

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 MISSION IN ACTION AND IMPACT

Strengthening the foundations of our community through youth development, healthy living, and social responsibility.

Youth Development

Annually, we provide services to more than 8,000 unique youth in swim lessons, gymnastics, childcare, dance, inclusion programs, music, sports, martial arts, and more.

Healthy Living

On average, we serve nearly 328,000 meals and snacks annually to help fight hunger and fuel futures.

Social Responsibility

We provide more than \$1 million in direct financial assistance annually, allowing nearly 25% of our members to participate at the Y.

OUR CORE 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 WELCOMING STATEMENT

The La Crosse Area Family Y values individuals from all backgrounds working together to strengthen our community. Guided by our core values of caring, honesty, respect, and responsibility, we strive to create an atmosphere where everyone feels welcomed, valued, and respected, and where all have the opportunity to reach their full potential.

OUR CULTURE

Every day and in everything we do, we strive to create a culture that is welcoming, genuine, hopeful, nurturing and determined for all our staff, members, program participants and volunteers.

Welcoming

We're open to all and create spaces where you can be, belong and become.

Genuine

We value who you are and encourage you to be true to yourself and others.

Hopeful

We believe in your ability to inspire a brighter tomorrow.

Nurturing

We are with you in your journey to develop your full potential.

Determined

We work relentlessly to strengthen communities, starting with you.

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



Visit our website to view the current hours at each of our locations

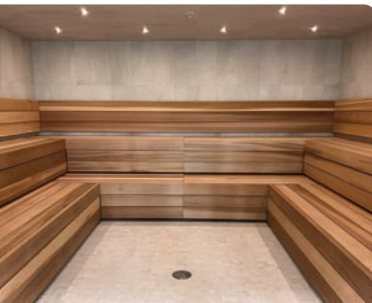


R.W. Houser Family YMCA • Onalaska



Dahl Family YMCA • La Crosse

AMENITIES AT BOTH BRANCHES



Sauna



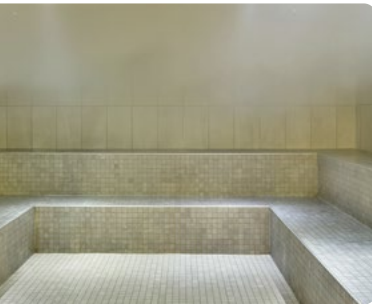
Child Watch



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



Grounded Cafe Onalaska



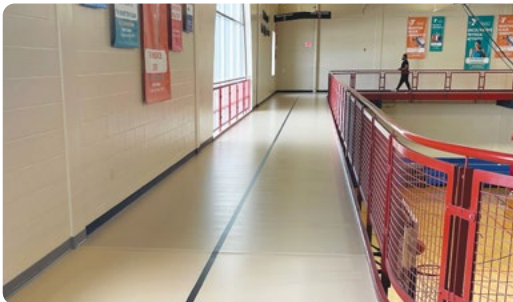
Pool, Slide, and Zero Entry



Warm Pool



Houser KidZone



Indoor Track

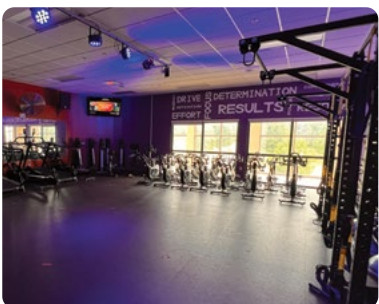
NATIONWIDE MEMBERSHIP PROGRAM

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. One-time fee for 24/7 access key fob. Age restrictions apply. 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

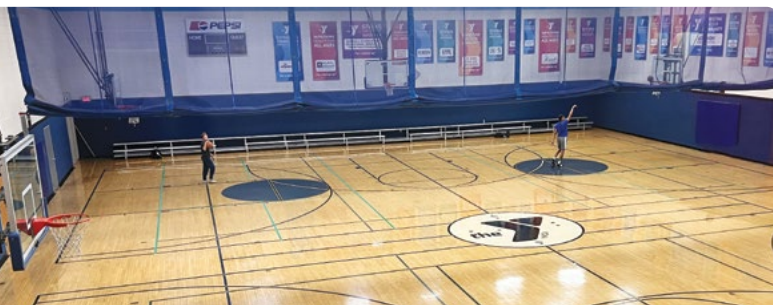


Houser Gym 1
(A+B) Schedule



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).

Reservations

Save a spot in a class for a specific day/time/location. You can make a reservation up to 3 days in advance. Reservations 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 make a reservation but your plans change, cancel your reservation 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.

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, up-beat music.

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.

BARRE BLEND



Experience an energizing, low-impact workout that improves strength, balance, and flexibility! This class combines ballet-inspired movement, Pilates, and resistance training, all set to uplifting music. You'll tone your muscles, enhance posture, and enjoy a fun, supportive atmosphere along the way.

OVER 140 CLASSES OFFERED EACH WEEK!



CYCLE



Hop on our Matrix CXC bikes for an amazing cardiovascular workout! Let the upbeat music drive you as you tackle hill climbs, sprints, and various challenging drills. Each cycle class uses Performance IQ (PIQ) technology, offering real-time data displays, email notifications, and performance history to keep you motivated and track your progress.

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.

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.

INTERVAL ZONE



Get ready for an energizing high-intensity interval class that combines cardio and strength training using the science-based SPRINT 8 method. You'll work with a variety of equipment, including cycles, rowers, TRXs, slam balls, kettlebells, ropes, and BOSUs. This class is designed to challenge you while boosting your strength and endurance in a fun, supportive environment.

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 hope 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

FAMILY MEMBERSHIP BENEFITS

TWO-HOUR DROP-IN CARE



Child Watch +
KidZone Schedule

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

Child Watch Ages 0–7

KidZone Ages 5–13



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 get a chance to go out! Available at both Y branches.



FAMILY + COMMUNITY 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.

Sweetheart Dance

Join us early February for a fun-filled Valentine's Day celebration for families! Whether you're a parent, grandparent, or child, this event is about spreading love and creating lasting memories. Enjoy music, dancing, and snacks, all in a festive, heartwarming atmosphere. A parent or guardian MUST attend with any child under 18 for the duration of the event.

SPECIAL EVENTS

Check out our online events calendar to stay up to date with new events throughout the year!



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.

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.

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!

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.

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.

Rusty Ankle Logrolling
Program Event



Logrolling tournament for youth and amateur adults. Logrollers of all skill levels are encouraged to compete—even brand-new beginners.

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.

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.

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.

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.

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.

DECEMBER

Jingle Bell Jamboree
Community Event



Kick-off the holiday season and make memories with your family! This family-friendly event features a Rudolph's Dash kids race, holiday market, and more!

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	SPRING	SUMMER	FALL 1	FALL 2	WINTER
Swim Lessons Logrolling Gymnastics Parkour Martial Arts Dance Music and Voice Esports	Soccer Volleyball + Year Round	Soccer Baseball Specialty Sports Camp Kickball Outdoor Recreation Camps Gymnastics Camp Parkour Camp + Year Round	Soccer + Year Round	Basketball + Year Round	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.



COMPETITIVE TEAMS



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 + STEM



Competitive gaming leagues and tournaments as well as educational workshops for graphic design and PC building. STEM programming explores everything from robotics to stargazing. 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 + YOUTH DEVELOPMENT

OUR PURPOSE

At the YMCA, we believe every child deserves a safe, welcoming, and inspiring place to grow—from their very first steps to their teenage years. That’s why we offer programs for kids ages 0–17, thoughtfully tailored to support every stage of their development. Whether it’s nurturing infants in our Childcare Center, encouraging creativity and connection in our School Age programs, or helping teens build leadership skills and confidence in our Community Youth Center, the Y is here to walk alongside families every step of the way.

Our programs are designed to help children explore their interests, discover new passions, and build meaningful friendships. We create environments where kids can have fun, feel supported, and develop the values and skills they’ll carry with them for life. At the heart of everything we do are our professional role models—caring, committed staff who bring our core values of caring, honesty, respect, and responsibility to life each and every day.

We’re proud to be a trusted partner in your child’s journey—helping them grow into kind, capable, and confident individuals.

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.

As a Praesidium Accredited Y,

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



The YMCA’s licensed School Age Program provides safe, enriching before and after school care at 15 elementary schools across the La Crosse, Onalaska, and Holmen School Districts. Our dedicated staff supports the whole child through a well-rounded curriculum focused on physical activity, STEM exploration, social-emotional learning, and creative crafts. Each afternoon, children enjoy a healthy snack to help fuel their bodies and minds. Whether your child is building friendships, discovering new interests, or just having fun, our programs are designed to nurture growth and inspire confidence in a supportive environment.



SUMMER DAY CAMP • AGES 5–11



The YMCA’s Summer Day Camp program is offered in La Crosse, Onalaska, and Holmen. Our day camps provide a safe and engaging environment for children to explore, learn, and grow all summer long. Campers enjoy weekly field trips, exciting pool visits, and hands-on activities that promote creativity and teamwork. From outdoor adventures to new friendships, every day at Y Day Camp is a chance to discover something new and make the most of summer!



COMMUNITY YOUTH CENTER • AGES 10–17



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



STRENGTHENING COMMUNITY

HEALTHY LIVING CENTER



A collaboration between Emplify Health by Gundersen and the La Crosse Area Family Y for a healthier, stronger community. Located at the Dahl Family YMCA in La Crosse.

Classes, Programs, and Services

- Culinary Medicine Nutrition Workshops
- Prenatal and postpartum classes
- Emotional wellness support services
- Movin' and Improvin' program
- Sports medicine

PT/OT Emplify Health by Gundersen Space Onalaska

Located at the R.W. Houser Family YMCA in Onalaska, this space provides our community with outpatient and orthopedic physical therapy, sports physical therapy, aquatic therapy in a new warm water pool, individual and group therapy programming, and convenience for Emplify Health patients and Y members.



Onalaska PT/OT Space



Dahl Healthy Living Center Wellness Room



Dahl Classroom with Demo Kitchen

COMMUNITY HEALTH WORKER PROGRAM



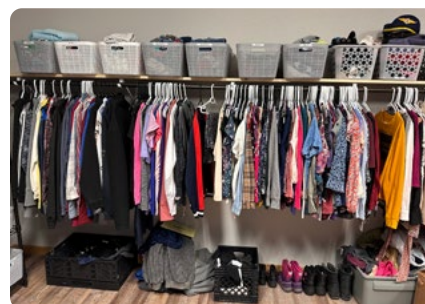
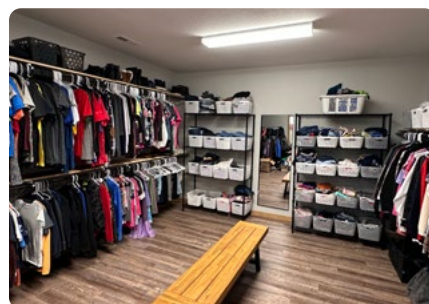
Our Community Health Workers help individuals and families experiencing homelessness within the community. This program is designed to help clients navigate their immediate needs and access community services. Working closely with the Great Rivers United Way Community Care Program and local school districts, our CHW team is able to assist and support their clients by advocating for individual and community health needs. Last year our team served 153 individuals and helped 26 families secure housing.



COMMUNITY CLOSET



The Community Closet is a free, low-barrier resource for ALL in our community that was provided by Y Giving Day. This resource allows individuals to come and "shop" for what they need. Items available in men, women, children, and infant sizes include: casual, work, and athletic attire, shoes and boots, seasonal gear, accessories, hygiene items, and more! Visits and donations accepted by appointment only.



CANCER SURVIVORSHIP



YOUTH**STRONG**



LIVE**STRONG**

YOUTH**STRONG**, 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.



DIABETES PREVENTION PROGRAM



Participants work with a trained lifestyle coach and a supportive accountability group to develop healthier eating habits, increase physical activity, manage stress, stay motivated, and overcome obstacles to lasting lifestyle changes.



WELLNESS WARRIORS



Wellness Warriors is an 8-week wellness class that focuses on veteran wellness through community, connection, belonging, and support. The group will learn, do activities, and discuss different wellness topics that are based on the eight dimensions of wellness. The program is open to all and offered about four times a year, rotating between our two branches. Upon completion of the program, veterans and their families receive a one-year Y membership at no cost.



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 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.

FOOD ACCESS PROGRAM — GET INVOLVED

We are committed to Food Access work year-round. Our goal is to identify the needs of our community and find the best ways to complement resources already available in our community by partnering with other organizations that share the same goals.

YOUTH FOOD PROGRAM



Our Youth Food Program serves 16 sites, including 15 school-age care sites and 1 Community Youth Center, providing children with a nutritious afterschool meal to support their health and development.

We are dedicated to meeting the nutritional needs of all children, recognizing that access to healthy food is essential for their overall well-being, academic success, and personal growth. By offering wholesome meals daily, we strive to reduce food insecurity, promote healthy eating habits, and create a supportive environment where every child can thrive and reach their full potential.

SUMMER FOOD PROGRAM



Our Summer Food Program ensures that children continue to have access to healthy breakfasts and lunches during the summer months when school is out. This program is complimentary to all children 18 and under, helping to bridge the gap in food access and ensure that every child has the nourishment they need to stay healthy and active. We serve at locations all throughout La Crosse County, including libraries, parks, housing authorities, child-serving organizations, and our YMCA branches. The program expands every year to reach more children in need. Recognizing the challenges faced by families in rural areas, we have recently expanded to offer grab-and-go style meal bags containing a full week's worth of breakfast and lunch. These meal distribution sites now extend beyond La Crosse County into multiple rural communities, ensuring that children across our region have access to the food they need. Families can find meal site locations and schedules using our interactive map on our website, making it easier than ever to connect with this vital program.

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 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 helps us meet our community where they are at and expand our reach by breaking through barriers such as transportation and cost.



MOBILE MARKET

The Mobile Market is a low-barrier food access program designed to meet the needs of our community by bringing food to the whole family. Through strong partnerships with Channel One, Hunger Task Force, and The Emergency Food Assistance Program (TEFAP), we work to ensure families have consistent access to well-balanced groceries and essential supplies.

This program is committed to providing the healthiest options for those we serve, offering a variety of nutritious foods such as proteins, dairy, whole grain-rich items, and fresh produce. When available, we also provide household goods and hygiene supplies to further support families in need.

To apply, please contact our Food Access Director at www.laxymca.org/contact or visit either of our YMCA branches for more information.

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.



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

328,000

healthy meals
and snacks will be
served by our Y

AT THE
YMCA

35,000+

neighbors
benefitted from
membership and
YMCA community
programming



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.

