



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ITASCA COUNTY FAMILY YMCA
400 River Road, Grand Rapids, MN 55744
www.ymcaitasca.org
Phone: 218-327-1161



ALL TOGETHER GROWING STRONGER

SEPTEMBER 2017 - JANUARY 2018

ANNUAL MEETING, HERITAGE LUNCHEON

DATES TO REMEMBER:

- September 11 & 12
Swim Team Intro
Nights
- September 14
Livestrong Info night
- September 21
Annual Meeting &
Heritage Luncheon
- September 29
Health Fair
- October 24
Fall Harvest Fun Night
- November 4
Snowflake Bazaar
- November 16
Fall Auction & Social
- January 10
Youth Basketball
- January 26
Family Sock Hop

The YMCA Annual Meeting will be held on Thursday, September 21, 2017 at the YMCA. The Annual Meeting is open to the public and our annual report for 2016 will be distributed. There will be a catered luncheon (\$15/person) beginning at 11:30am. The meeting will begin after lunch. We will also be honoring our recipients of the Jim Kosak Outstanding Volunteer of the Year Award, Mike and Elizabeth Miskovich. If you would like to attend the lunch, please RSVP with Joni Namyst - stop in at her office, phone 218-327-8802, or email jnamyst@ymcaitasca.org.

SNOWFLAKE BAZAAR & CRAFT SALE



Mark your calendar for
November 4 - 8:00am-4:00pm

Over 30 crafters will be at the Y on the Saturday of Minnesota Deer Opener offering their goods for sale. We will have bake sale goodies also, with proceeds going to benefit the Active Living Center programs. Are you a crafter and would you like to be included in this event? Please contact Jamie Mjolsness at 218-327-8805 or email jamie@ymcaitasca.org for contract information.

VOLUNTEER OPPORTUNITIES

There are dozens of volunteer opportunities available at the Y. No matter what your special talents, interests or schedule, you can help change someone's life. So if you share our commitment to helping our friends and neighbors in our community, please consider becoming a Y volunteer. Applications can be picked up at the Membership Desk, or submit an interest form online at the ymcaitasca.org - click on the "Giving Back", then "Volunteer" page link.



Some examples of how you can get involved:

- Coach youth sports (swim team, soccer, basketball, t-ball, judo, karate)
- Create a safe environment in the Health & Wellness Center
- Read to children or help in the Kid Zone
- Greet and assist at the Information Desk
- Help with fundraising efforts
- Mentor or tutor youth in the Youth Center
- Teach swim lessons, lifeguard or otherwise help in the aquatics areas
- Teach a group fitness class (land or water)
- Serve on the YMCA Board of Directors or a committee
- Help at one-time events (Fall Festival, Tall Timber Days 5K race, chaperone for Youth Dances, Youth Runs)
- Volunteer with ElderCircle!
- GetFit Itasca: Open Streets event, garden help, trail counts, advocacy for healthy eating and active living
- Youth Center Tutoring Help

FALL AUCTION & SOCIAL

Everyone is invited! This event is our largest event fundraiser of the year. In the past the fall auction has raised over \$20,000 for the YMCA's Financial Assistance Programs, helping families, adults and children who cannot otherwise afford the programs that the YMCA offers. All those in attendance of this social event may bid on the great items donated by businesses and individuals from the area. Most items are available for bid as "silent auction", while some of our larger items are auctioned **live**. Thank you to all those who donate items and come to the party to bid and buy! Contact Joni Namyst at the Y for more info or to offer your talents with this fun annual event.

Thursday, November 16 at the Timberlake Lodge
5:30pm Social / 6:30pm Auction

Tickets are \$25 in advance and will be available at the Membership Desk beginning November 1st.

Mission Statement: To strengthen ourselves, families and communities by promoting growth in spirit, mind and body.

ACTIVE LIVING CENTER AT THE Y

FRIENDS OF THE ALC

Become a Friend of our Active Living Center. Most programs in the ALC are offered at no cost. Contributions to our center are important income. You can become a FRIEND OF THE ALC for \$30/year. Membership includes a monthly newsletter, special events and discounts on Trips. Membership forms for the ALC can be found at the Information Desk and Membership desk at the Y and payments can be mailed in or turned in at the Y Membership Desk.

Chanhassen Dinner Theater Wednesday September 20

7:00am - 10:00pm

We will be having lunch at the amazing Chanhassen Dinner Theater. Join Sandy, Danny, Burger Palace Boys and the Pink Ladies for an affectionate satire of high school life in the 1950's. Don't miss the unforgettable tunes. It's a high-octane rock 'n' roll party packed with explosive energy. On the way back home we will stop and have dinner at the Grand buffet for a smokehouse style meal. We will have time to play at the casino so bring your own fun money.

Day at the Museums Thursday October 26

7:00am - 10:00pm

We will be traveling on a coach bus down to the Swedish Institute of America in the twin cities where we will take a tour of the historic Turnblad Mansion and time to explore. After that we will eat a smorgas lunch at the museum. Then on to the Mill City Museum including a riverfront bus tour on our bus with a guide and time to visit the gallery. For dinner we will be eating at the Black Forest Inn where we will experience a family style German meal before we head back to Grand Rapids.

A Christmas Carol Wednesday December 6

12:30pm - 11:00pm

Our first stop will be the beautiful Glensheen Mansion where we will take an hour tour while it is all decorated for Christmas. After time at Glensheen we will head to dinner at the Green Mill. There will be a few choices for what you would like to do after dinner. You can either tour Bentleyville of the Vikre Distillery. Then to finish off the night we will attend the Duluth Playhouse to watch "The Christmas Carol."

\$50 deposit due when you register. Remainder must be paid two weeks prior to date of trip.

Cost: \$125 Friend of the ALC
\$150 Community Members

Register for these day trips at the YMCA 218-327-1161 Or stop at the Y Membership Desk. For more information contact Jamie 218-327-8805 Email: jamie@ymcaitasca.org

ONGOING PROGRAMS

ALC members get together most days to visit over coffee, and weekly for Cards & Bingo, and monthly for a variety of programs. Enjoy a monthly potluck luncheon, book club and an educational Lunch 'n Learn. Throughout the year we also plan special day trips. Stay informed, become a Friend of the ALC or pick up a calendar at the Information Desk in the ALC.

HEALTH FAIR

Come join us for a FREE Health Fair at the Active Living Center at the Y. Volunteers from a variety of organizations including Grand Itasca Clinic, Duluth's Phi Delta Chi Pharmacy students, ElderCircle, Itasca County Family YMCA, and more are coming together to provide a variety of free services to the Grand Rapids community. Screenings will include cholesterol, triglycerides, blood sugar, A1C, bone density for women, grip strength, and more. Pharmacy students will also provide med reviews and free pillbox set-up, so bring your med lists and medications! Don't forget to come "fasting" (no food 2 hours prior for accurate screening results!)

Monday, September 11

2:00pm - 6:00pm

Location: The Active Living Center at the YMCA

ASTRONOMY EVENING

A Night with the Stars! The Active Living Center partnered with The Range Astronomy Club to host a free astronomy related evening. The Range Astronomy Club will do a talk on planets, constellations, and telescopes. Learn how to use the big dipper to find other constellations. Telescope viewing will take place afterwards in the YMCA ball field.

Friday, September 29; 7:00pm - 9:00pm

Location: The Active Living Center at the YMCA



YOUTH AQUATICS

The YMCA has REVAMPED its SWIMMING LESSONS

REGISTRATION DATES for Y Swimming Lessons:
All sessions listed below are open for Registration NOW!!!
You must register prior to the first day of lesson.

GROUP LESSONS for Ages 3 and up

For all abilities. Our lessons span from the beginner swimmer to the advanced. The goal is to positively reinforce safety in and around water while teaching practical and age appropriate swimming skills.

Cost: YMCA Members - \$30 Community Members - \$55

Tuesday/Thursday classes

Choose: 3:45pm-4:30pm or 4:35pm-5:20pm

Fall 1 Sep 12th-Sep 28th Fall 2 Oct 10th-Oct 26th
Fall 3 Oct 28th-Nov 16th Fall 4 Nov 28th-Dec 14th

Saturdays, 10:00am-10:45am or 10:50-11:35am

Fall 1 Sep 9th-Oct 14th Fall 2 Oct 28th- Dec 2nd
Winter 1 Jan 6th-Feb 10th

Waterbabies for ages 6 - 24 months

A swim program for babies and one of their favorite adults. Six 30-minute lessons allow your young child time to get comfortable in the pool.

Instructor will teach parents fun ways to teach beginning swimming and water safety skills for these water bugs.

NOW OFFERING SATURDAY MORNINGS!!!

Mondays, 10:30-11:00am

Fall 1 Sep 11th-Oct 16th Fall 2 Oct 23rd-Nov 27th

Winter 1 Jan 8th-Feb 12th

Wednesdays, 5:30-6:00pm

Fall 1 Sep 13th-Oct 18th Fall 2 Oct 25th-Nov 29th Winter 1 Jan 10th-Feb 14th

Saturdays, 10:00am-10:30am

Fall 1 Sep 9th-Oct 14th Fall 2 Oct 28th- Dec 2nd Winter 1 Jan 6th-Feb 10th

"PAC" SWIM LESSONS

(for Parent & Child)

This four week group lesson will emphasize the skills taught in our beginning preschool levels, but a parent will accompany the child in

the water. For children ages 2-4. This new class will be ideal for the independent toddler or the preschooler that still needs a little more assistance from a parent before enrolling in the Level 1 class. The class will have a balance between swimming with a parent and trying skills independently along with the teacher.

Cost: YMCA Members - \$30 Community Members - \$55

Wednesdays, 4:00pm-5:00pm

Fall 1 Sep 6th-Sep 27th Fall 2 Oct 4th-Oct 25th
Fall 3 Nov 1st-Nov 22nd Winter 1 Jan 3rd-Jan 24th

KID ZONE SWIM LESSONS

Youth Swimming Lessons for members using our Kid Zone Childcare. For all abilities, ages 3-6. The Y swim lesson program goal is to positively reinforce safety while teaching practical and age appropriate swimming skills. Children are divided into groups based on age and ability. Sessions run monthly throughout the year.

Tuesdays and Thursdays: 9:30-10:15am

Instructors pick up kids from Kid Zone at 9:15am, parents do not need to miss their workout!

YMCA Members: \$35/4 week session;
Community: \$58/4 week session

PRIVATE SWIM LESSONS

The Y offers one-on-one swimming instruction for children and adults. From the beginning swimmer to the competitive swimmer, we have a teacher for you! Semi-private lessons available upon request. Contact, Aquatics Director, Monica Beighley, for more information. Register at the Y Membership Desk and you will be contacted by an instructor! Lessons are scheduled based on the pool schedule and your schedule.

Cost: Members: \$55 for five 30 minute lessons
Community: \$80 for five 30 minute lessons

YMCA Log Rolling

NEW Log rolling program begins this fall at the YMCA. For ages 8-adult. Learn and enjoy one of Minnesota's Lumberjack games. (Bring pool shoes or clean tennis shoes that can get wet.)
Mondays 6:00 -7:00pm

6-week sessions

Fall 1 September 11th - October 16th

Fall 2 October 23rd - November 27th Class

Location: Itasca County Family YMCA

Cost: YMCA Members \$35 Community Members \$55



YMCA SEA TURTLES SWIM TEAM

Sea Turtles Swim Team is open to swimmers ages 7-18 with the ability to comfortably swim front crawl with rhythmic breathing and back crawl one length. Coaches will instruct swimmers on proper technique for the 4 competitive swim strokes. Team spirit and unity will be developed while competing with other YMCAs in Minnesota. Competitive Swimming Meets are held on Saturdays throughout the season.

Team Fees:

Members: \$230/season; \$115/half season
Non Members: Age 7-13: \$298/season; \$149/half season
Age 14-18: \$318/season; \$159/half season

Non Members fee includes a Y membership during the swim team season (required).

Parent information & Registration Nights: September 11 & 12th 5-7pm

Assistance for membership and program fees is available, please apply early. 7-year old children must be accompanied by an adult before and after practices. Prospective team members will be asked to show swimming ability at one of these open-house style evenings. Practice suits will be available for purchase. Order forms and try-on kit for team suits will be available.

For more info: Pick up schedule and swim team packet at the Y in September, or email seaturtles@ymcaitasca.org. Season practice schedule will be made available on September 11. First practice will take place on September 25th. Practices are typically held 3-4 nights per week, swimmers are encouraged to make at least two practices a week.



ADULT AQUATICS

ADULT SWIMMING INSTRUCTION

Improve your swimming with small group instruction in a casual setting. Participants will swim during regular lap swim time and receive instruction on improving their kick, pull, breathing or other stroke mechanics. Goal will be to improve your swimming speed, to instruct on proper technique which can be helpful in curbing an overuse injury.

Tuesdays & Thursdays: 11am-11:30am

Cost: YMCA Members - free

Community Members - must purchase an adult day pass

Instructor: Laurie Shepherd, experienced educator, coach and Water Safety Instructor

PRIVATE SWIMMING LESSONS

The Y offers one-on-one swimming instruction for children and adults. From the beginning swimmer to the competitive swimmer, we have a teacher for you! Contact Aquatics Director, Monica Beighley, for more information. Register at the Y Membership Desk and you will be contacted by an instructor!

Members: \$55 for five 30 minute lessons

Community: \$80 for five 30 minute lessons

YMCA Log Rolling

NEW Log rolling program begins this fall at the YMCA. For ages 8-adult. Learn and enjoy one of Minnesota's Lumberjack games. (Bring pool shoes or clean tennis shoes that can get wet.)

Mondays 6:00 - 7:00pm

6-week sessions

Fall 1 September 11th - October 16th

Fall 2 October 23rd - November 27th Class

Location: Itasca County Family YMCA

WATER FITNESS CLASSES

Water exercise provides a total body workout using the resistance of water to increase muscle strength while cushioning your joints. The Y offers a variety of classes and times to allow you to find a class that works for you. No swimming skills are necessary for any of our water fitness classes. For ages 14 and up.

Water Exercise (basic):	M - Th	8:30am-9:30am
Aqua Zumba:	Fridays	8:30am-9:30am
Rusty Hinges:	M, W & F	9:30am-10:30am
Silver Splash:	M, W & F	1:00pm-2:00pm
Aqua Zumba	Tuesdays	5:20pm-6:30pm
Deep Water Ex:	Wednesdays	4:00pm-5:00pm
Water Tabata	Thursday	5:20pm-6:20pm
Deep Water/Tabata Ex:	Saturdays	9:00am-10:00am

Fee: YMCA Members - free

Community Members - \$40 punch card for 10 classes

No registration necessary.

Swim the Mississippi

In the comfort of the Y pool

July 1st 2017-June 30th 2018 start anytime!!!

Choose your challenge level, complete the challenge by June 30 and receive a prize!
COST is FREE!

Start in Grand Rapids and end where you choose

Swan River 41 miles

Sandy River 74 miles

Rice River 113 miles

Pine River 155 miles

Pick up your sign-up form from the lifeguard, fill in and get started. Lifeguard will have your card to help keep track of your laps and miles swum!

CERTIFICATION CLASSES Youth & Adult

American Red Cross LIFEGUARDING CERTIFICATION CLASS

Become an American Red Cross Certified Lifeguard. This class includes: American Red Cross pool front Lifeguard Certification, CPR for the professional rescuer, 1st Aid, AED, Oxygen administration, & blood-borne pathogen training.



Prerequisites:

- Must be 15 or older
- Swim 300 yards continuously using front crawl & or breast stroke.
- Tread water for 2 minutes using only the legs
- Complete a timed event within 1:40

For more details on these prerequisites, please contact Monica Beighley at the Y or see the American Red Cross website. www.redcross.org

Bring a suit and towel to each class.

Dates & Times: October 23rd-October 27th 4pm-9pm
Fee: \$200

American Health & Safety Institute CPR/AED/1ST AID CLASSES

The American Red Cross CPR course gives individuals in the workplace the knowledge and skills necessary to recognize and provide care for breathing or cardiac emergencies. Upon successful course completion, each participant will receive an American Red Cross Adult CPR Certificate that lasts for two years. Choose a class from the dates below.

Instructors: Candy Grunke & Monica Beighley

Dates: Monday, October 17, 6:00-10:00pm

Monday, January 16, 6:00-10:00pm

Fee: \$50: Adult CPR/AED/1st Aid

\$55: Adult/Infant/Child CPR/AED/1st Aid

LIVESTRONG® AT THE Y

LIVESTRONG

FOUNDATION

LiveSTRONG® at the Y is a free, twelve-week, small group program designed for adult cancer survivors. The instructors are trained in the elements of cancer, post rehab exercise and supportive cancer care. Fall classes will begin September 26th. Info meeting September 14th 6pm at the Y. For more information email livestrong@ymcaitasca.org or call Kris Bolin, LiveSTRONG® coordinator, at 327-1161. Held on Tuesdays & Thursdays.

FALL: Sep 26 - Dec 14 10:15am-11:45am

granditasca®
Clinic & Hospital

Looking forward to caring for you.

Free Health Screenings

Free health screenings (cholesterol, blood pressure, blood glucose, height and weight) provided by Grand Itasca. No appointment or registration necessary.

2nd Monday of the month; 8:30am - 11:00am

Location: Active Living Center at the Y

Fee: No charge and open to the public

Grand Itasca Doc Talk

Join the Grand Itasca providers for monthly talks about various health topics each month. A light dinner will be served starting at 5pm. Childcare is available at the YMCA Kid Zone, free for Y members and for a nominal fee for non-members. Please visit www.granditasca.org for more information.

3rd Tuesday of the month; 5:30pm - 6:30pm

Location: Active Living Center at the Y

Fee: No charge and open to the public

Grand Itasca YMCA Clinic is a full-service clinic, staffed by three physicians located immediately inside the east entrance of the Active Living Center at the YMCA. The clinic offers primary care for all ages. Appointments are preferred, but walk-ins are welcome. Schedule an appointment by calling 218-999-1204 or by accessing MyChart.

Walk With A Doc

Join Grand Itasca YMCA Clinic doctors for a brief talk about a relevant health topic followed by an easy walk. Participants receive a FREE t-shirt. 2nd Tuesday of the month; 11:00am - 12:00pm

Instructors: Grand Itasca YMCA Clinic Physicians

Location: Active Living Center at the Y

Fee: No charge and open to the public

TEEN S.A.N.E.

A 10-week small group wellness journey.

Grand Itasca Clinic & Hospital and the Itasca County Family YMCA have partnered to provide a supportive program for teens who are at a high risk for health issues. Education, personal trainer guided FUN workouts and continuous support throughout the 10 weeks will help teens move toward habits and behaviors of a healthy lifestyle.

Oct 3 - Dec 7

Welcome Day: September 26th, 6-7:30pm; parents must attend this first evening, a light meal will be served.

Tuesdays and Thursdays; 3:45-5:00pm

YOUTH & FAMILY ACTIVITIES



FALL HARVEST FUN NIGHT

Fall Fun for ALL ages at our 2nd annual Fall Harvest Fun Night! In partnership with the Blandin Foundation and their Children First! initiative, we invite you to enjoy a Special Spooky Trick-Or-Treat Trail, pumpkin games in the pool, pumpkin decorating, games, Spook House, treats and more. Wear your costume if you like. Free event for all ages! Bring your friends and grandparents too.

Monday, October 30

Time: 5-7pm

All children must be accompanied by an adult.

Children First!

JUDO for ages 6 - adult

Judo translates to "gentle way". The YMCA Judo classes teach participants the use of maximum efficiency with a minimum of effort by using the opponent's weight, balance and momentum against themselves. Judo is the most widely practiced martial art in the world and second most practiced sport behind soccer. Beginner, intermediate and advanced are welcome to come learn basic holds, throws, break falls, safe falls, injury prevention and balance. There are tournament opportunities as students progress.

Class meets on Saturdays: 9:30am – Noon

Fall Session 1: Sept 9 - Oct 14

Fall Session 2: Oct 21 - Dec 2

Winter Session 1: Jan 6 – Feb 10

Free for Y members

Community Members: \$20/session - Youth ages 15 and under
\$29/session - 16 & up

BASKETBALL FOR K & 1ST GRADERS

The Y youth basketball program focuses on teaching young children the basics of playing basketball. The program is for boys and girls in grades K&1 who want to learn to dribble, shoot and pass as well as learn about positioning, teamwork and sportsmanship. It's all about fun, fitness, cooperation, skill development, family involvement and respect for team, coaches and opponents. Program runs twice a week for four weeks. Parent participation is welcome and encouraged!

Tuesdays & Thursdays 5:30-6:30pm

January 9th - February 1st, 2018

YMCA Members: \$18

Community Members: \$33

Optional reversible jersey can be purchased for \$12 and may be used during our Youth Soccer and T-Ball programs.

Volunteer coaches needed! If you can help, contact Chelsi at chelsidrobnick@ymcaitasca.org. 218-327-8818



YOUTH FITNESS CLASSES

Looking for something new to do after school? The Y is offering classes specifically for youth. This is a great way to learn to exercise properly with certified personal trainer, Amber York. For ages: 8-13

Free class for Y Members is ongoing beginning in September. Non-members will need to purchase a teen day pass for \$6 or a class punch card: \$50/10 classes.

Basic Lifting Mondays: 3:40 - 4:00pm

POUND@ Mondays: 4:00 - 4:20pm

Circuit Training Wednesdays: 3:15pm - 4:00pm

A signed Code of Conduct is required before the first class.

No registration necessary.

PARENT TOT PLAYTIME

At the Y, we understand that a Minnesota winter can get pretty long without the opportunity for the young ones to get outside and use their large muscle groups by running, jumping, climbing and pedaling. We offer our members gym time for moms, dads or caregivers of preschool children to do all of those things in a safe environment that does not involve wrecking the upholstery of your new sofa.

For preschool-age children. Tuesdays and Thursdays. November 29 through March 30

Time: 10:30-11:15am

YMCA Members - free

Community Members - must purchase an adult day pass

FAMILY SOCK HOP

Bring the whole family to the YMCA and dance, jump, hop, run and have a great time moving to music! When you need a break, relax, have a snack and play a game with the family. This is a Children First! event.

Friday January 26 at 6:00pm - 8:00pm

YOUTH CENTER (FREE)

The Y's Youth Center provides a welcome and safe space for youth in grades 2 - 9 to relax with friends, be creative, get active using the Wii system, shoot pool, have a snack and more. Nurturing, trained staff supervise the Youth Center. A youth center brochure is available at the YMCA and signed Code of Conduct is required to attend. Free snack made available from a grant from the Blandin Foundation.

Youth Center Hours During the School year:

3:00pm - 7:30pm (opens at 2:30pm on Wednesdays)

1:00pm - 6:00pm on some ISD 318 days off

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Oct 3 - Dec 7

Welcome Day: September 26th, 6-7:30pm; parents must attend this first evening, a light meal will be served.

Tuesdays and Thursdays; 3:45-5:00pm

HEALTH & WELLNESS

YMCA DIABETES PREVENTION PROGRAM

Improve your lifestyle with this community-based Diabetes Prevention Program for adults with pre-diabetes. Its purpose is to empower adults with lasting lifestyle changes that will improve their overall health and reduce their chance of developing type 2 diabetes. Class consists of 16 weekly sessions followed by monthly meetings for the remainder of the year to ensure continued support and progress maintenance. Participants are pre-screened to ensure they are qualified for the program. For more information, contact Kristin: kristink@ymcaitasca.org or call the Y at 218-327-1161.

FALL: Wednesdays – Beginning September 13th,
from 1pm-2pm

Mondays: Beginning November 13th,
from 10:30am-11:30am

Instructor - Kristin Klinefelter, MS, RD, LD & Bri Solem

Fee: \$100 for Y Members, \$200 for Community Sponsorships available, please ask!
Class valued at \$429

GROUP FITNESS CLASSES

We have three air conditioned studios to offer a wide variety of class styles—there's something for everyone. Classes promote cardio endurance, strength and flexibility. Let our certified fitness instructors help you get fit in a fun, safe and motivating environment. All fitness levels welcome. Please inform instructor if you are new to class.

- Barbell & Strength Classes
- Breakfast Club (a social fitness group, which includes coffee and breakfast some days!)
- Cycle Classes (varied formats, some include strength)
- Cardio Jam, Cardio Lift & CardioKick
- HIIT, Bootcamp & Circuit classes
- Pound®
- Kettlebells
- Silver Sneakers® (varied formats)
- Step & Step/Strength
- Tai Chi
- TRX®
- Yoga & Chair Yoga
- Zumba®

No need to register for classes, just show up!
Youth ages 12-14 must have an adult participating with them in class.

Stop by the Membership Desk to pick up your current class schedule or visit our website at www.ymcaitasca.org. Class cancellations and changes can be found at our fitness class blog site: <https://itascafitnessclasses.wordpress.com/>

Ongoing Class - various days and times

YMCA Members - free

Community Members - \$50 for a 10 pass punch card
Class changes & cancellations happen periodically, you can sign up for our text or email notifications! Text "@yitascafit" to 81010 or send a blank email to yitasca-

YMCA PERSONAL TRAINING

Raise the level of your exercise routine or receive a hands on approach to get you started in the right workout direction. Whatever your situation, the YMCA Personal Training Staff can help. Members may sign up for free equipment orientations in our Wellness Center, however there is a fee for personal training sessions. Not sure which is right for you?

Call the Wellness Center, at 327-1161 or e-mail: jpierzina@ymcaitasca.org.

Free orientations to get you started.

OUR TRAINERS:

OUR TRAINERS:

Petra Cervenkova – Petra specializes in general functional fitness, team/athlete training, high level competition and physical therapy rehab pcervenkova@hotmail.com

Beth Joki – Beth specializes in general functional fitness, team/athlete training and senior fitness joki@mchsi.com

Beth Mattson – Beth specializes in general functional fitness, team/athlete training, youth fitness beth.mattson@yahoo.com

Amber York – Amber specializes in general functional fitness and youth fitness amberkolm@yahoo.com

Katie Thies – Katie specializes in yoga instruction, balance and flexibility thies@paulbunyan.net



TRAINING OPTIONS:

PRIVATE Working with a trainer one on one to meet your fitness goals

SEMI-PRIVATE Two to four people with the same fitness goals work with one trainer

TEAM TRAINING Teams of 5-15 people working with a trainer to focus on their sport/goal. Ideal for sport teams during their off season.

See the Membership Desk for Training Rates

S.A.N.E.

*SUPPORT, ACCOUNTABILITY, NUTRITION & EXERCISE
A 12-WEEK GROUP WELLNESS JOURNEY*

This is for you!

Begin a new journey that can get you back on the road to better health with the YMCA 12-Week S.A.N.E. Wellness Program. This program is intended for adults in a variety of ages and abilities, and is designed to move you toward the habits and behaviors of a healthy lifestyle. Both exercise and nutrition strategies will be addressed by two certified personal trainers and a registered dietitian. Class is geared to ages 18-55.

Next SANE program will start October 23rd. Contact Janessa at jpierzina@ymcaitasca.org to enroll.

CHILDCARE PROGRAMS

YMCA CHILDCARE PROGRAMS SCHOOL AGE PROGRAMS

The focus of YMCA Child Care is to support and strengthen the family unit by fostering growth and development. Programs provide a warm and safe environment in which children can experience positive and creative learning. The philosophy and policies of YMCA Childcare serve to forge a relationship with parents which is supportive. Child Care environments are carefully planned to provide time, space and richness for each child to grow and learn.

WEEFOLKSGARTEN

The YMCA Weefolksgarten Child Care Center has served area families for 40 years. WeeFolksgarten offers programs for children ages 6 weeks through 6 years. Programs are year round and the hours of operation are from 6:00am-6:00pm. WeeFolksgarten is licensed for 70 children. The YMCA WeeFolksgarten Child Care Center combines professional leadership with quality care and warmth. We offer children opportunities to develop new skills, form friendships, and nurture personal development. A variety of learning experiences are provided in a safe environment. Trained staff provide experiences that focus on social and educational growth. Daily activities include swim lessons for the preschool program, gym and outdoor play, arts, music, and much more. Nutritious meals are provided.

WeeFolksgarten Childcare Center is licensed by the Minnesota Department of Human Services.

WEEFOLKS RATES

\$39.00/day- Infants
\$33.00/day- Toddlers
\$30.00/day- Preschool

EDUCARE

Educare provides a fun, safe place for school age children to relax and bond with friends. The educare program is for children ages 5 through 12 currently in school. Children participate in a variety of activities supervised by specially trained staff. Educare offers homework time, outdoor play, art, games, fun, snacks, and more.

School Age Programs are run according to District 318's school calendar.

Hours of Operation -

September-May

Monday-Friday

AM Educare is held 6:00am-8:00am

PM Educare is held 2:30pm-6:00pm

ALL DAY EDUCARE

All Day Educare is a program for school age children held on District 318 no-school days between the months of September through May. Program operates from 6:00am-6:00pm. Activities are planned throughout the day including: swimming, crafts, cooking, science, outdoor activities, and games. Breakfast and snack are included in cost.

EDUCARE RATES

\$6.00/day- AM Educare
\$10.00/day- Afterschool Educare
\$30.00/day- All Day Educare

Honesty * Respect * Caring * Responsibility * Faith

KID ZONE

As important as exercise is, the Y recognizes that when you have small children it's a lot easier said than done. That's why the Y is proud to offer outstanding drop-in childcare to all of its members. Kid Zone is a supervised play area for young children whose parents or caregivers are utilizing the Y.

Kid Zone is available to all Y members, as long as parents or caregivers are in the building or on the YMCA grounds. Parents or caregivers are required to let Kid Zone staff know where they will be during the time their children are in Kid Zone.

Visits to Kid Zone are not to exceed 2 hours.

Please visit the YMCA website for more information www.ymcaitasca.org

KID ZONE HOURS

September - May

Monday - Friday 8:00am - 1:15pm & 3:30pm - 7:00pm

Saturday 8:45am - 1:00pm



