

COMPLETE GUIDE TO YOUR Y EXPERIENCE

See how a Y membership will help you learn, grow, and thrive



YOU BELONG HERE

WE WELCOME	:	WELCOME TO
ALL SIZES	:	THE Y
ALL COLORS	:	
ALL GENDERS	:	ZOO SIAB
ALL BELIEFS	:	TXAIS TOS Y
ALL RELIGIONS	:	
ALL AGES	:	BIENVENIDO
ALL PEOPLE	:	A LA Y
EVERYONE	:	

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OUR MISSION

The La Crosse Area Family Y is a non-profit organization dedicated to enriching our community by promoting physical, mental, and spiritual well-being for all.

OUR VISION

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

OUR VALUES

Caring

Show a sincere concern for others.

Honesty

Be truthful in what you say and do.

Respect

Treat people the way they want to be treated.

Responsibility

Be accountable for your promises and action.

OUR PURPOSE

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

EQUITY STATEMENT

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

REFER A FRIEND, GET ONE MONTH FREE!

The more friends you refer, the more you save! Earn one free month for each person you refer to the Y, with an unlimited number of referrals. Only valid for adult and family memberships (no renewals). The new member must mention who referred them within the first 14 days of joining to redeem. Free month only for the active member who made the referral.



YOUR MEMBERSHIP

OUR BRANCHES

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

Saturday and Sunday
7:00 AM - 6:00 PM

Hours subject to change. Closed major holidays.
11+ can be in the buildings without a guardian.



R.W. Houser Family YMCA • Onalaska



Dahl Family YMCA • La Crosse

AMENITIES AT BOTH BRANCHES



Sauna



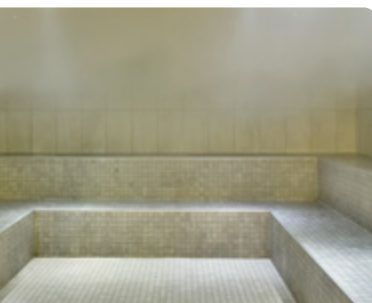
Child Watch



Pool



Wellness Center



Steam Room



Gyms



Social Connections



Group Fitness Classes

ONLY AT THE DAHL Y • LA CROSSE



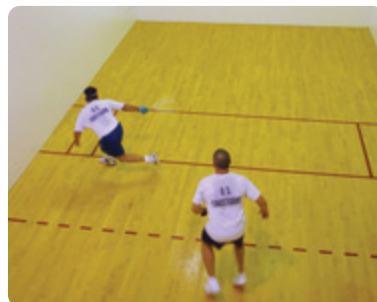
Whirlpool



Dahl KidZone



Esports Arena



Racquetball Court

ONLY AT THE HOUSER Y • ONALASKA



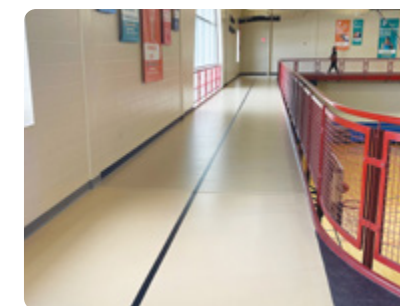
Pool, Slide, and Zero Entry



Warm Pool



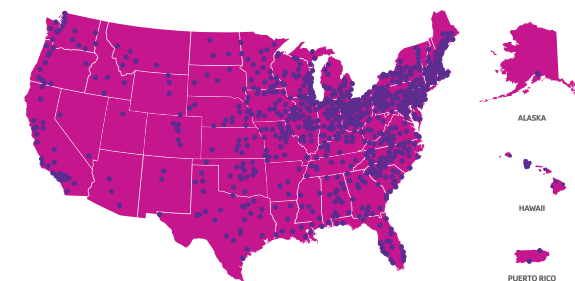
Houser KidZone



Indoor Track

NATIONWIDE MEMBERSHIP PROGRAM

The La Crosse Area Family Y has joined the Nationwide Membership program which allows you to visit Ys across the country for free.



YMCA360 VIRTUAL CONTENT



On-demand, on your schedule. Stream anywhere, anytime. Included with your membership. YMCA360 offers a wide variety of videos including fitness, wellness, education, youth activities and more. From yoga to youth sports, enjoy our exclusive collection of on-demand and live-stream classes, on all your devices in cinematic 4K. Available at home and at the Y.



Houser YMCA360 Studio C



Dahl YMCA360 Studio

24/7 ACCESS UPGRADE FOR \$5/MONTH



Your health on your time. Available for La Crosse Area Family Y members aged 18 and older. One-time \$10 fee for 24/7 access key fob. Members with 24/7 access will be able to use:



Houser Wellness Center



Dahl Wellness Center



Basketball Gyms



Dahl Racquetball

LOCKER ROOMS

Women's, men's locker room, and private changing rooms are available for your convenience. Express lockers and coat racks are located just outside of the main workout areas. Locks for the lockers are not provided; you must bring your own.

Rentable Locker

Half lockers are available to rent for \$5/month. Please stop at member services if you would like to rent a locker.

Day Use Only

Full lockers are available for daytime use. We advise all members to lock up their belongings.



GYM

OPEN HOURS



Dahl Gym Schedule

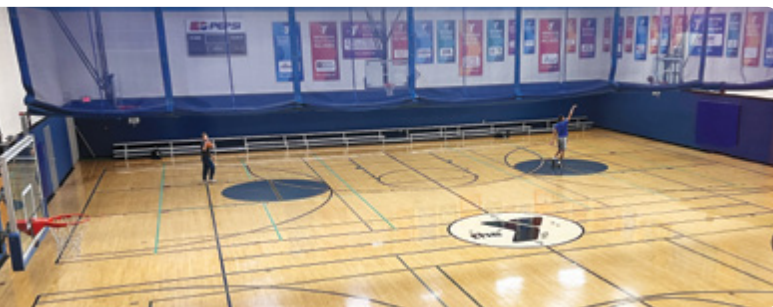


Houser Gym 1 (A+B) Schedule



Houser Gym 2 (C+D) Schedule

Available to all members, our Gyms provide opportunities for a variety of recreation and exercise. During open gym time members can use this space however they would like, keeping in mind this is a shared space. To view what is available in the gym, scan the QR code or check the schedules tab on our website.



Dahl Gym



Houser Gym

ORGANIZED ADULT SPORTS

Adult drop-in opportunities to play Pickleball, Volleyball, and Basketball are available at both branches throughout the week. All abilities are welcome. See the online gym calendar for these pick-up game times.



Pickleball
PAGE 5



Volleyball



Basketball

POOL SCHEDULES

Lap Swim - 18+ Only

Aimed at swimmers who swim lengths of the pool. Individual water exercises are welcome, but need to be able to share a lane with a lap swimmer. Two swimmers per lane suggested.

Open Swim

Lanes in the lap pool are available for general recreation, leisure, and exercise. Access to this area for individuals under the age of 18 is contingent on passing a swim test.

Open Water Exercise

There will be lanes open for you to do your own exercises (no instructor) in the shallow or deep end of the pool. You are welcome to use the water dumbbells, noodles, etc.

Water Exercise

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

DAHL POOL



Dahl Pool Schedule

The pool, steam, and sauna close 30 minutes prior to the facility closing.

Everything from lap swim to open water exercise, swim lessons and water exercise classes and open swim family time, the pool has something for everyone.



HOUSER POOL



Houser Lap Pool Schedule



Houser Family Pool Schedule

The pool, steam, and sauna close 30 minutes prior to the facility closing.

Water Slide

The slide is available based on staff availability. Swimmers must meet a height requirement of 48 inches or pass a swim test given by a lifeguard to ride the slide.

Family Swim Area

This area is for families to swim on the shallow side of the pool. Children 6 and under must be accompanied by an adult/guardian in the water. No inflatables are allowed. Life jackets and puddle jumpers are allowed.



HOUSER WARM POOL

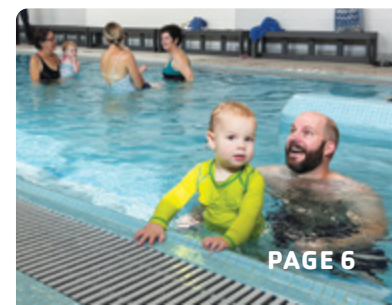


Houser Warm Water Pool Schedule

Free with your membership! This space is utilized for swim lessons, exercise classes, family swimming, and open exercise. No sign-up, just check the schedule to see when it is available. Accessible via stairs or a chair lift. Pool is kept at 92° F.

Parent-Child Classes

An instructor will lead the class through songs, skills, and fun activities. It is a safe and comfortable environment to build a young child's confidence in the water with a parent or guardian.



GROUP FITNESS

The Y offers a variety of FREE, instructor led group fitness classes for all fitness levels. Y members 14+ years and older can attend both instructor-led and on-demand fitness classes at the Y at no additional cost.

First time attending a class?

We encourage you to arrive to class 5-10 minutes early, dress in comfortable clothing, bring a water bottle, and your own mat (if attending Yoga, Pilates, or Barre Blend).

“Save My Spot” Feature

Save a spot in a class for a specific day/time/location. You can “Save Your Spot” up to 3 days in advance. Spots that are saved that are not claimed will be released 5 minutes prior to class for walk-in participants on a first-come, first-served basis. If you chose to save a spot but your plans change, cancel your spot at least one hour prior to the start of class. Available for the majority of our classes, but not all. This feature is a benefit for members to use, not a requirement.

YOGA



Join us for a variety of mat-based yoga classes ranging from slow-to-fast pace movement all focusing on uniting the body and the breath.

CYCLE



Get a great cardiovascular workout on our Matrix CXM bikes! Let the upbeat music motivate you as you pedal through hill climbs, sprints, and other challenging drills. All cycle classes use Performance IQ technology with many features.

GROUP STRENGTH



Build a strong body, mind, and sense of community through Group Strength. Get a total body strength workout in a motivating group environment with fun, upbeat music.

SHALLOW WATER EXERCISE



Jump into Shallow Water Exercise! This is a low-impact class that incorporates cardiovascular and muscle conditioning exercises using the water as resistance. No lap swimming skills are necessary.

CHAIR FITNESS



Our Chair-Based classes include Chair Circuit and Chair Yoga. Chair support is offered to safely perform a variety of seated and standing movements. Pictured here is Chair Circuit, a low-impact cardio and strength class.

ZUMBA GOLD



Take the “work” out of workout, by mixing low-intensity and high-intensity moves for an interval-style dance fitness party. Have fun moving to Latin and World rhythms all while achieving a total body workout.

BARRE BLEND



Barre Blend is a low-impact class that will incorporate basic ballet, Pilates, and strength training to fun, upbeat music.

INTERVAL ZONE



A high-intensity interval class that includes a cardio and strength training component to achieve a total body workout. Interval Zone incorporates a science-based method called SPRINT 8.

AND MORE! OVER 100 CLASSES OFFERED EACH WEEK!



WELLNESS CENTER

The Y Wellness Center is built around the idea that if space is warm and inviting everyone will feel comfortable exercising in that space. Every day our motivated staff build relationships with members through open and honest communication. The Y Wellness Center offers state of the art cardio, Matrix strength equipment, suspension trainers and more! Members who are 14 years and older of all levels and abilities are welcome in this space. It is our sincerest hopes that you too will find the Wellness Center to be a welcoming environment that will drive you to achieve your fitness goals.

Free Wellness Center Orientations

Gain confidence with a free wellness center orientation! Your orientation is tailored to your interests and will help you feel comfortable in the Wellness Center. Text us at 608-783-9622 or stop by the front desk to schedule today.

Family and Teen Wellness Program

We offer a Family Wellness Program and a Teen Wellness Program. Both offer an introduction to cardio and strength equipment offered in our Wellness Centers. Family Wellness is offered to 10-11 year olds (and a parent/guardian) and upon completion can use the Wellness Center with their parent/guardian. Teen Wellness is offered to 12-13 year olds and upon completion can use the Wellness Center on their own. 14+ year olds can utilize the wellness center at any time.



PERSONAL TRAINING



What Personal Training Can Do for You

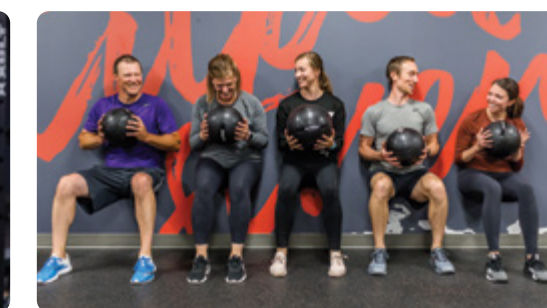
- Define your personal goals
- Develop a customized fitness plan
- Improve your self-confidence
- Improve your physical well-being
- Improve your mental well-being
- Increase your energy, mobility, and strength
- Provide motivation and accountability
- Take your fitness to the next level



One-on-one Training



Duo Training



Team Training

NUTRITION COACHING



Are you ready to make a healthy change, but aren't sure where to start? Perhaps you've already started on your health journey, but need help taking it to the next level. Through thoughtful assessment, guidance, accountability, and empowerment, our Nutrition Coaches assess your current state to help you build upon your core values and strengths, and assist you in creating strategies for healthier, happier life.



FAMILY MEMBERSHIP BENEFITS

TWO-HOUR DROP-IN CARE



Dahl YMCA
Schedule



Houser YMCA
Schedule

We welcome your children to visit Child Watch or KidZone where we will lovingly care for them while you, the parent, can achieve your wellness goals.

Child Watch Ages 0-7

KidZone Ages 6-13



OPEN FAMILY TIME

Bring the whole family and spend time together at the Y. Use the Gym during open hours to run around or play an activity or game. Check out KidZone during open family time, explore the indoor play area, rock wall, and more. Jump in the pool during open hours, splash around, play games, and have fun.



PARENTS NIGHT OUT



Stay up to date with these events and other family engagement opportunities here!

Family Members get exclusive access to our monthly Parents Night Out event. Kids will get a chance to enjoy a night of games, crafts, and socializing while adults to get a chance to go out! Available at both Y branches.



FAMILY EVENTS



We are excited to introduce a variety of new family activities aimed at promoting health, wellness, and quality time spent together. Families can now enjoy a fun art night or a relaxing date night while they play at the Y. With these new activities, the Y is dedicated to fostering strong family bonds, creating lasting memories, and promoting an active lifestyle for all.

SPECIAL EVENTS

JANUARY

WAVE Frostbite Meet
Program Event



The meet consists of seven different teams from across the state and is one of the biggest events of the year with over 300 swimmers competing from ages 4 to 19, participating in single events as well

MARCH

Pedal for a Purpose
Community Event



Bring a group of friends, family, and colleagues for a day of fun and fitness. All team members do not have to be on-site for the whole event. Stay all day or for an hour or two!

MAY

Dance Recital
Program Event



Dancers age 3 to adults get to show off their new dancing skills and hard work. Y Dance allows students of all ages to explore the joy of movement and expression in an encouraging environment.

JUNE

Martial Arts Tournament
Program Event



Enjoy a fun and supportive setting perfect for first-time tournament participants to advanced ranks from ages 5 to adult. Events include forms, weapon forms, sparring, judo game, and board breaking.

OCTOBER

Maple Leaf Walk Run
Community Event



Race includes a half marathon, 5 mile, and 5K events that start and end in beautiful Riverside Park. After the race, enjoy a sweet treat.

NOVEMBER

Festival Foods Turkey Trot
Community Event



The perfect guilt-free solution for eating your weight in mashed potatoes. Participants can partake in an 2 mile fun run, walk, or 5 mile run. Include your favorite cuddly companion for the 2 mile Dog Jog.

FEBRUARY

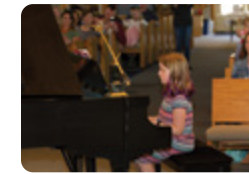
Indoor Ironman All Month Long
Member Event



Swim 2.4 miles, bike 112 miles, and run 26.2 miles, the distance of an Ironman Triathlon. Go at your own pace, on your own time. A friendly competition to help keep your mind and body active during the winter.

APRIL

Spring Music Recital
Program Event



Music teachers, students, and families showcase the students' progress and dedication to their instruments. Whether students are brand new or seasoned veterans, all are applauded by their loved ones.

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Program Event



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JULY

Kids Tri
Community Event



Stay active and have a blast at the Kids Tri. Children will have the opportunity to swim in the Houser Y pool, bike down Mason Street, and run across fields behind the Y in this beginner friendly event.

JULY

Spook Hollow Gymnastics Meet
Community Event



Y team gymnasts levels 1-9 from across the state compete in our Spook Hollow Invitational Gymnastics Meet. Gymnasts participate various events, including vault, bars, and floor.

DECEMBER

Jingle Bell Run
Community Event



Kick-off the holiday season and make memories with your family! This event includes a 5 mile, 5K, and Rudolph's dash kids run. Something for the whole family!

PROGRAMS

Experience all that the Y has to offer you and your family by participating in one of our program classes. The Y offers five program sessions throughout each year.

YEAR ROUND

Swim Lessons
Logrolling
Gymnastics
Parkour
Martial Arts
Dance
Music and Voice

SPRING

8 WEEKS
Soccer
Volleyball
+ Year Round

SUMMER

10 WEEKS
Soccer
Baseball
Specialty Sports
Camp
Kickball
Outdoor
Recreation Camps
Gymnastics Camp
Parkour Camp
+ Year Round

FALL 1

7 WEEKS
Soccer
+ Year Round

FALL 2

7 WEEKS
Basketball
+ Year Round

WINTER

8 WEEKS
Basketball
+ Year Round

REGISTRATION



Program classes are open to everyone in the community but by being a member of the Y you receive discounts on program class fees and priority registration. Classes, especially swim lessons and gymnastics, often fill early on the first day of registration.

Stay up to date with the latest program registration dates and times. Class times are available for viewing two weeks prior to the start of registration. Private lessons may be available upon request.

DAY ONE

FAMILY MEMBER REGISTRATION

Up to 75% off
community
member price

DAY TWO

YOUTH MEMBER REGISTRATION

Up to 50% off
community
member price

COMPETITIVE TEAMS



WAVE
Swim Team



Illusions
Gymnastics



Elevate
Basketball



WAVE Swim Team



Illusions Gymnastics



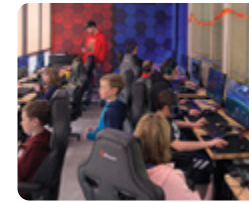
Elevate Basketball

CAMPS



Outdoor recreation camps, traditional sport camps, and more. Build skills, make friends, and have fun. Available for ages 6-16.

ESPORTS



Competitive gaming leagues and tournaments as well as educational workshops for graphic design and PC building. Options for all ages.

INCLUSIVE AND ADAPTIVE



Adaptive Aquatics, Fitness For All, Miracle League, and more, as well as a No Boundaries Summer Camp. Options for all ages.

MARTIAL ARTS



Classes for Little Dragons through Black Belt students. Join individually or as a family. Available for ages 4 and up.

PARKOUR



Classes for junior, level 1, level 2, and level 3, with competitions and camps throughout the year. Available for ages 5-16.

YOUTH SPORTS



With a focus on fundamentals, our youth sport classes and leagues teach more than just skills. Programs include basketball, soccer, volleyball, and more. Available for ages 3-17.

DANCE



Ballet, jazz, tap and more for all abilities, as well as a competitive team; Company Dancers. Available for ages 3 and up.

GYMNASTICS



Preschool through pre-team progressive gymnastic classes, as well as a competitive team; La Crosse Illusions. Available for ages 18 months-18 years.

LOGROLLING



Logrolling classes and tournaments are available at the Dahl Family YMCA. Available for ages 6 and up.

MUSIC AND VOICE LESSONS



Private lessons for beginners or those with advanced skills. Lessons in guitar, ukulele, piano, voice, and more. Must complete an interest form to be put on the waitlist. Available for ages 5 and up.

SWIM LESSONS



Instructor-led classes for all skill levels, following the Y-USA Swim Curriculum. Options for all ages.

TO SEE CLASS
DATES AND TIMES,
PLEASE VISIT OUR
WEBSITE



CHILD CARE

OUR PURPOSE

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

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

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

The Goals of Y Child Care Programs

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

The Experience

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

Professional Role Models

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

Safety

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

Kids Love Us

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

EARLY CHILDHOOD CARE • AGES 0-5



Our state-of-the-art childcare center combines state licensing regulations with the Y mission to offer children the highest quality care. Qualified staff foster social, emotional, physical, and educational growth through developmentally appropriate activities based on the Creative Curriculum. We believe children learn best through play and experiences and strive to offer variety each day. Some of these experiences include swim lessons for children age 3 and older, music, art, dramatic play, and outdoor activities. The Y and Onalaska School District collaborate to offer a 4-year-old preschool program in the Y Child Care Center.



SCHOOL YEAR SCHOOL AGE CARE • AGES 5-11



Before and after school child care for youth ages 5-11, offered at multiple locations in La Crosse, Onalaska, and Holmen school districts. Daily activities include structured physical activities, social and emotional learning activities, as well as afternoon snack with fresh fruit and vegetables.



SUMMER SCHOOL AGE CARE • AGES 5-11



Summer child care for youth ages 5-11, offered at multiple locations in La Crosse, Onalaska, and Holmen school districts. From fun field trips to swimming weekly, our summer care will keep your child engaged, active, and developing social-emotional skills.



Adventure Programing • Ages 9-12

Non-licensed programming with a combination of activities planned on and off site everyday. Daily transportation will be provided by the Y from a La Crosse and an Onalaska pick-up/drop-off location (exact location will be communicated once finalized) to the 'home-base' location.



STRENGTHENING COMMUNITY

HEALTHY LIVING CENTER



A Gundersen Health System and La Crosse Area Family Y collaboration for a healthier, stronger community. Located at the Dahl Family Y Branch in La Crosse.

Classes, Programs, and Services

- Nutrition and weight management
- Nutrition counseling
- Culinary Medicine
- Family LEAP (Learn, Eat, Active, Play) program
- Prenatal and postpartum classes
- Emotional wellness support services
- Movin' and Improvin' program

PT/OT Gundersen Space Onalaska

Gundersen Health System and La Crosse Area Y collaboration for a healthier, stronger community. Located at the R.W. Houser Family YMCA in Onalaska.



Onalaska PT/OT Space



Healthy Living Center Wellness Room



Classroom with Demo Kitchen

COMMUNITY HEALTH WORKER PROGRAM



Our Community Health Workers help individuals and families experiencing homelessness within the community. The Community Health Worker program is designed to help these people navigate their immediate needs and access community services. Working closely with the Great Rivers HUB and local school districts, our CHW team is able to assist and support their clients by advocating for individual and community health needs.



GUNDERSEN HEALTH SYSTEM®

- Sports medicine
- Physical therapy
- And much more

YOUTHSTRONG



YOUTHSTRONG, our Youth Cancer Survivor Program, is designed to help youth and young adult cancer survivors transition into the next chapter of their health and wellness journey.



LIVESTRONG



LIVESTRONG at the Y provides a supportive community environment where people affected by cancer can connect during treatment and beyond.



PREVENTT2 PROGRAM



PreventT2 participants work with a trained lifestyle coach to learn to eat healthy, add physical activity to your life, manage stress, stay motivated, and solve problems that can get in the way of healthy changes.



MENTAL HEALTH



At the Y, we are committed to supporting the mental health of all by providing opportunities to connect, educate and collaborate to improve the mental wellbeing of our community. Our Mental Health approach includes social and emotional development, improving social connectedness and creating awareness and training around resilience.



COMMUNITY YOUTH CENTER

The Community Youth Center is a safe drop-in center for youth ages 10-17. The Center offers free activities that are engaging, attractive to young people and make use of their talents, energy and creativity. The Center offers skill-building and recreational opportunities and is staffed by positive, caring adults who are trained to work with adolescents.



YOUTH FOOD PROGRAMS

We are committed to continuing our Food Access work throughout the summer when families need our support the most. Our goal is to find the best ways to complement resources already available in our community by partnering with other organizations that share the same goals.

SUMMER FOOD PROGRAM

The La Crosse Area Family Y provides nutritious meals and snacks to help kids stay healthy and well-nourished all summer long, which is a foundational component to their physical and mental health.

This program is especially important in the summer, as kids in our community who usually receive free or reduced lunches have a higher risk of going hungry during summer break. Kids around our community who usually receive free or reduced lunches have a higher risk of going hungry during that summer gap when school's out.

Y ON THE FLY

Y on the Fly is a mobile initiative that provides healthy meals, enrichment opportunities, and education to ALL. All children and teens have potential, but some may need additional support to reach it. Through focused programming and support, the Y is committed to closing both hunger and the summer academic achievement gaps.

The Y on the Fly serves our community through four main areas of focus. Food Access, Physical Wellness, Mental Wellness, and Enrichment. We believe every child deserves access to the resources that will help them grow and learn no matter where they live. Y on the Fly will help us meet our community where they are at and expand our reach by breaking through barriers such as transportation and cost.



GET INVOLVED

OUR CULTURE

Our mission and core values are brought to life by our culture. We strive to live our cause of strengthening communities with purpose and intention every day.

We are **welcoming** and open to all. We are a place where you can belong and become.

We are **genuine**. We value you and embrace your individuality.

We are **hopeful**. We believe in you and your potential to become a catalyst in the world.

We are **nurturing**. We support you in your journey to develop your full potential.

We are **determined**. Above all else, we are on a relentless quest to make our community stronger beginning with you.

EMPLOYMENT



Full-Time Benefits

- FREE Family Membership
- 100% discount on Y programs
- 100% discount on school-age care
- 30% discount on full-time child care center
- 12% retirement after 2 years
- Free Employee Assistance Program (EAP)
- Full benefits package including PTO, health, dental, life insurance, short-term disability and long-term disability
- Cell phone discounts
- Paid birthday off

Part-Time Benefits

- FREE adult Y membership (plus a discount on Family Membership)
- 50% discount on Y programs
- 403(b) retirement account
- 12% retirement after 2 years and 1,000 hours per year
- Free Employee Assistance Program (EAP)
- Cell phone discounts

The La Crosse Area Family Y is an equal employment opportunity employer functioning under an Affirmative Action Plan.

INTERSHIPS



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

VOLUNTEERING



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

COMMUNITY FOOD FOREST

Our Community Food Forest is free and open to all, providing a space for anyone in our community to harvest fresh food, volunteer their time and give back. From apples, pears, and cherries, to mint, elderberries, and hazelnuts, the Food Forest has a wide variety of edible plants for all to enjoy.





LA CROSSE AREA FAMILY Y

Dahl Family YMCA
1140 Main Street
La Crosse, WI 54601

R.W. Houser Family YMCA
400 Mason Street
Onalaska, WI 54650

www.laxymca.org • 608-782-9622 PHONE • 608-783-9622 TEXT

MORE THAN MEMBERSHIP

WHY GIVE TO OUR Y



Every day, the La Crosse Area Family Y gives our community the support it needs to learn, grow and thrive. It gives us a place to play, to learn, to be healthy, to eat well and to give back. It gives parents child care, enrichment activities and programming for all ages, and children a safe place to go.

Fulfilling our mission requires the support of people dedicated to strengthening our community. Every dollar donated to the annual campaign stays local and has a lasting impact on the people of the greater La Crosse area.

For a better you. For a better community. For a better us.



DID YOU KNOW

1 in 4

of our Y's 23,750 members relied on our Flexible Pricing Program

THIS YEAR

200,000

healthy meals and snacks will be served by our Y

LAST YEAR

\$1.7 MILLION

in financial aid was provided to individuals and families in 2022



Make an impact today! An impact member is a member and donor who gives monthly to the Y. You can sign up to be an impact member online or at the front desk. Together, the Y's Impact Members make Y membership, programming, and services accessible to all.



Invest in your community! With donations of \$1,000 a year, a banner with your family or business name will be hung at one Y location for a full year. With donations of \$2,500 or more per year, a banner will be hung at both Y locations for a full year.



Those who share intentions to remember the Y through a bequest or other type of planned gift become members of the 1883 Society. Named in honor of the Y's founding year, the 1883 Society recognizes members and friends dedicated to ensuring the Y's vitality in perpetuity.

