

# GET TO THE Y THIS WINTER



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

ITASCA COUNTY FAMILY YMCA  
400 River Road, Grand Rapids, MN 55744  
[www.ymcaitasca.org](http://www.ymcaitasca.org)  
Phone: 218-327-1161

## 2018 Winter/Spring Events and Programs

### YMCA WINTER HOURS Labor Day-Memorial Day

Mon - Fri 5am-10pm  
Saturdays 7am-7pm  
Sundays 10am-6pm

Kid Zone Winter Hours  
Mon-Fri 8am-1:15pm  
3:30-7pm  
Saturday 8:00am-1pm



## 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. A great time to be together and be active!

Friday, January 26th from 6:00-8:00pm

Children First!

## YOUTH DANCES

### 6th-8th Grade Dance

Friday, February 16th

7:00-9:00pm

Get into the groove! A night for all area 6th, 7th, and 8th grade students to have fun, dance with friends and win prizes!

### 5th-8th Grade Spring Dance

Friday, May 4th

7:00-9:00pm



Join us for a night full of music, dancing and friends for our Star Wars themed Dance! Don't forget to dress up! Best costume wins a prize.



## NEW SATURDAY KID ZONE HOURS

Kid Zone is a supervised play area for young children whose parents are working out. One parent must remain on the YMCA grounds. Kid Zone has a 2 hour time limit. This is free for YMCA members! As of January 1st, Kid Zone will have expanded hours on Saturdays! They will be opening at 7:45am and close at 1:00pm.



# FOR HEALTHY LIVING

## SWIMMING LESSONS

Fee: YMCA Members - \$35  
Community Members - \$60



### SWIM LESSONS FOR YOUTH

Your children will learn how to swim while having fun and learn to be safe in and around the water. For ages 6 months through 12 years of age. Group lessons for ages 3 years and up.

Tuesday/Thursday, 3:45pm or 4:35pm  
Winter 1: January 2nd-January 18th  
Winter 2: January 30th-February 15th  
Spring 1: March 6th-March 22nd  
Spring 2: April 3rd-April 19th  
Spring 3: April 24th- May 10th  
Spring 4: May 15th-May 31st

Saturdays, 10:00am or 10:45am  
Winter 1: January 6th-February 10th  
Winter 2: February 17th-March 24th  
Spring 1: April 7th-May 12th

**PAC** - Parent and Child for youth 2-5 years old. Increase confidence and have fun in the water together. This class helps those who may be uneasy in the water.

Wednesdays, 5:30-6pm  
Winter 1: January 3rd-January 24th  
Winter 2: February 7th-March 14th  
Spring 1: March 21st-April 25th  
Spring 2: May 2nd-June 6th

**WATERBABIES** A swim program for ages 6-24 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, 10:30-11am  
Winter 1: January 8th-February 12th  
Winter 2: February 19th-March 26th  
Spring 1: April 2nd-May 7th

Wednesdays, 5-5:30pm  
Winter 1: January 10th-February 14th  
Winter 2: February 21st-March 24th  
Spring 1: April 4th-May 9th

Saturdays, 10-10:30am  
Winter 1: January 6th-February 10th  
Winter 2 1: February 17th-March 24th  
Spring 1: April 7th-May 12th

## 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.

Winter 1: January 6th-February 10th  
Winter 2: February 17th-March 24th  
Winter 3: April 7th-May 12th

Saturdays: 9:30am-Noon, in Studio B  
Free for Y members OR:  
\$25/session - Youth age 15 and under  
\$35/session - Ages 16 and up

## Beginning Karate

Kids 8 years and up along with adults can learn some self-defense, get physically fit and gain confidence by joining in this traditional Japanese Karate class. Wear comfortable clothing or purchase a uniform.

Instructor: Tony Kotula  
Tuesdays, 6:30-8:00pm, in Studio B

## YOUTH SOCCER

The YMCA soccer program provides an opportunity to develop fundamental skills, practice teamwork and good sportsmanship, equal playing time and have FUN in a low-competition environment. Incorporating fun, fitness, cooperation, skill development, family involvement, and respect for team, coaches and opponents. Practices are on Tuesdays and games on Thursdays.



April 24th-May 17th  
Kindergarten and 1st grade 4:00-5:00pm  
2nd-3rd grades 5:15-6:15pm

Fee: YMCA Member (Child must be member) \$18  
Non-Member \$33  
Jersey (Optional) \$12