



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

eliminating racism
empowering women
ywca



RAISE THE HEAT

WINTER 2018-SPRING 2019 PROGRAM GUIDE
DUBUQUE COMMUNITY YMCA/YWCA

BUILDING HOURS

WINTER

(Labor Day -
Memorial Day)

Monday - Friday
5:00 AM - 10:00 PM

Saturday
6:00 AM - 6:00 PM

Sunday
9:00 AM - 5:00 PM

SUMMER

(Memorial Day -
Labor Day)

Monday - Friday
5:00 AM - 9:00 PM

Saturday
6:00 AM - 4:00 PM

Sunday
9:00 AM - 5:00 PM

*Pool closes 15 min. prior to closing time.

HOLIDAY HOURS

Christmas Eve, Mon., December 24
5:00 AM - Noon

Christmas, Tues., December 25
CLOSED

New Year's Eve, Mon., December 31
5:00 AM - Noon

New Year's Day, Tues., January 1
CLOSED

Easter, Sun., April 21
CLOSED

Memorial Day, Mon., May 27
CLOSED



www.DubuqueY.org
P 563.556.3371

DUBUQUE COMMUNITY YMCA/YWCA
35 North Booth Street, Dubuque, Iowa 52001
P 563.556.3371 | www.DubuqueY.org

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MEMBERSHIP MEANS MORE



**WELCOME to the
Dubuque Community YMCA/YWCA!**

Wendy Knight
Board President

We hope you are feeling welcomed and comfortable as a new member and are well on your way to meeting your goals for joining the Y.

We also hope you're finding ways to get involved and become a deeper part of our community.

You're more than just a member of our facility; you're part of a non-profit organization dedicated to strengthening the community, with a shared commitment to nurturing the potential of kids, improving health and well-being, giving back and supporting our neighbors, and eliminating racism and empowering women, your membership gives you and your community

opportunities to learn, grow and thrive. With more than 15,000 men, women and children participating in membership and programs at our Y, you are not only bringing about meaningful change within yourself, but in your community, too.

We are a community with an everyday mission to help you achieve a balance of spirit, mind and body. We do that by encouraging good health and fostering connections with friends – old and new.

Please be sure to let us know if you have questions or need anything. Thanks for joining our community! Together we can achieve more.

Working on many of the greatest challenges
to our health and our region. And we are
grateful, thanks to committed members,
and supporters like you.





YOU BELONG HERE

Y membership is made up of people of all ages and from all walks of life working side by side to strengthen communities. Together we work to ensure everyone, regardless of gender, income, faith, sexual orientation or cultural background, has the opportunity to live life to its fullest.

MEMBERSHIP RATES

CATEGORY BANK DRAFT

YOUTH \$9.00
(Infant-8th Grade)

HIGH SCHOOL \$16.00
(9-12 Grade)

YOUNG ADULT \$30.50
(Age 18-24)

ADULT \$41.00
(Age 25-59)

ADULT FULL SERVICE \$53.50
(Ages 25+)
Males Only
Personal Locker
Lounge

MEMBERSHIP BANK DRAFT

OLDER ADULT \$38.00
(Ages 60+)

SINGLE PARENT FAMILY \$43.00
Only one adult living in household
Including all dependent children (>25)

TWO ADULT/FAMILY \$61.50
Married Couples/Two Adults
Living in the same household
Including all dependent children

TWO ADULT/FAMILY FULL SERVICE \$74.00
Married Couples/Two Adults
Adult Male Full Service Only

MEMBERSHIP INFORMATION

MEMBERSHIP JOINER FEE - \$30.00

This non-refundable fee is charged to new members and renewing members who have let their membership lapse for a period greater than 30 days.

PAYMENT OPTIONS

Monthly bank draft may be deducted from checking, savings or credit card. This option requires payment of joining fee, prorated first month dues at sign-up, current bank draft information, and completion of the Bank Draft Authorization form. A 30-Day written notification is required to stop bank draft payments.

MEMBERSHIP CARD

Members ages 8+ will be issued a membership card. This card will be used as admission to the YMCA/YWCA. Replacement cards may be issued for \$2.00.

PERSONAL PRICING/ FINANCIAL ASSISTANCE

Financial assistance is available to any individual or family who qualifies. Stop by to inquire about our Financial Assistance.

MILITARY/VETERAN DISCOUNT

The Dubuque Community YMCA/YWCA offers all active and retired military personnel 10% off adult or family memberships*.

*Military ID Required.

NATIONWIDE PROGRAM

Our Y participates in the AWAY (Always Welcome At YMCAs) program. We welcome AWAY members for up to 6 free visits per calendar year. AWAY members are not eligible to receive member discounts for programs and does not include additional free guest passes.

LEAVE OF ABSENCE

Memberships may be held in abeyance for 30 to 90 days once per calendar year. Eligibility is based on a minimum of 15 days advance notice and dues must be current. Membership will resume automatically after your selected absence period.

TOWEL SERVICE

We now offer towel service for your convenience. Our service includes up to two shower towels per visit, per member for an additional annual fee of \$120.

GUEST POLICY

Members may bring in 1 (one) visitor at a time. The visitor must remain with the member at all times. The visitor may only visit the Y 1 (one) time in a calendar year. The visitor must complete a Guest Registration Form and provide a photo ID. Visitors who fail to complete a Registration Card, provide a photo ID, or follow Y policies may be denied access to Y facilities.

FACILITY GUIDELINES & POLICIES

ELECTRONIC USAGE GUIDELINES

Due to the advances in mobile and video technology, and for the privacy and protection of all our members, we ask that members, participants, and guests adhere to the following guidelines. **Use of electronic devices is not permitted - at any time - in the locker rooms and youth program areas.** As a courtesy to other members, please set phones to silent while working out. Please limit phone conversations to the lobby or non-workout areas. Taking photos or video without the permission of an Executive Staff is not permitted on Y premises.

FACILITY GUIDELINES

Children 7 years of age and younger must be accompanied by an adult at all times. Youth ages 8-17 are not required to be accompanied by an adult but are subject to age restrictions for specific areas. Youth 10-15 years of age and younger must complete a Wellness Center orientation prior to use of wellness equipment. Children ages 10-11 must be accompanied by an adult in the wellness center after receiving the orientation.

FOOD & BEVERAGES

No food or drink other than water is permitted in the pool, workout, and gym areas.

INCLEMENT WEATHER

For weather related closings/cancellations, check local TV/Radio stations, our website at www.DubuqueY.org, or our Facebook page. You can also call us at 563.556.3371.

LOCKER ROOM POLICY

Lockers are available for per-visit use only. Please be sure to lock your valuables in a

locker and take everything with you when you leave. Any items left overnight will be put into lost & found and unauthorized locks will be cut off. Lost & found items are kept for 30 days then donated to charity. Kit lockers (small rental lockers) are available for \$40/year. Cell phone use is prohibited in all locker rooms. We are not responsible for lost/stolen items.

LOCKER ROOM AGES

Adult females that bring in female children need to use the girls locker room. Adult males that bring in male children need to use the boys locker room. Adults that bring in a child of the opposite sex should request a special needs key from a front desk employee. Keys or ID are required in exchange for a special needs locker room key. Adults that bring in multiple children may also request a special needs key from a front desk employee.

MERCHANDISE

We have many items available for purchase for your needs and wants. Please see the front desk to purchase or see any of the following items: apparel - hoodies, t-shirts, polos, tank tops, pullovers, drink ware - coffee mugs, water bottles, miscellaneous items - padlocks, swim goggles, swim caps, swim belts, water joggers, racquetball and handball gloves. To purchase apparel online go to: www.dubuquey.org/apparel-store

RACQUETBALL COURTS

We have four racquetball courts available. Courts 1 & 2 are non-air conditioned courts, while courts 3 & 4 are. Court reservations are at the front desk and are one-hour increments. Equipment including, rackets, balls, and goggles are available at no charge.



Facility Updates
at **DubuqueY.org**

SAFETY

We want you and your family to feel safe while at the Y. To increase you and your family's safety, we have installed multiple camera systems throughout the exterior and interior of our facility. Cameras are recording 24 hours a day, 7 days a week. Surveillance footage may only be accessed and released to law enforcement officials.



SMOKE-FREE ENVIRONMENT

In keeping with the Y's health and wellness advocacy, smoking is not permitted at any Y facilities or grounds.

Wi-Fi INTERNET ACCESS

For your convenience, the Y provides access to our public Wi-Fi service. Access points or enabled locations may not be available in all areas of the Y, and may not always be available.

PROGRAM POLICIES

CLASS REFUND/ CANCELLATION POLICY

The Dubuque Community YMCA/YWCA reserves the right to cancel classes due to low enrollment. Participants will be informed if a program/class is canceled. If the YMCA/YWCA cancels a class, a full credit will be issued to you. If a participant cancels, the YMCA/YWCA reserves the right to prorate his/her refund.

PROGRAM REGISTRATION IS EASY

Mail In - Checks ONLY.

Make checks payable to: Dubuque Community YMCA/YWCA, 35 North Booth St. Dubuque, IA 52001

Phone In - Have credit card & program guide handy! MasterCard, Visa, Discover, & American Express are accepted. Payment is due at time of registration.

Walk-ins are always welcome.

CHILD WATCH – CHILD CARE WHILE YOU WORKOUT!!

Playful, engaging options are plentiful for young children while you exercise or connect with others over shared interests.

Child watch is a free service offered to members while parents/guardians use the Y facilities.

Max 12 children.

Ages 9 weeks to 7 years old.

HOURS

Mon. - Sat. 8:00 AM - 11:00 AM

Mon. - Thurs. 4:00 PM - 8:00 PM

Sunday CLOSED AM & PM

SMALL POOL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00-8:00 AM Adult Swim	5:00-9:45 AM Adult Swim	5:00-8:00 AM Adult Swim	5:00-8:00 AM Adult Swim	5:00-8:00 AM Adult Swim	6:00-9:00 AM Adult Swim	9:00-11:00 AM Adult Swim
8:00-9:00 AM Programs	9:45-10:30 AM Programs	8:00-9:00 AM Programs	8:00-9:00 AM Programs	8:00-9:00 AM Programs	9:00-11:30 PM Programs	11:00 AM-Close Open
9:00-11:00 AM Preschool/ Programs	10:30-11:15 AM Preschool/ Programs	9:00-9:45 AM Adult Swim	9:00-10:30 AM Preschool/ Adult Swim	9:00-10:00 AM Adult Swim	11:30 AM-Close Open	
11:00-12:00 PM Programs	11:15-12:00 PM Programs	9:45-11:00 AM Preschool	10:30-12:00 PM Programs	10:00-11:00 AM Preschool Adult Swim		
12:00-1:30 PM Adult Swim	12:00-1:30 PM Adult Swim	11:00-12:00 PM Programs	12:00-1:00 PM Adult Swim	11:00-1:00 PM Programs		
1:30-3:30 PM Open	1:30-2:15 PM Programs	12:00-1:30 PM Adult Swim	1:00-1:45 PM Programs	1:00 PM-Close Open		
3:30-7:15 PM Programs	2:15-3:30 PM Open	1:30-2:45 PM Preschool Open	1:45-3:30 PM Open			
7:15 PM-Close Open	3:30-7:15 PM Programs	2:45-3:30 PM Open	3:30-7:15 PM Programs			
	7:15 PM-Close Open	3:30-7:15 PM Programs	7:15 PM-Close Open			
		7:15 PM-Close Open				

PROGRAMS Adults are allowed in the small pool during programs but we ask that you allow for adequate space during all programs. The program has priority over the pool. If there are no programs due to a break in the schedule, program time may be used as OPEN time.

OPEN 3 lanes and the entire small pool will be available during this time for anyone. Please note a parent or adult member must accompany all youth members under the age 8 during OPEN times.

PRESCHOOL/ADULT SWIM The Y's Preschool programs will use up to half of the small pool. A lane divider will separate the pool in half.

LARGE POOL

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	5:00-7:45 AM Adult Swim	5:00-8:30 AM Adult Swim	5:00-8:00 AM Adult Swim	5:00-8:30 AM Adult Swim	5:00-8:00 AM Adult Swim	6:00-8:15 AM Adult Swim	9:00-11:00 AM Adult Swim
	7:45-9:30 AM Programs Exercise Lanes	8:00-9:30 AM Adult Swim Exercise Lanes	8:00-11:00 AM Programs Exercise Lanes	8:30-9:30 AM Programs Exercise Lanes	8:00-11:00 AM Programs Exercise Lanes	8:15-12:30 PM Programs Exercise Lanes	11:00 AM-Close Open
	9:30-11:00 AM Programs Exercise Lanes	9:30-10:00 AM Programs Exercise Lanes	11:00-1:30 PM Adult Swim Exercise Lanes	9:30-11:00 AM Programs Exercise Lanes	11:00-1:30 PM Adult Swim Exercise Lanes	12:30 PM-Close Open	
	11:00-1:30 PM Adult Swim Exercise Lanes	10:00-1:30 PM Adult Swim Exercise Lanes	1:30-3:30 PM Open	11:00-1:30 PM Adult Swim Exercise Lanes	1:30 PM-Close Open		
	1:30-3:30 PM Open	1:30-3:30 PM Open	3:30-7:15 PM Programs Exercise Lanes	1:30-3:30 PM Open			
	3:30-6:30 PM Programs Exercise Lanes	3:30-6:30 PM Programs Exercise Lanes	7:15 PM-9:15 PM Program	3:30-6:30 PM Programs Exercise Lanes			
	6:30 PM-9:15 PM Program	6:30 PM-9:15 PM Program	9:15 PM-Close Open	6:30 PM-9:15 PM Program			
	9:15 PM-Close Open	9:15 PM-Close Open		9:15 PM-Close Open			

ADULT EXERCISE 6 lanes in the big pool will be available during this time for age 18 and up, for any form of exercise (Lap Swimming, Water Walking, Aqua Jogging, Biking, etc.).

EXERCISE LANES A minimum of 2 or 3 lanes in the big pool will be available during this time for any age, for any form of exercise (Lap Swimming, Water Walking, Aqua Jogging, Biking, etc.).

EAST GYMNASIUM

MONDAY **TUESDAY** **WEDNESDAY** **THURSDAY** **FRIDAY** **SATURDAY** **SUNDAY**

5:00-7:00 AM Adult Basketball	5:00-7:00 AM Adult Basketball	5:00-7:00 AM Adult Basketball	5:00-7:00 AM Adult Basketball	5:00-7:00 AM Adult Basketball	6:00-7:30 AM Open	9:00 AM-Close Open
7:00-5:00 PM Open	7:00-4:30 PM Open	7:00-5:00 PM Open	7:00-4:30 PM Open	7:00-Close Open	7:30-11:45AM Youth Programs	
5:00-7:30 PM Youth Programs	4:30-7:30 PM Adult Basketball	5:00-7:30 PM Programs	4:30-7:30 PM Adult Basketball		11:45-2:30 PM High School/ Adult Basketball	
7:30 PM-Close Open	7:30 PM-Close Open	7:30 PM-Close Open	7:30 PM-Close Open		2:30 PM-Close Open	

WEST GYMNASIUM

MONDAY **TUESDAY** **WEDNESDAY** **THURSDAY** **FRIDAY** **SATURDAY** **SUNDAY**

5:00-7:00 AM Adult	5:00-7:00 AM Adult	5:00-7:00 AM Adult	5:00-7:00 AM Adult	5:00-7:00 AM Adult	6:00-8:00 AM Open	9:00 AM-Close Open
7:00-5:00 PM Child Care	7:00-4:30 PM Child Care	7:00-5:00 PM Child Care	7:00-4:30 PM Child Care	7:00 AM-6:00 PM Child Care	8:00-11:45AM Youth Programs	
5:00-7:30 PM Youth Programs	4:30-7:30 PM Adult Basketball	5:00-7:30 PM Youth Programs	4:00-7:30 PM Adult Basketball	6:00 PM-Close Child Care	11:45-2:30 PM High School/ Adult Basketball	
7:30 PM-Close Open	7:30 PM-Close Open	7:30 PM-Close Open	7:30 PM-Close Open		2:30 PM-Close Open	

Gym availability subject to change due to weather/other circumstances. Dubuque Y Programs will have priority over gym space.

WELLNESS PROGRAMS

WELLNESS CENTER GENERAL INFORMATION



All youth age 10-15 must have a youth orientation to enter the wellness center.



Youth orientations are by appointment only. Email us at grouplex@dubuquey.org.



Youth under the age of 10 are not allowed in the Wellness Center.



An orientation is recommended for all members and required for youth members.



Children ages 10-11 must be accompanied by an adult in the wellness center after receiving the orientation.

FACILITY HOURS

Because we understand that your wellness activities don't always happen between 9 am and 5 pm, the Wellness Center and weight lifting room are open during all of the Dubuque Community YMCA/YWCA's hours. Additionally, we offer a variety of group exercise classes (included in price of an adult/family memberships) with hours ranging from 5:00 am - 8:30 pm. (Check our website or front desk locations for group exercise schedules.)

WELLNESS COACHING/YOUTH ORIENTATIONS

Get free one-on-one wellness coaching designed to help maximize your workout while using the correct weight and technique on our equipment. These personalized workouts will get you working toward a healthier lifestyle. Youth must go through an orientation to be allowed in the wellness center. To schedule your wellness coaching or youth orientation, email us at GroupEx@DubuqueY.org.

COMMUNITY HEALTH PROGRAMS

DIABETES PREVENTION PROGRAM

BLOOD PRESSURE SELF-MONITORING PROGRAM

ENHANCE FITNESS PROGRAM

PERSONAL TRAINING



Are you struggling with designing your own exercise programs or keeping the intensity you want? It may be time for you to consider our Personal Training program. Deciphering health information from hundreds of sources can be a challenge. To make this process easier the Dubuque Community YMCA/YWCA has enlisted one of our Personal Trainers to answer your questions. Please keep in mind that all recommendations are opinions expressed by our trainers and specific exercise programming cannot be given without a full evaluation.

1 Session - \$45.00
5 Sessions - \$200.00
10 Sessions - \$350.00
20 Sessions - \$600.00

To register for Personal Training, please contact Casey Smith at csmith@dubuquey.org.

LAND AEROBICS DESCRIPTIONS

* Class schedules updated monthly. Available online or at the Y front desk.

BARRE PILATES

Controlled movements to improve balance as well as various ranges of joint motion while strengthening the core.

BOOMERS PLUS

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support. All participants are encouraged to bring water to class.

BOOT CAMP

This workout challenges your body to its limit through fun plyometric moves and boot camp drills that work your entire body. This class will have you burning calories even after you leave! Every class is different, using a variety of exercises and equipment so you will never be bored.

CXWORX

At the intersection of science and personal training lies a new kind of workout. A workout that will tighten and tone your abs, back, and butt like nothing else before.

DANCEFIT

If you're looking for a workout that gets you moving, try our NEW Hip Hop class. Burn calories while having fun.

FIT-4-LIFE AEROBICS

Join this fun moderate intensity class designed to keep you fit for years to come. Combine strength, yoga, and cardio to get a total body workout.

FULL BODY LITE

A class designed for anyone who's new to exercise. The class includes 3 sections, upper body, lower body, and cardio. Come for one section or stay for the whole class!

INDOOR CYCLING

Indoor cycling classes are designed for all levels. Pedal through hills, sprints and flat roads to build endurance and improve your cardio fitness.

INSANITY

Our certified workout will push you past your limits with plyometric drills on top of nonstop intervals of strength, power, resistance, and ab and core training moves. No equipment or weights needed. Just the will to get the hardest body you've ever had.

LES MILLS BODYPUMP

This is the most successful circuit training program that ever existed. Fun routines and workouts are utilized to strengthen and tone your whole body. Burn calories, tighten muscles, increase flexibility, strength and mental focus while enjoying great music and ever changing routines. Must sign up for this class at the front desk.

MARTIAL ARTS CONDITIONING

Great total body workout while learning self-defense techniques. Classes are taught by certified black belt instructors and do not involve physical contact. Drills are done using focus mitts and blocking pads.

RESIST-A-BALL

This class works the "core" or trunk in almost every exercise even those that target the extremities. This class improves balance, posture, body awareness and coordination due to the dynamic nature of the resist-a-ball. You can progressively increase or decrease the intensity for each of the various exercises by making slight adjustments in your body position.

TABATA CYCLING

Would you like to swap your usual workout for one that is just 4 minutes in length? Well, that is what Tabata training does. Choose an exercise and work hard for 20 seconds at a high intensity, rest for 10 seconds and repeat 8 times for a total of 4 minutes. Beginners can try Tabata-inspired intervals at a lower intensity/impact that's more appropriate for their fitness level. All ability levels welcome!

TAI CHI

Take time to slow down, relax, and balance your mind and body. Learn this ancient meditation/movement, the softest form of martial arts. These techniques increase energy, strength, and concentration. Advanced Tai Chi is for the continuing Tai Chi enthusiasts!

UPPER/LOWER BODY CONDITIONING

Tone up your body with various dumbbells, bands, and bodyweight exercises. Class also includes core strengthening.

TRX

The TRX Suspension Training system® uses bodyweight and manipulates gravity using the leverage of various positions to improve muscular strength, endurance, balance, flexibility and core stability. TRX was developed by the Navy Seals to train their recruits – in case you didn't know, the Seals are some of the toughest, well conditioned people you'll ever come across! Must sign up for this class at the front desk.

YOGA

Experience a great uplifting class which will improve muscular endurance, build flexibility, relieve stress, and strengthen our immune systems – come try it. Instructors will educate you in the art of precise physical stretches, breathing techniques, and relaxation methods to help you develop fitness and a sense of well-being. Gentle Yoga is offered in the pool, also called "Aqua Yoga."

ZUMBA

Ditch the workout and join the party! The Zumba® program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. Our goal is simple: We want you to want to work out, to love working out, to get hooked. Zumba® fanatics achieve long-term benefits while experiencing an absolute blast in calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life!

ZUMBA TONING

Zumba toning takes the popular Latin-dance inspired workout of Zumba which adds sculpting of the body!

GROUP WATER FITNESS

AQUA AEROBICS

Looking for a healthy alternative to land exercise? How about a fun, invigorating workout in the pool? Swimming skills not necessary. (Off-site: Quality Inn, E. Dubuque)

AQUA ZUMBA

Jump into this Latin-inspired, easy-to-follow, calorie-burning, dance fitness party that makes working out a splash!

DEEP WATER AEROBICS

This class in the deep end of the large pool can provide aerobic benefits without putting stress on joints. Class participants should feel comfortable in deep water. Aqua Jogger belts will be provided on a first come first serve basis.

PEDAL FOR A PURPOSE

Take advantage of the many benefits of the aquatics environment by participating in the Pedal for a Purpose class. Cycling in the water reduces pressure on joints and on the lower back. The hydrostatic pressure and constant water massage increases blood flow and enhances circulation. Great for those with knee/hip replacements.

SLOW & EASY AQUACISE

Held in our waist deep warm water pool, this class includes a series of exercises for the entire body. It is designed to use the support and resistance of water. Swimming skills not necessary. Water temp around 90° and 3'- 3 ½' deep.

WARM WATER AEROBICS

For the health seeker looking for an alternative to the cooler pool while needing a little more intense exercise than stretching. Warm Water Aerobics is the perfect "middle of the road" exercise program for our water aerobic classes. Water temp around 90° and 3'- 3 ½' deep.

COMMUNITY HEALTH PROGRAMS

DIABETES PREVENTION PROGRAM

The YMCA's Diabetes Prevention Program helps you take control of your health by adopting habits to reduce your chances of developing type 2 diabetes and improve your overall health and well-being. Research by the National Institute of Health has proven that programs like the YMCA's Diabetes Prevention Program can reduce the number of cases of type 2 diabetes by nearly 60%. Our year-long program provides 25 one-hour sessions. A trained lifestyle coach will help you get started with physical activity, overcoming stress, staying motivated and other behavioral changes.

ENHANCE® FITNESS

Enhance®Fitness is a proven senior fitness and arthritis management program. Trained instructors lead a routine which helps participants increase strength, balance, flexibility, and reduction in arthritis symptoms. Those with a chronic condition, such as arthritis, need not worry; we will never have you do anything that hurts. Participants can use chairs for support, if necessary, and wrist/

ankle weights are also available. In addition to the physical benefits, research has shown that, among older adults who participate in Enhance®Fitness, health costs were lowered each year by close to \$1,000.

BLOOD PRESSURE SELF-MONITORING

YMCA's Blood Pressure Self-Monitoring (BPSM) program offers personalized support as participants develop the habit of monitoring their blood pressure. Research shows that the process of recording blood pressure at least twice a month over a period of four months can lower blood pressure in many people with high blood pressure. BPSM is one part of the Y-USA's suite of evidence-based chronic disease prevention program. During this four month program participants will take and record their blood pressure, attend consultations with a Healthy Heart Ambassador, and participate in monthly nutrition education seminars.

Contact Casey Smith for more information at csmith@dubuque.org

AQUATIC PROGRAMS



Feel a sense of achievement from mastering something new that can be enjoyed the rest of their lives.

GENERAL INFORMATION

- » Flotation belts will be provided for Levels 1 and 2.
- » Swim Lessons are subject to cancellation due to low enrollment.
- » Early Registration is available for Members only.
- » A shower is recommended before entering the pools.
- » Please use the girls/boys or the family locker rooms.
- » Low ratio & private swim lessons are available.

REGISTRATION

WINTER I SESSION

Early Registration: December 24
Open Registration: December 31

Date Information

Session Begins: January 7
Session Ends: February 25

WINTER II SESSION

Early Registration: February 25
Open Registration: March 4

Date Information

Session Begins: March 11
Session Ends: April 26

REGISTER ONLINE AT DUBUQUEY.ORG

LESSON STAGES & DESCRIPTIONS

WHAT AGE GROUP DOES THE STUDENT FALL INTO?



3 years–5 years
PRESCHOOL:
STAGES 1–4



5 years–12 years
SCHOOL AGE:
STAGES 1–6



12 years–16 years
TEEN:
STAGES 1–6

All age groups are taught the same skills but divided according to their developmental milestones.

WHICH STAGE IS THE STUDENT READY FOR?



Will the student go underwater voluntarily?
NOT YET. 1/WATER ACCLIMATION



Can the student do a front and back float on his or her own?
NOT YET. 2/WATER MOVEMENT



Can the student swim 10–15 yards on his or her front and back?
NOT YET. 3/WATER STAMINA



Can the student swim 15 yards of front and back crawl?
NOT YET. 4/STROKE INTRODUCTION



Can the student swim front crawl, back crawl, and breaststroke across the pool?
NOT YET. 5/STROKE DEVELOPMENT



Can the student swim front crawl, back crawl, and breaststroke across the pool and back?
NOT YET. 6/STROKE MECHANICS

NURTURING SKILLS AND BUILDING CONFIDENCE IN THE WATER

Everything the Y does is in service of building a better us. One of the most effective ways to accomplish this is to teach youth, teens, and adults to swim, so they can stay safe around water and learn the skills they need to make swimming a lifelong pursuit for staying healthy.

Y swim instructors are nationally certified. Their training includes CPR, AED, First Aid and Oxygen Administration. Swim lessons provide important life skills that could save a life and will benefit students for a lifetime.



SWIM BASICS for Preschool, School Age, and Teen

Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills: **swim, float, swim**—sequencing front glide, roll, back float, roll, front glide, and exit—and **jump, push, turn, grab**.

In Water Acclimation, Water Movement, and Water Stamina, students are taught the recommended skills for all to have around water including safe water habits, underwater exploration, and how to swim to safety and exit in the event of falling into a body of water. Activities, games, and drills, geared to reinforce learning, are utilized heavily as students progress in this skill-based approach to swimming.

STAGE DESCRIPTIONS:

1 / Water Acclimation Increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance.

2 / Water Movement Encourages forward movement in water and basic self-rescue skills performed independently.

3 / Water Stamina Develops intermediate self-rescue skills performed at longer distances than in previous stages.

SWIM STROKES for Preschool, School Age, and Teen

Having mastered the fundamentals, students learn additional water safety skills and build stroke technique, developing skills that prevent chronic disease, increase social-emotional and cognitive well-being, and foster a lifetime of physical activity.

In Stroke Introduction, Stroke Development and Stroke Mechanics, swimmers are introduced to the four competitive swimming strokes as well as rescue skills and healthy lifestyle habits.

STAGE DESCRIPTIONS:

4 / Stroke Introduction Introduces basic stroke technique in front crawl and back crawl and reinforces water safety through treading water and elementary backstroke.

5 / Stroke Development Introduces breast-stroke and butterfly and reinforces water safety through treading water and sidestroke.

6 / Stroke Mechanics Refines stroke technique on all major competitive strokes and encourages swimming as part of a healthy lifestyle.

SPECIALTY CLASSES AND PROGRAMS for all ages

Swimmers who love the water and want further instruction for future aquatics activities enjoy participating in our Specialty Programs.

CLASSES AND PROGRAMS AVAILABLE:

Adult Lessons Learn new skills or brush up on old ones.

Swim Team For children ages 5-18. Season begins in November.

Private Lessons Lessons available in low ration and one-one one.

Please contact the Dubuque Community YMCA/YWCA for details on our Specialty offerings.

CHILD CARE PROGRAMS



At the Y, we believe the values and skills learned early on are vital building blocks for quality of life and future success.

Our child care and after school programs are staffed with people who understand the cognitive, physical and social development of kids, the need children have to feel connected and supported in trying new things, and the caring and reinforcement parents and families need to help each other. Most importantly, children learn how to be their best selves. That makes for confident kids today, and contributing and engaged adults tomorrow.

REGISTRATION

The Dubuque Community YMCA/YWCA maintains a non-discriminatory policy whereby children are admitted regardless of race, color, nationality, ethnic origin or religion. We will strive to make all reasonable accommodations with special needs children. Enrollments are limited in our programs so admittance is on a first come basis.

Preregistration is required prior to attending any of the Y childcare services. The registration forms are available at the Y customer service desk. Registration and forms must be renewed at the beginning of each program. Childcare rates are based on member/non-member status, part/full time use, and the age of the children. A rate sheet is available at the Y customer service desk and is attached to the back of the enrollment packet.

OUR LOCATIONS

BOOTH STREET LOCATION

Located on the Dubuque Community YMCA/YWCA campus, Y Creative Childcare is for children 3-5 years of age. Program hours are 6:00 AM - 6:00 PM, Monday - Friday.

GRANDVIEW AVENUE LOCATION (FINLEY/DCY CHILDCARE)

Located on the Finley Hospital campus, this Y location offers infant, toddler, and preschool childcare for children 6 weeks-5 years of age. The program hours are 6:00 AM - 7:30 PM, Monday - Friday.

COOL SCHOOL SUMMER PROGRAM

Come enjoy a summer with the Y! There is something for everyone in our summer school-age program including swimming, walking field trips, arts & crafts, active games and character development, all while making friends and developing their character. Summer is about creating lifelong memories of fun, friends and laughter; that is what the Cool School summer program is all about.

Children participate in age-appropriate activities. Children should wear athletic shoes only and bring a water bottle, bag for towel and swimsuit. Water fountain available. Breakfast, lunch and snacks are included. Participants must have completed Kindergarten through grade 5. Program hours are Monday - Friday, 6:30 AM - 6:00 PM, from the first day of summer break (May/June) for Dubuque schools, until the day before Dubuque schools begin in the fall. Preference is given for full time enrollment; part time enrollment available as space allows.

\$50 Registration fee per family.

	First Child	Each Additional
	Weekly	Weekly
Full Time (4 or 5 Days)		
All Weeks	\$150	\$135
Select Weeks	\$165	\$148.50
Part Time (1, 2 or 3 Days)		
All Weeks	\$100	\$90
Select Weeks	\$110	\$99

SCHOOL AGED CHILD CARE

The Dubuque Community YMCA/YWCA offers an extended day program before and after the regular school day. Programs operate at 10 area schools from 6:30 AM until school starts, and from school dismissal until 6:00 PM. Preference is given for full time enrollment; part time enrollment is available as space allows. Drop-in enrollment is no longer available. \$50 Registration fee per family.

School Year:

On weather-related delays, early outs, and before and after school program continues to run as scheduled. The program is only available to children previously registered to attend that day. In the event of weather-related cancellations and scheduled no-school days, Cool School is held at the Y from 6:30 AM - 6:00 PM. When school is released early due to weather or any other unscheduled circumstance, program will be held. These programs are designed for school age children, attending kindergarten through 5th grade.

\$30 per day if preregistered by deadline, \$27 for each additional child registered by deadline

\$45 if not preregistered and only when space permits, \$40.50 each additional child not preregistered and only when space permits.

	First Child	Add. Child
	Monthly	Monthly
Full Time (4 or 5 Days)		
Before School Only	\$150	\$135
After School Only	\$220	\$198
Before & After School	\$260	\$234
Part Time (1, 2 or 3 Days)		
Before School Only	\$100	\$90
After School Only	\$140	\$126
Before & After School	\$200	\$180
Friday Late Start		
Friday AM Only	\$52	

CHILDCARE FORMS AVAILABLE AT DUBUQUEY.ORG

YOUTH SPORTS PROGRAMS

NEW MONTHLY YOUTH SPORTS PROGRAMMING!

We are excited to extend our offerings to 8 class sessions giving kids more time to develop relationships with friends and staff. Our programs will be formatted to 30 minutes of skill development followed by 15-30 minutes (program based) minutes of games. Make-ups will be the week following the last day of classes.

REGISTRATION INFORMATION



Phone
563.556.3371



Online
DubuqueY.org



In-Person
35 North Booth
St., Dubuque, IA

OUR PROGRAMS

BIDDY BASKETBALL (AGES 3-8)

Biddy Basketball is a great way to get your preschool child started with the game of basketball. Our program is designed to develop fundamental basketball skills while learning teamwork, strategy, and sportsmanship. Skills taught will include passing, shooting, and dribbling.

WINTER I SESSION: January 7 - February 25

3-5 year old boys and girls

Time: Mondays, 5:30 PM - 6:15 PM
Member: \$30 | Program Participant: \$50

6-8 year old boys and girls

Time: Mondays, 6:30 PM - 7:30 PM
Member: \$30 | Program Participant: \$50

WINTER II SESSION: March 11- April 26

3-5 year old boys and girls

Time: Mondays, 5:30 PM - 6:15 PM
Member: \$30 | Program Participant: \$50

6-8 year old boys and girls

Time: Mondays, 6:30 PM - 7:30 PM
Member: \$30 | Program Participant: \$50

DYSA LEAGUES

GIRLS BASKETBALL - Games are held on Saturdays (Sept. - Dec.)

BOYS BASKETBALL - Games are held on Saturdays (Jan. - Mar.)

GIRL'S VOLLEYBALL - Games are held on Sundays (Feb.—Mar.)

GYMNASTICS (AGES 3+)

Tumbling, balance, patience and fun! With our beginner and intermediate classes, that's what your child will take with them. Gymnasts must wear appropriate clothing. No jeans, belts, buckles, or zippers.

WINTER I SESSION: January 5 – February 23

TUMBLE TOTS (Ages 3-4)

Time: Saturdays, 9:30 AM - 10:15 AM

Member: \$30 | Program Participant: \$50

INTERMEDIATE (Ages 5+)

Time: Saturdays, 10:15 AM - 11:15 AM

Member: \$30 | Program Participant: \$50

BEGINNER (Ages 5+)

Time: Saturdays, 8:30 AM - 9:30 AM

Member: \$30 | Program Participant: \$50

WINTER II SESSION: March 9 – April 27

TUMBLE TOTS (Ages 3-4)

Time: Saturdays, 9:30 AM - 10:15 AM

Member: \$30 | Program Participant: \$50

INTERMEDIATE (Ages 5+)

Time: Saturdays, 10:15 AM - 11:15 AM

Member: \$30 | Program Participant: \$50

BEGINNER (Ages 5+)

Time: Saturdays, 8:30 AM - 9:30 AM

Member: \$30 | Program Participant: \$50

INDOOR SOCCER (AGES 3-8)

Indoor Soccer is a great way to introduce your little one to the game; dribbling, passing, shooting, and defending. It is designed to use a series of fun games and drills that encourage kids to develop motor skills and physical fitness. It's been proven that kids will participate with more confidence if the objectives are pure fun!

WINTER II SESSION: March 7 – April 19

3-5 year old boys and girls

Time: Wednesdays, 5:30 PM - 6:15 PM

Member: \$30 | Program Participant: \$50

6-8 year old boys and girls

Time: Wednesdays, 6:30 PM - 7:30 PM

Member: \$30 | Program Participant: \$50

SUPER SPORTS (AGES 3-8)

Children will love trying out a new sport each week with our Super Sports program at the Y. Over the course of seven weeks, kids will learn the basic skills for various sports such as basketball, football, soccer, T-Ball, and more. As new sports are introduced, the class will be divided into basic skills development and an opportunity to apply skills learned in a fun and friendly game.

WINTER I SESSION: January 9 – February 27

3-5 year old boys and girls

Time: Wednesdays, 5:30 PM - 6:15 PM

Member: \$30 | Program Participant: \$50

6-8 year old boys and girls

Time: Wednesday, 6:30 PM - 7:30 PM

Member: \$30 | Program Participant: \$50



eliminating racism
empowering women
ywca

IT DOESN'T TAKE SUPER POWERS TO CHANGE A LIFE!

Reach & Rise Mentoring Program
DUBUQUE COMMUNITY YMCA/YWCA

REACH & RISE 1:1 MENTORING

BECOME A MENTOR. CHANGE TWO LIVES.

The Reach & Rise® 1:1 Mentoring Program is a community-based program where an adult volunteer is matched with a youth age 9 – 17 for at least one year. The volunteer and youth then meet once per week. The mentor and mentee (youth) work together on goals that the mentee set for him/herself. Throughout the year together progress is tracked, improvement is made, and the mentee moves from risk to resiliency, helping them become a healthy adult.

The Reach & Rise® 1:1 Mentoring Program launched in our community in 2014. Since then the program has served over 80 children. The Dubuque program is also in the top 5 largest programs throughout the nation. The average length of a match is 18 months and our matches give back an average of 7 hours per week in community service, doing volunteer work together. Our group has also been awarded the Iowa Group Governor's Volunteer Award in 2015, 2016, and 2017 and have had two male mentors be awarded the Mentor Volunteer Award through Resources Unite Volunteer Awards.

WHY BE A MENTOR?

- Provide youth with a **POSITIVE**, growth-inducing relationship
- Be a **SOLUTION** to the problem
- Move youth from risk to **RESILIENCY**
- Have a **DIRECT** impact on your local community
- Make a **DIFFERENCE** in the life of someone in need

MENTOR REQUIREMENTS

- Must be at least 23 years old
- Complete 10 hours training
- Pass a nationwide background and driving record check
- Meet with youth or at least an hour each week (flexible, scheduled by mentor, youth and youth's family)
- Make a 1 year commitment to the program

REACH & RISE GROUP MENTORING

GROUP MENTORING HAS IT'S BENEFITS

The Reach & Rise Group mentoring program is a TEAM based mentoring opportunity.

MENTORS ARE:

- At least 23 years of age
- Dependable, responsible adult who is open to supporting and collaborating with others
- Someone who can listen, respect different points of view and empathize with a child's struggles.
- Must pass a nation-wide background and driving record check.
- Complete a 15 hour training program prior to group start.
- Check in weekly with Program Director
- 2 adult mentors are matched with a group of 6 youth for 16 weeks in spring or fall or 8 weeks in summer
- The group will meet once a week for 2 hours.

YOUTH ARE:

- Youth served are between the ages of 8-15
- Attend weekly site based group mentoring for 2 hours each week
- Youth who could benefit from help with improving self-esteem, decision making, academic success, social skills, building and maintaining healthy peer and family relationships
- Youth from a wide range of ethnic diversity and socio-economic backgrounds

BENEFITS OF MENTORING FOR YOUTH

- Increased high school graduation rates
- Lower high school dropout rates
- Healthier relationships and lifestyle choices
- Better attitude about school
- Higher college enrollment rates and higher educational aspirations
- Enhanced self-esteem and self-confidence
- Improved behavior, both at home and at school
- Stronger relationships with parents, teachers, and peers
- Improved interpersonal skills
- Decreased likelihood of initiating drug and alcohol use (MENTOR, 2009; Cavell, DuBois, Karcher, Keller, & Rhodes, 2009)

If you are interested in becoming a mentor or to refer a child please contact:

Reach & Rise Program Director
Jasmine Sronkoski
jsronkoski@dubuquey.org
P 563.556.3371



VICTIM SERVICES SHELTER

MISSION

The mission of the Dubuque Community YMCA/YWCA Victim Services Shelter is to empower and advocate for all victims of domestic violence, sexual assault, and sex trafficking, especially those seeking shelter services. We strive to create an educated community that supports and participates in securing a person's right to a life free from violence.

WHAT TYPES OF SHELTER SERVICES ARE OFFERED?

Victim Services Shelter is a 17-bed immediate and emergency safe shelter for those affected by domestic violence, sexual assault, and sex trafficking, in Dubuque, IA. We are staffed 24/7 with trained victim advocates. All victims are connected to community resources by advocates, and victims with high safety risk are eligible for up to a 30 day stay in our shelter.

WHO IS ELIGIBLE FOR SHELTER SERVICES?

Anyone fleeing domestic abuse, sexual assault, and sex trafficking is eligible for assistance.

ANNUAL SERVICE STATISTICS

- 144 victims received safe shelter
- The Victim Services Shelter provided 4,002 nights of safety
- Victims were provided with 711 rides to various locations
- Staff and volunteers received and assisted 3,012 hotline calls
- Average length of shelter stay was 35-45 days
- Average cost per person per stay \$385.00

VICTIM SERVICES SHELTER TOP 5 NEEDS

- \$25 Grocery Store Gift Cards
- \$25 Gas Gift Cards
- Bedding Sets (twin/full/queen sheets and comforters)
- Pillows
- Personal Hygiene Products (soap, shampoo, conditioner, brushes/combs for all ethnicities and hair textures)

For more information about our shelter needs please call 563.556.1100

For information about safe shelter for domestic violence victims, please call the

24-HOUR HOTLINE:

Call 563.556.1100

SHELTER SERVICES

- 24/7 Hot Line
- 30-Day safe, comfortable environment
- Peer support through communal living
- Crisis counseling
- Personal advocacy
- Child advocacy
- Medical advocacy
- Legal advocacy
- Housing advocacy
- Goal planning
- Food
- Clothing
- Transportation
- Information and referral
- Safety planning

WORKPLACE WELLNESS

BUILDING A HEALTHIER WORKPLACE

When your company joins the Dubuque Community YMCA/YWCA Workplace Wellness Partnership, not only will your employees benefit, your company will benefit as well. It's a fact that healthy employees are more productive, have lower stress, are more positive, miss less work, and have lower healthcare costs and fewer medical claims. Plus, it gives your employee benefit program one more attractive option, leading to greater employee satisfaction and retention.

- No minimum number of employees required to participate.
- Free one-week trial for the employee and their family.
- Free one-on-one wellness consultation with wellness coach and many free classes and programs.
- Lunch n' Learn series - Free educational wellness presentations at your company by Y staff (one per year).
- Full facility access
- Dubuque Y representation at your company Health Fair. (One per year)
- Y & Workplace Wellness Partnership materials made available for all employees.
- Join/Entry fee waived.
- Members have the flexibility to use other Y facilities throughout the state, at no extra charge.

EMPLOYEES THAT ARE PHYSICALLY FIT CAN MAKE A COMPANY FISCALLY FIT

BETTER HEALTH
leads to better work performance

POSITIVE ATTITUDES
improve morale company-wide

HEALTHY PEOPLE
mean fewer medical claims

FIT EMPLOYEES
handle stress and tension better

GREATER WELLNESS
reduces overall healthcare costs

WELLNESS MEANS
lower turnover rates and absenteeism



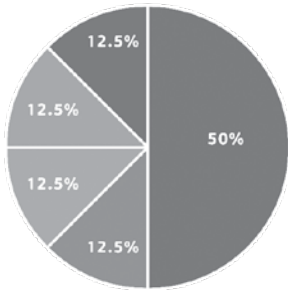
To get started or for more information, please contact the Membership Director at 563.556.3371.

OUR CAUSE

At the Dubuque Community YMCA/YWCA we are committed to reaching out and impacting as many lives as we can so that we can improve the quality of life for all.

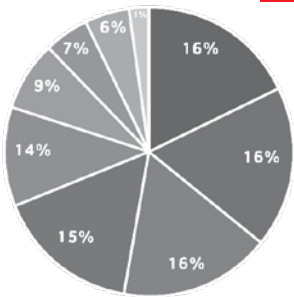
The Y is more than just a gym...it's a cause. A cause that is for: youth development, healthy living, social responsibility, eliminating racism, and empowering women.

ANNUAL CAMPAIGN



- | | | | |
|-------|--|-------|--|
| 50% | Financial Assistance | 12.5% | Educational Enrichment |
| | <ul style="list-style-type: none"> • A place for kids & families to grow healthier together • Safe shelter & support for victims of domestic violence • Quality early child care & before/after school care | 12.5% | New Y Signature Programs |
| | | | <ul style="list-style-type: none"> • Diabetes Prevention • LiveStrong • Safety Around Water • Restorative Strategies • Togetherhood |
| 12.5% | Chronic Disease Prevention | 12.5% | Childhood & Adult Obesity |

MEMBERSHIP DOLLARS AT WORK



- | | | | |
|-----|--|-----|--------------------------------|
| 16% | Facility Cleaning & Maintenance | 14% | Youth & Adult Programming |
| 16% | Equipment Purchases, Repairs & Replacements | 9% | Utilities |
| 16% | Over 100 Group Exercise Classes Offered a Week | 7% | Administration |
| 15% | Pools & Certified Lifeguards | 6% | Welcome Staff & Wellness Staff |
| | | 1% | Technology |

For 150 years, the Y has served the Tri-States providing programs, resources, and support to over 15,000 people a year. That's about 1 in 4 people a year.

The Annual Campaign provides support so that no one is ever turned away. Gifts to the Annual Campaign help build confident kids, healthy families, and a stronger community.

Please consider a gift today. Your investment will help kids and families in need and will help provide a brighter tomorrow, today.

CHANGE LIVES. GIVE TODAY!

The Y is a charity, dedicated to youth development, healthy living, social responsibility, eliminating racism and empowering women. With programs from A to Z—like athletics to advocacy, dance classes to disease prevention, volleyball to volunteerism—we don't just strengthen individuals, we strengthen communities.

EVERY GIFT MATTERS.

EVERYONE HAS A ROLE TO PLAY.

TOGETHER WE CAN ACHIEVE SO MUCH MORE.

GO TO [DUBUQUE.ORG/GIVE-NOW](https://dubuque.org/give-now) TO DONATE TODAY!

WAYS TO SUPPORT

ANNUAL CAMPAIGN

The Annual Campaign helps ensure that the Y is here for those who need us most and helps create a healthier community.

ENDOWMENT

The Endowment Fund helps ensure the future of the Dubuque Community YMCA/YWCA.

PLANNED GIVING

There are numerous ways to make a planned gift including: wills, gifts of cash, gifts of stock, retirement plan assets, savings bonds, and life insurance policies.

OTHER WAYS TO GIVE

In Kind Gifts, Matching Gifts, and Memorials.

VOLUNTEERISM

MAKE A DIFFERENCE AT YOUR Y

Volunteers of the Y:

- Lead our Board of Directors and committees
- Raise funds to ensure the Y is accessible to all members of the community
- Coach our sports teams and teach many of our classes
- Serve as a Reach & Rise Mentor (Individual or Group)
- Extend a hand to help adults who want to do more, be more, or live healthier
- Advocate for the Y's efforts to influence policies and initiatives that positively impact societal issues of importance to the nation, and your community

Take an active role in strengthening your community and become a volunteer today.

For more information on how to support the mission and grow the vision of the Y, please contact the Dubuque Community YMCA/YWCA at 563.556.3371 or dcyinfo@dubuque.org.



DONATE NOW!

LOOKING TO OUR FUTURE

At the Dubuque Community YMCA/YWCA we're preparing to serve future generations while meeting today's needs of our Members and our community. Our goal is to give the communities we serve a stronger, healthier Y with focused commitment on Youth Development, Healthy Living, Social Responsibility, Eliminating Racism and Empowering Women.

Together we have completed the reorganization of our Board of Directors,

implemented a Strategic Plan focusing on a new facility, and integrated new programming.

The Dubuque Community YMCA/YWCA is currently in the capital campaign preparation phase of a new main facility. By utilizing the Critical Path approach of the Y-USA, we are taking key steps to ensure the feasibility of a new site for future generations of our community.

WHAT DOES THIS ALL MEAN FOR YOU?

Simply put, it means that we're planning for the future of the Y!

We have a lot of work to do in the coming months and years, but we are committed to doing our due diligence and communicating our progress with the community, our Members and our donors. For more information, please contact Ben Loeffelholz, Associate Executive Director at 563-556-3371 or email bloeffelholz@dubuquey.org.

**PLANNING FOR OUR FUTURE
WITH THE COMMUNITY
FOR THE COMMUNITY**



SKY TOURS ZIPLINE

GET READY FOR A HIGH-VELOCITY, HIGH-ALTITUDE RIDE!

Experience all NINE (9) ziplines on a 2-hour guided tour of historic Union Park! Tour start times vary with the day of the week. To participate in the tour please go to www.skytourszipline.com or call 563.484.4248.

NATURE LOVER? HISTORY BUFF? THRILL SEEKER? SKY TOURS IS FOR YOU.

- Hike through wooded hillsides with guides pointing out flora and fauna along the way.
- Explore the heights and sights of the ruins of Union Park, an early 1900's entertainment destination and formal garden.
- Experience nine ziplines. Lengths: 300-1,000 feet. Heights: to 75 feet.

Designed for guests ages 10 and up, weighing between 70 and 270 lbs., a tour takes around 2 hours to complete. Call 563.484.4248 to book your flight today!

The Sky Tours Experience is perfect for: Family gatherings. Mothers and daughters. Fathers and sons. Sisters and brothers. Grandpas and grandmas! Birthday bashes. Parties and celebrations. Corporate events. Corporate team building. Special events.

“Fabulous Time”

We had a blast on our zip line tour. There were 9 different lines thru the woods, very beautiful scenery. The guides were great and patient, too. I would highly recommend this and am looking forward to going again next year!

5 of 5 stars, October 13, 2015 | TripAdvisor, Reviewed by Sarah W
Awarded TripAdvisor's Certificate of Excellence

SkyToursZipline.com

563.484.4248

BOOK YOUR
FLIGHT TODAY!



DUBUQUE COMMUNITY YMCA/YWCA

35 North Booth Street
Dubuque, Iowa 52001
P 563.556.3371

www.DubuqueY.org
dcyinfo@dubuquey.org

