

# GET TO THE Y THIS SUMMER



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

## 2017 Summer Events and Programs

### YMCA SUMMER HOURS Memorial Day - Labor Day

Mon - Fri 5am-9pm  
Saturdays 7am-1pm  
Sundays 5pm-9pm

Childcare, Camp,  
& Kid Zone Shutdown:  
August 28 - September 1  
for staff training

## COMMUNITY FAMILY FUN PICNIC



Monday, August 14th, get outside, do something active with your family and enjoy a picnic at the Y! Wear comfortable clothes (don't forget a swim suit) and plan to get active with your children. There will be games, a youth run, water play, and more going on throughout the evening. It's a great way to get up, get out and get moving with your family. This event is free and open to the community! Suggested donation - bring a fruit or veggie tray to share. **Monday, August 14th from 5-7pm.**

## YOUTH CENTER



Youth in grades 2<sup>nd</sup> - 9<sup>th</sup> can come take part in a wide variety of structured, fun activities at the Youth Center. Each day youth will take part in a designated activity and receive a snack. Activities include art projects, crafts, cooking activities, exercising, music, group activities to build teamwork skills, and spending time in the YMCA garden. There is **NO COST** to attend the Youth Center. Come join the fun with

trained staff that encourage youth to get active, be positive and have fun.

**Summer Hours: 1pm - 5pm; Mon, Tues & Wed**  
**Begins Monday, June 5**

## TALL TIMBER DAYS 5K RACE and WALK



**Saturday, August 5**

**Race Starts at 8am, IRA Civic Center**

**Race day registration starts at 7am**

**Pre-register: \$25 at the Y**

**Race Day Registrations: \$30**

Pre-register online at [www.active.com](http://www.active.com) **OR** come to Y to register **OR** mail in race form - we must receive pre-registrations at the YMCA by 5pm on Friday, August 4. A course map will be available at the Y. Awards will be given for top 3 overall, and top male and female by age group. T-shirt - assure you get your size by pre-registering! Walkers are welcome! Awards ceremony will be held at approximately 9am. Proceeds from the race go to support **LIVESTRONG** at the YMCA, a free individualized health program for cancer survivors that focuses on the health of the participant and not the disease.

## CAMP WANNAGO DAY CAMP



Summer will be here before you know it! What are your children going to do this summer? Join us for lots of fun and adventures with new friends at the YMCA! **Camp Wannago** has action packed days full of activities and excitement outdoors. Kids love the Funtastic Field Trips. Nutritious breakfast and snacks are included in the cost. Campers have the option to swim daily. Camp is for children ages 5-12 who have attended Kindergarten. Pick up a registration packet in the YMCA Childcare Office.

**Camp runs June 5 - August 25** Sign up for all summer or pick and choose your days. Full or half days available. Open 6:00am - 6:00pm, Monday - Friday.

Fee: \$30 per day - sliding scale available, childcare assistance accepted. Some field trips are additional.



# 2017 Summer Events and Programs

## FOR HEALTHY LIVING

### JUDO for Youth and Adults

Learn the Japanese self-defense sport of Judo. Beginner, intermediate and advanced are welcome to come learn the basic holds, throws, break falls, injury prevention and balance. There are tournament opportunities as students progress.

For ages Kindergarten - Adult.

Summer 1: June 3 - July 8

Summer 2: July 15 - August 19

Instructors: Colleen Bishop

**Saturdays:** 9:30am-Noon, in Fitness Studio B

**Free for Y members OR:**

**\$20/session - Youth age 15 and under**

**\$29/session - Ages 16 and up**

### SWIMMING LESSONS

The YMCA offers swim lessons for children from 6 months through elementary school.

Fee: YMCA Members - \$30;

Community Members - \$55

#### GROUP LESSONS for youth 3 years and up.

From the beginner to the advanced, learn age appropriate skills and how to be safe in and around water. Classes run in two week sessions. Choose one or more session.

Monday - Thursday

Choose: 3:00-3:45pm or 3:45-4:30pm

6/5/17 - 6/15/17                      6/19/17 - 6/29/17

7/10/17 - 7/20/17                      7/24/17 - 8/3/17

8/7/17-8/17/17                      8/21/17 - 8/31/17

#### PAC - Parent and Child for youth 3-5 yrs old.

Increase confidence and have fun in the water together. This class helps those who may be uneasy in the water.

Wednesdays, 4:30pm - 5:30pm

6/7/17 - 6/28/17

7/12/17 - 8/2/17

8/9/17 - 8/30/17

**WATERBABIES** A swim program for ages 6-36 months with a parent, guardian or grandparent. During this 30 minute lesson your instructor will teach fun ways to work with your baby on water safety skills and beginning swimming.

Mondays, 10:30-11:00am

7/10/17 - 8/14/17

Wednesdays, 5:30-6:00pm

5/31/17 - 6/28/17

7/12/17 - 8/16/17

### FREE YOUTH RUNS

Fun, non-competitive runs for children up to age 12. Youth Runs take place on the YMCA outdoor track. Length of run varies by age: 4 & under run 200 yards; 5&6 year olds run 1/4 mile; 7-12 year olds run 1/2 mile or 1 mile. Participants receive a race number and ribbon. Parental help/involvement is welcome and appreciated.

**Monday evenings at 6pm:** June 12, July 10 & August 14

### ATHLETE TRAINING

Athlete Training has been designed to teach strength development techniques as well as train key development components of speed, agility and quickness in athletes. By following consistent training progressions, athletes will learn and develop exercise mechanics that will lead to greater performances in the heat of competition as well as every day life. Injury prevention and safety is always our #1 concern. Come ready to work, but we promise to keep it fun! For ages 10-14.

**Tuesdays & Thursdays (June 6 - August 3)**

**Time: 1:30-2:45pm**

**Y Members      \$55**

**Non Members   \$85**

**Please stop at the YMCA Membership Desk to register.**



### T-BALL for Ages 4-7

An opportunity to build fundamental skills, practice teamwork and good sportsmanship, and be guaranteed equal playing time and have FUN in a low-competition environment. For more info, contact Chelsi at 327-8818.



**Registration Deadline is July 5**

July 11 - August 2

Tuesday & Wednesday

4 & 5 year olds:                      4:00-5:00pm

6 & 7 year olds:                      5:15-6:15pm

Fee: YMCA Member (Child must be member)      \$18

Non-Member    \$33

Jersey (Optional)    \$12