hills, chase the pack, spin the flats, climb mountains and sprint to the finish. For those looking for a low-impact option for cardio fitness, this class is a perfect fit.

Functional Fitness

Designed to increase the participants flexibility, joint stability, dynamic balance, coordination, agility, reaction-time, muscular strength and cardiovascular endurance. For active older adults, as well as fitness beginners.

Line Dancing

Line dance is a fantastic form of exercise for all ages. It provides an abundance of benefits from mental health to cardiovascular and everything in between! Dress in layers, more active dancers will get warm. Bring Water in a non-breakable container. Wear shoes (no rubber soled tennis shoes please) that will glide on the laminate flooring. All levels welcome.

Sculpt

Blends yoga, strength training and core work using light weights, resistance bands and high-repetition, low-impact movements to tone muscles, build stability and improve flexibility.

Sit or Stand

This Class is designed to increase flexibility, joint stability, balance, coordination, agility, reaction-time, muscular strength, and cardiovascular endurance while being seated or standing. For active older adults, as well as fitness beginners.

STEP Aerobics

This is a full-body cardio class set to music, with the optional use of weights. The class offers optional individual steps for up and down movement.

Yoga

Strengthen and stretch the body with Linda for three different focuses each class: Tuesdays class is a classic Yoga Fit Class, Thursdays we get out the weights and add some resistance training to our poses, and Fridays are all about flexibility & balance. All levels and ages (9+) are welcome.

Yoga Fit

Strengthen, stretch, and sculpt the body while relaxing the mind. Build endurance, flexibility, and stability while focusing on breath and alignment in this dynamic fluid class, offering personalized options that allow everyone to make the practice their own. Appropriate for all ages, genders, and abilities.

ZUMBA® / Dance Fitness

Featuring aerobic/fitness interval training with a combination of rhythms that tone and sculpt the body with moves easy to learn. Take the work out of your workout.

Fee and registration REQUIRED for these classes

ZUMBA® + Lift (Tues & Thurs)

Alternates between traditional Zumba dance segments and focused strength training sets. Designed to burn fat, build lean muscle, improve stability, and boost overall endurance.

Cost: $40/month for Y members
$65/month for non-members

Mommy & Me

This challenging and fun cardio and strength training workout helps postpartum moms tone muscles after birth, rehab their core and pelvic floor, all while working out with baby!
This dynamic postpartum exercise class focuses on safe cardio, and upper and lower bod strength, all with baby by your side.

Cost: $10/month for Y members
$40/month for non-members

TaeKwonDo

For Ages 5 and up, maximum number is 20 at this time.

Tuesday & Thursday
Beginners - 6:00-7:00pm
All other levels - 7-8:00pm

Cost: $35/month for Y Members |$70/month for non-members

Please register in advance at the YMCA

GROUP EXERCISE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	7:45-8:45am (BG) Zumba®+ Lift Andrea Cost: $40/$65		7:45-8:45am (BG) Zumba®+ Lift Andrea Cost: $40/$65		7:30-9:00am (BG) Zumba®+ Lift Varies
8:00am (CC) Cycle Together Patti		8:00am (CC) Cycle Together Patti		8:00am (CC) Cycle Together Patti	
8:45am (MG) Active Older Adults Nancy	9:15am (CR) Yoga Fit Linda	8:45am (MG) Active Older Adults Nancy	9:15am (CR) Yoga Fit Linda	9:15am (CR) Flexible Friday Yoga - Linda	
9:15am (BG) Dance Fitness Laura	9:15am (BG) STEP Aerobics Christine	9:15am (BG) Zumba® Grace	9:15am (BG) STEP Aerobics Christine	9:15am (BG) Dance Fitness Laura	
9:15am (CR) Line Dancing Ray (Starts 9/14)		9:15am (CR) Yoga Fit Mary			
10:30am (BG) Circuit Lab Chrissy	10:30am (BG) Sit or Stand Holly	10:30am (BG) Functional Fitness Varies	10:30am (BG) Sit or Stand Holly	10:30am (BG) Functional Fitness Varies	
10:30am (CR) Sculpt Addie	10:30am (CR) Barre Elizabeth	10:30am (CR) Line Dancing Marcia		11:45am (FZ) Mommy & Me Brittany Cost: $10/$40	**SUNDAY**
		4:15pm (CR) Mommy & Me Brittney Cost: $10/$40			1:00pm (BG) Zumba® Janette
5:30pm (BG) Zumba® Jennifer	5:30pm (BG) Circuit Lab Chrissy	5:30pm (BG) Zumba® Grace	5:30pm Circuit Lab Chrissy	5:30pm (BG) Zumba® Grace	
	6:00-7:00 (CR) TaeKwonDo BEG Ethron Cost: $35/$70	5:30pm (CR) Yoga Mary	6:00-7:00 (CR) TaeKwonDo BEG Ethron Cost: $35/$70		
	7:00-8:00 (CR) TaeKwonDo Ethron Cost: $35/$70		7:00-8:00 (CR) TaeKwonDo Ethron Cost: $35/$70		

BG = Back Gym **MG = Main Gym** **CR = Cascade Room** **CC = Cycle Core Room** **FZ=Family Zone (Blue Block)**

****Note Schedule Subject to Change****

Look for class descriptions on previous page. Classes with costs require preregistration.

OUR GOAL IS TO HELP YOU REACH YOUR FITNESS GOAL

While you're improving your life, help others grow strong too. We ask you to follow the Y Code of Conduct and exhibit the values of caring, honesty, respect and responsibility while you're here.

1. Get an orientation.
We believe that the more you know about our fitness center, the more likely you are to enjoy your exercise experience. In a fitness appointment, knowledgeable staff will teach you how to use equipment correctly and safely. We'll help put your goals in motion with a personalized fitness plan to motivate and inspire you.

2. Just ask.
We're here to help!

3. If there's a problem with any of the equipment or the facility, please let a staff person know. If there's an incident or accident, contact a staff person immediately.

4. Be safe. Wear appropriate clothing and athletic footwear. (Open-toed shoes or jeans are not allowed.) Have a spotter help you with free weights. Warm up before and cool down after exercise. Make sure you've had enough to eat and drink before exercising to prevent dizziness or light-headedness. If you are experiencing dizziness, pain or unusual discomfort at any time, stop the exercise and ask staff for help.

5. Help us keep the Y clean. Wipe off equipment after each use. Return equipment after use. Take your personal items with you. Remove the plates from lifting bars when you're done.

6. Give others a turn. The equipment is here for everyone to use. Please respect the 30-minute time limit on cardio equipment if others are waiting. Allow others to "work in" on weight equipment.

7. Storing your stuff. Please lock your valuables up in a locker.

8. Youth are welcome in the fitness center age 9-14 while under adult supervision and limited to nautilus and cardio sections of the weight room. 15 years and older have full access.

9. Get personal. Personal trainers are available. Ask a staff person for more information. (See page 15.)

10. Hang it up. For your safety and in consideration for others, please refrain from cell phone use while in the fitness center.

11. Refrain from dropping or slamming weights.

Dress Code

TOPS

- **Shirts or tank tops**
- **Workout gear with built in undergarments**

BOTTOMS

- **Shorts with full glute coverage**
- **Shorts with a minimum 3 inch inseam**
- **Leggings**
- **Sweat pants or athletic pants**

FOOTWEAR

- **Athletic Shoes**
- **Tennis Shoes**
- **Running Shoes**
- **Basketball Shoes**
- **Cross Training Shoes**
- **Lifting or five finger shoes**

SCENTS

- **Proper bathing hygiene**
- **Avoid use of perfume/cologne/body spray**



SPECIAL NEEDS PROGRAM
GOODTYMES

A recreational program for teens and adults with disabilities, offering activities that promote independence, social skills, and overall quality of life.

Activities

Flannel Game Night – Saturday, September 26, 2026 – 5:30-7:30pm

Wear your favorite Fall flannel/sweater/sweatshirt
Play games enjoy hot chocolate, apple cider and cookies.
Cost: $5/person






Halloween Costume Dance Party – Saturday, October 24, 2026 – 5:30-7:30pm

Come wearing your Halloween Costume and dance the night away.
Dancing and refreshments.
Cost: $5/person




Pizza Party & Dance – Saturday, November 14, 2026 – 5:30-7:30pm

Come enjoy pizza and dance the night away.
Cost: $5/person



King and Queen Dance – Saturday, December 5, 2026 – 5:30-7:30pm

We will have our drawing for the Annual King & Queen!!! Dress up and make your plans to come share the holiday spirit with friends at your YMCA!!
Cost: $5/person




New Year's Bingo – Saturday, January 2, 2027 – 5:30-7:30pm

Join us for Bingo, prizes, and snacks.
Cost: $5/person





BUILD OUR COMMUNITY



Dee Bandy Massage Therapy at the YMCA

Dee Bandy offers pressure point therapy and Swedish massage for therapy or relaxation. She is able to use a variety of techniques tailored to meet each client's need. Dee is certified with the American Massage Therapy Association and has offered massage therapy at the YMCA over 30 years. Call for rates. By appointment only, 360-423-4770.

Guest Passes

Guests Passes are given to guests wanting to use the facility with a member that is present. Each person has three guest passes per year. Photo I.D. is required for everyone over age of 16.

Nation Wide Membership

The Y-USA is launching nationwide reciprocity so that your YMCA membership will provide access to almost every other YMCA in the country. The requirements include that your home YMCA is the facility closest to your residence, and you use your home facility more than 50 % of the time. This is a great benefit for people who travel. However, if you plan to use another YMCA as part of an extended stay (more than 28 consecutive days), you may be asked to put your home YMCA membership on hold and join that other YMCA. It is recommended that you check with the YMCA you want to visit in advance to see if there are any restrictions.

Supervision of children / youth access to the YMCA

For everyone's safety, children under 9 years of age must be accompanied by an adult in the facility. There is a 3-hour maximum for unattended youth 9-14, and they must be engaged in an appropriate activity. Unattended youth (members and nonmembers) will not be allowed in the YMCA until 1 p.m., when youth activities start. Visits to the YMCA and YMCA activities are not intended to substitute for all-day child care. We do offer an all-day summer camp, and pre-registration is required. The YMCA reserves the right to deny access to individuals who abuse this privilege. It is our policy to notify the police if minors under 17 are left at the YMCA after closing.

Children under 9 years of age and 52 inches in height must be accompanied by an adult in water at all times during open swims.

Youth ages 9 to 14 are welcome to use the weight room under parental supervision, but are limited to Nautilus and cardio sections, not free weights. Youth 15 and older have full access and can sign up for an orientation.



Day Pass Usage

To better serve our members, the YMCA reserves the right to not sell day-use passes when the YMCA is at or near capacity. Our swimming pools and gyms often reach capacity when the weather is nice. Please be aware that we will have to refuse to sell day-use passes if we are at or near capacity.

Youth Day Passes are only sold to unattended youth 12 and over who have a youth waiver signed by parent or guardian on file.

Even if you called to check the schedule, we may be busier when you arrive than we were when you called.

The YMCA is not set up to accommodate groups without prior arrangement. This includes any group of 10 or more.

TOGETHER WE CAN DO SO MUCH MORE

Annual Campaign

At the Y, strengthening community is our cause. We know when we work together, we move more individuals, families and communities forward. Every day, Y staff, volunteers, members, friends and community partners work side-by-side to tackle the important issues impacting our area.

What if more people joined our cause? Imagine what Southwest Washington would be like if....

- More Kids had a safe place to go to learn, laugh, and play.
- More people had the guidance and tools to lead healthier, more balanced lives.
- More of our neighbors could access the support needed to create a better future for themselves.

Together, we can make this a reality for Southwest Washington. Our community faces challenges, but we see possibilities rather than obstacles because of committed Y friends and generous donors like you.



Give Today

We have an extraordinary opportunity to ensure a brighter future for Southwest Washington, but we need your help. Your gift to the YMCA of Southwest Washington will have a lasting impact in the community by helping us to reach more people through life-changing programs and services.

Others Ways to Donate

Select the YMCA to link to your Fred Meyer Rewards.



Would you like to volunteer at the Y?

When you volunteer at the Y, you take an active role in bringing about meaningful, enduring change right in your own neighborhood. The YMCA of Southwest Washington is always looking for volunteers. We have opportunities in youth sports, strong kids/annual campaign, facility projects, board of directors, special events, and many more. If you are interested in volunteering contact the front desk at (360) 423-4770.

Online Registration for Programs Now Available

SERVING OUR COMMUNITY FOR 100 YEARS 1923-2023

Download our new mobile app and keep up to date.

UNITED WAY