



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

CHARGE INTO SUMMER

SUMMER 2017 PROGRAM BOOKLET
ALEXANDRIA AREA YMCA

MEMBERSHIP INFORMATION

MEMBERSHIP RATES

	Monthly
Youth (6 - 17)	\$19
Young Adult (18 - 24)	\$33
Adult (25+)	\$50
One-Adult Household (1 adult, with kids*)	\$62
Two-Adult	\$69
Two-Adult Household (2 adults, with kids*)	\$71

*Children must be under the age of 18, or still in high school, under the age of 25, and full time student status, living at the same address

BUILDING HOURS (Summer)

	Open	Close
Mon-Thurs	5 am	8:30 pm
Friday	5 am	7:30 pm
Saturday	7 am	5 pm
Sunday	10 am	5 pm

BUILDING HOURS (Winter)

	Open	Close
Mon-Thurs	5 am	9:30 pm
Friday	5 am	8:30 pm
Saturday	7 am	7:30 pm
Sunday	10 am	6:30 pm

CONTACT US!

P: (320) 834 9622

W: www.alexandriaymca.com

MEMBERSHIP AT THE Y

Payment Options

Monthly bankdraft or credit card payment; 3, 6, or 12 month advance payment. Payment is accepted by cash, check or credit card (Visa, MasterCard, American Express or Discover). Phone and on-line registration must be paid in full, by credit card.

Joiner Fee

All new members are charged a joiner fee. The joiner fee is only charged once, unless a lapse in membership occurs for more than 30 days.

Membership Holds

Membership holds may only be granted for periods up to 3 months for a fee of \$15, or periods up to 6 months for a fee of \$30. Your membership will automatically re-activate after the hold expires.

Membership Cancellations

Written notification, and signature are required to cancel your membership. Cancellations need to be received by the 15th of the month, to stop the bank debit from occurring the next month.

Financial Assistance

We are proud to make every effort to ensure that membership and programs are available to the entire community, regardless of financial situation. Financial assistance applications are available at the Member Services desk, and on our web site, www.alexandriaymca.com

Health Insurance Kickbacks

You may be eligible to receive \$15-\$40 back from your health insurance provider. Contact your provider to see if your plan qualifies!

YMCA CHILD CARE

With so many demands on today's families, parents need all the support they can get. That's why child care at the Y is about more than looking after kids. It's about nurturing their development by providing a safe place to learn foundational skills, develop healthy, trusting relationships and build self-reliance through the Y values of caring, honesty, respect and responsibility. The Y offers year round childcare for children ages six weeks through Kindergarten. Our diverse curriculum (Creative Curriculum), qualified teachers, and excellent facilities create the optimum learning environment for your child. YMCA child care is open to the community. Each and every day is a new adventure!

PROGRAM GOALS

- Developing partnerships with families
- Helping children develop to their fullest potential
- Creating environments that support and encourage exploration
- Teaching, modeling, celebrating, practicing & praising
- Encouraging child centered play
- Promoting teacher-guided and student-led activities
- Fostering positive self-image in all children
- Ensuring children's safety and health
- Recognizing the importance of social/emotional development
- Taking advantage of every opportunity to build a foundation for lifelong learning
- Observing and documenting each child's development to allow for differentiated instruction and individual guidance

ENROLLMENT

To assure the best possible experience, we recommend a pre-registration tour and orientation with Sara Peterson, (320) 834 9622 or speterson@alexandriaymca.com.

CONTRACT OPTIONS

- Full time, 5-day contracts
- Occasional Care, 1-5 days per week (based on availability)
- County Assistance is accepted.

ENRICHMENT OPPORTUNITIES

To enhance your child's learning experience, we include the following enrichment programs at no additional costs.

SPLASH

Children in Preschool and K-readiness are introduced to a safe aquatic environment where fun games help them become more comfortable in and around the water.

KIDZ FIT

Children stay fit through play and build healthy habits while having fun. Children learn about the importance of taking care of their bodies, exercise and movement. Activities are lead by YMCA Wellness Staff.

Check out our web site for additional information on curriculum and classroom specifics.

United Way of Douglas
& Pope Counties



Have you reserved your spot for Fall 2017 yet? YMCA Child Care is now accepting enrollments!

YOUTH SWIM LESSONS

PARENT/CHILD 30 MINUTE CLASSES

Parents will accompany their child in the water, while an instructor guides parents in teaching children fundamental safety & aquatic skills.

"A" WATER DISCOVERY

Prerequisites: No swimming skills; Plastic pants or disposable swim diapers; neck strength to support head.

To progress, child can blow bubbles on surface, water entry and exit with parent, roll back to front to back, hold onto wall, back and front float with parent assistance.

\$49 Member

\$59 Non-Member

WHAT'S NEXT? Age appropriate class; "B" Water Exploration or if at least 3 years, toilet trained and comfortable without parent "1" Water Acclimation

"B" WATER EXPLORATION

Prerequisites: "A" Water Discovery skills.

To progress, child can submerge mouth and nose, enter and exit water with assistance, float on back and front with assistance, monkey crawl 5 ft along edge.

\$49 Member

\$59 Non-Member

WHAT'S NEXT? "1" Water Acclimation

PRIVATE SWIM LESSONS

For those who want to work on advanced skills or learn the basic skills with one on one attention. Times are set to fit your schedule. Lessons are 30 minutes.

Ages: 36 months+

Fee: \$68 (Member) 4 sessions

\$78 (Non-M) 4 sessions

BEGINNING SWIM LESSONS (3-5 YEARS) 30 MINUTE CLASSES

"1" WATER ACCLIMATION

Equivalent PIKE & RC PRESCHOOL
Prerequisites: No swimming skills; Toilet trained; Comfortable without parent

To progress, child must bob independently, float on their front and back (assisted) for 10 sec. Front and back glide for 5 ft. WHAT'S NEXT?

"2" Water Movement

\$49 Member

\$59 Non-Member

"2" WATER MOVEMENT

Equivalent EEL & RC LEVEL 1
Prerequisite: "1" Water Acclimation skills

To progress, child must bob independently; float on their front and back for 10 sec. Front and back glide for 5 ft. WHAT'S NEXT? "3" Water Stamina

\$49 Member

\$59 Non-Member

"3" WATER STAMINA

Equivalent RAY & RC LEVEL 2
Prerequisite: "2" Water Movement skills

To progress, child can swim on their front and back 10 yds., retrieve object in chest-deep water, tread water 30 sec. WHAT'S NEXT? "4" Stroke Introduction.

\$49 Member

\$59 Non-Member

YOUTH SWIM LESSONS

INTERMEDIATE SWIM LESSONS (6+ YEARS) 30 MINUTE CLASSES

"1" WATER ACCLIMATION

Equivalent POLLIWOG

Prerequisites: No swimming skills

Comfortable without parent
To progress, child must bob independently, float on their front and back (assisted) for 10 sec. Front and back glide for 5 ft. WHAT'S NEXT?

"2" Water Movement

\$49 Member

\$59 Non-Member

"2" WATER MOVEMENT

Equivalent POLLIWOG & RC LEVEL 1

Prerequisite: "1"

To progress, child must bob independently; float on their front and back for 10 sec. Front and back glide for 5 ft. WHAT'S NEXT?

"3" Water Stamina

\$49 Member

\$59 Non-Member

"3" WATER STAMINA

Equivalent RAY & RED CROSS LVL 2

Prerequisite: "2"

To progress, child can swim on their front and back 10 yds., retrieve object in chest-deep water, tread water 30 sec. WHAT'S NEXT?

"4" Stroke Introduction.

\$49 Member

\$59 Non-Member

PRIVATE SWIM LESSONS

For those who want to work on advanced skills or learn the basic skills with one on one attention. Times are set to fit your schedule. Lessons are 30 minutes.

Ages: 36 months+

Fee: \$68 (Member) 4 sessions

\$78 (Non-M) 4 sessions

ADVANCED SWIM LESSONS 40 MINUTE CLASSES

"4" STROKE INTRODUCTION

Equivalent MINNOW & RC LEVEL /5

Prerequisites: "3"

To progress the child can swim 25 yds without assistance, swim the following strokes: front crawl, back crawl breaststroke, butterfly, elementary backstroke, 15 yds and dive. WHAT'S NEXT?

"5" Stroke Development.

\$49 Member

\$59 Non-Member

"5" STROKE DEVELOPMENT

Equivalent FISH & RC LEVEL 6

Prerequisites: "4"

To progress the child can swim 50 yds without assistance, Swim the following strokes: front crawl, back crawl breaststroke, elementary backstroke, 25 yds, butterfly, 15 yds, and dive and tread water 2 min. WHAT'S NEXT?

"5" Stroke Development.

\$49 Member

\$59 Non-Member

"6" STROKE MECHANICS

Equivalent FLY FISH & RC LEVEL 6

Prerequisites: "5"

To progress the child can swim 150 yds without assistance, swim the following strokes: front crawl, back crawl breaststroke, elementary backstroke, 50 yds, butterfly, 25 yds, and dive and retrieve object off bottom-tread water 1 min.

\$49 Member

\$59 Non-Member

YOUTH SWIM LESSONS

SUMMER SWIM LESSONS

SESSION I

June 12 – June 22

SESSION II

June 26 – July 7

*Lessons on 7/4 moved to 7/7

SESSION III

July 10 – July 20

*Session III AM class times different from below. See registration details.

SESSION IV

July 24 – August 3

SESSION V

August 7 – August 17

SESSION VI

August 21 – August 31

MONDAY-THURSDAY

9:25 am

10:00 am

5:10 pm

5:45 pm

3-5yrs Level 1

6+yrs Level 1

3-5yrs Level 1

6+yrs Level 1

3-5yrs Level 2

6+yrs Level 2

3-5yrs Level 2

6+yrs Level 2

3-5yrs Level 3

6+yrs Level 3

3-5yrs Level 3

6+yrs Level 3

P/C A

10:00 am

P/C A

5:45 pm

P/C B

6+yrs Level 4

P/C B

6+yrs Level 4

6+yrs Level 5

6+yrs Level 5

6+yrs Level 6

6+yrs Level 6

CERTIFICATION TRAINING

LIFEGUARD TRAINING

This course teaches the knowledge and skills needed to prevent and respond to aquatic emergencies. Includes First Aid and CPR/AED certificates. ***Attendance is required at all dates/times.**

PREREQUISITES: Participants must be 15 years old by the last day of class; Swim 300 yards continuously; swim 20 yards, retrieve a 10 lb. object from 10 feet of water, and kick 20 yards back to the start.

I: May 12-14
Friday: 5 pm - 8 pm
Saturday: 8 am - 5 pm
Sunday: 12 pm - 6 pm
Fee: \$150 (Members)
\$180 (Non-Member)

II: June 6-8
All Days: 8 am - 5 pm
Fee: \$150 (Members)
\$180 (Non-Member)

LIFEGUARD RE-CERTIFICATION TRAINING

This course reinforces the knowledge and skill needed to prevent and respond to aquatic emergencies.

This course includes First Aid and CPR/AED certificates.

This course includes a web-based learning segment that is assigned one week prior to class.

PREREQUISITES: This class is for currently certified lifeguards, or lifeguards whose certification has expired in the last 12 months.

Date: Sat., May 20
Time: 8 am - 5 pm

Date: Thurs., June 8
Time: 8 am - 5 pm

Fee: \$50 (Members)
\$80 (Non-Member)

CPR/AED AND FIRST AID FOR THE PROFESSIONAL RESCUER TRAINING

This CPR course is for those 15 years or older. It covers CPR for adult, child, and infant, AEDs, two-person CPR, bag valve masks, and choking.

Session I: Tues., June 13
6 pm - 8 pm

Session II: Tues., July 11
6 pm - 8 pm

Session III: Tues., August 8
6 pm - 8 pm

Fee: \$35 (Members)
\$50 (Non-Member)

RECREATIONAL YOUTH SPORTS

YMCA FLAG FOOTBALL

All YMCA flag football programs are held at Alexandria Area YMCA field space.

PRE-K & K

This program stresses the basic fundamentals of football, and applies them in game situations. All flag football participants will receive a T-shirt!

Grade: Pre-K
Days: Saturdays
Dates: Sept. 9 - Oct. 14
Times: 10:30 am - 11 am
Member: \$30
Non-M: \$40

Grade: Kindergarten
Days: Saturdays
Dates: Sept. 9 - Oct. 14
Times: 9:30 am - 10:15 am
Member: \$35
Non-M: \$45

BEGINNER T-BALL

PRE-K (3-4 YEARS)

This program is designed to introduce kids to the game of baseball and build skills for beginning players, focusing on the fundamentals.

In case of inclement weather, program will be held indoors.

Session I: Mondays,
June 12 - July 17
Time: 10:30 am - 11 am
Session II: Thursdays,
June 15 - July 20
Time: 6:30 pm - 7 pm
Fee: \$25 (Member)
\$35 (Non)

ROOKIE T-BALL

PRE-K/K (5-6 YEARS)

Players are introduced to the basics of baseball and fundamentals of the game: the basics of hitting, throwing, catching, and base running within a framework of teamwork and sportsmanship. **In case of inclement weather, program will be held indoors.**

Session I: Mondays,
June 12 - July 17
Time: 9:30am - 10:15am
Session II: Thursdays,
June 15 - July 20
Time: 7:15 pm - 8 pm
Fee: \$30 (Member)
\$40 (Non)

COACH-PITCH T-BALL LEAGUE

ENTERING 1ST GRADE

Players are introduced to the basics of baseball through live games that utilize live pitching and tee-work. Teams will be divided equally to ensure player development. **In case of inclement weather, games will be rescheduled.**

Session I: Wednesdays,
June 14 - July 19
Time: 5:00 pm - 8:00 pm
Fee: \$40 (Member)
\$55 (Non)

RECREATIONAL LEAGUES

SPORTS MANIA

GRADES 1-6

Sports Mania gives participants the opportunity to play a different sport/game each week!

There will be lots of playing time and fun to be had in volleyball, floor hockey, soccer, ultimate frisbee/football, dodgeball, and basketball!

In case of inclement weather, program will be held indoors.

AGES: 1-3 GRADES

Day: Wednesdays
Date: July 26 - Aug. 30
Time: 5:00 pm - 5:45 pm
Fee: \$25/Member
\$35/Non-M

AGES: 4-6 GRADES

Day: Wednesdays
Date: July 26 - Aug. 30
Time: 5:50 - 6:35 pm
Fee: \$25/Member
\$35/Non-M

YOUTH OUTDOOR

SOCCER

PRE-K/K

All YMCA soccer programs are held at YMCA field space.

High School Head Soccer Coach Cahil Collins introduces kicking, dribbling, passing and shooting, all within the framework of teamwork.

Day: Wednesdays
Date: June 7 - July 12
Ages: Pre-K/K
Times: 5 pm - 5:30 pm
Fee: \$25 (Member)
\$35 (Non-M)

Day: Wednesdays
Date: June 16 - July 21
Ages: 1-3 grades
Times: 5:30 pm - 6:15 pm
Fee: \$30 (Member)
\$40 (Non-M)

CHALLENGER SPORTS: BRITISH SOCCER CAMP

JUNE 26-JUNE 30

The Alexandria YMCA is excited to host a 2017 British Soccer Camp! Camp staff & coaches are selected and trained in the UK, and specialize in skill-based environments. Players will be coached within a framework based on respect, responsibility, integrity, leadership, sportsmanship, and FUN.

Every athlete that registers will receive over \$100 worth of gear including camp soccer ball, shirt, poster, and detailed evaluation.

Age	Time	Fee
3-4 yrs old	9 am - 10 am	\$68
5-7 yrs old	10 am - 12 pm	\$88
8-10 yrs old	12:30 pm - 2:30 pm	\$88
11-14 yrs old	2:30 pm - 4:30 pm	\$88

LAR YOUTH SPORTS

YOUTH BASEBALL & SOFTBALL

Location: Alexandria Area High School Area Fields

Coaches' meeting scheduled for Monday, June 5, at 6:30 p.m. in the Lakes Area Recreation Gym. Coaches and assistant coaches are asked to attend in order to pick up their team's equipment and discuss expectations, schedules, and league rules. Teams and schedules will be posted online after June 5.

Program	Girls Soft Toss	Boys Soft Toss	Boys Pitching Machine
Grades	1st/2nd Grade	1st Grade	2nd/3rd Grade
Dates	June 13 - Aug. 3 Tues/Thurs	June 13 - Aug. 3 Tues/Thurs	June 12 - Aug. 2 Mon./Wed.
Time	5:30 pm, 6:30 pm or 7:30 pm *Rotating Schedule*		
Fee	\$70	\$70	\$70

YOUTH SOFTBALL

Location: Alexandria Area High School Area Fields

Coaches' meeting scheduled for Monday, June 5, at 6:30 p.m. in the Lakes Area Recreation Gym. Coaches and assistant coaches are asked to attend in order to pick up their team's equipment and discuss expectations, schedules, and league rules. Teams and schedules will be posted online after June 5.

Program	Girls Soft Toss	Girls Fast Pitch
Grades	3rd/4th Grade	5th/6th Grade
Dates	June 13 - Aug. 3 Tues/Thurs	June 12 - Aug. 2 Mon./Wed.
Time	8:15 am, 9:30 am or 10:45 am *Rotating Schedule*	
Fee	\$70	\$70

Sign up for LAR programming online, or
by visiting lakesarearecreation.com

LAR YOUTH SPORTS

YOUTH FOOTBALL

Location: Alexandria Area High School Area Fields

1ST-4TH GRADE FLAG FOOTBALL

These program stresses the basic fundamentals of football, and applies them in game situations.

5TH/6TH GRADE TACKLE FOOTBALL

Join us for a parent meeting on Wednesday, August 23 at 6:30 p.m. in the Lakes Area Recreation Gym. *A \$100 equipment deposit will be required at time of registration. Practices are held twice a week, with games on Saturdays.

Grades	1st/2nd Grade	3rd/4th Grade	5th/6th Grade
Dates	Sept. 9 - Oct. 14	Sept. 9 - Oct. 14	Sept. 9 - Oct. 14
Time	10 am - 11 am (1) 11 am - 12 pm (2)	8 am - 9 am (3) 9 am - 10 am (4)	9:15 am (5) 10:45 am (6)
Fee	\$60	\$60	\$83

Sign up for LAR programming online, or
by visiting lakesarearecreation.com

YOUTH & FAMILY TIME

CONTINUING THIS SUMMER!

- One weekly field trip
- Renewed focus on character development

KINDERGARTEN – 6TH GRADE

Feel good about where your child spends their summer. Day Camp is a school age summer day camp program offered to kids entering kindergarten to kids entering 6th grade. This program features weekly themes, weekly field trips, summer reading, and service projects. Children will utilize different areas at the Y, including the gym, aquatic center and outdoor field space.

WHEN?

WED., JUNE 7 – FRI., SEPT. 1

YMCA Summer Day Camp is offered during summer break. Our day begins as early as 6:30 a.m. and ends at 6 p.m.

WHAT SHOULD I BRING?

Each day please bring: water bottle, swimsuit & towel, and clothing/footwear for outdoor activities.

***Please bring a packed lunch first & last weeks of Day Camp!**

WHAT'S INCLUDED?

A one-time \$25 registration fee will be assessed to each participant on at registration. Same-day registration may be available if space permits. A YMCA water bottle, T-shirt, and transportation costs are included in the cost of the program.

DAYS	MEMBER RATE	NON-M RATE
1-5 DAY PRE- REGISTRATION	\$26 /DAY	\$28 /DAY
DROP-IN	\$30 /DAY	\$32 /DAY

**Summer
Day Camp
Open House!
Thurs., June 1
6 pm – 7:30 pm**

BIRTHDAY PARTIES

We have everything you need to have the party of your dreams, hassle free! Our parties include:

- Birthday cake
- A gift for the birthday child
- Table decorations & chairs, beverage & paper products
- Two, one-topping pizzas available for an additional \$20
- Parents are welcome to bring additional food, goodie bags or special decorations

Build your celebration by selecting from our various packages:

POOL PARTY

AGES 6+

2-hour party featuring one hour in the pool for open swim and slide time, and one hour in the party room for cake and presents.

**Prior to aquatic center use, children are required to conduct a brief swim test to ensure their safety in our aquatic center. Children 6 years old and younger must be supervised by an adult in the pool. Towels are not provided.*

\$115 Member
\$130 Non-Member
10 children/2 adults

KINDERGYM PARTY

AGES 3-6 YEARS

Kindergym parties include one hour in the party room, and one hour in the gym tumbling, running, jumping and crawling on the YMCA Kindergym equipment.

\$115 Member
\$130 Non-Member
10 children/2 adults

FRIDAY	5:30 pm
SATURDAY	1 pm
SUNDAY	1 pm

ADDITIONAL TIMES AND DAYS AVAILABLE BY REQUEST DURING SUMMER BUILDING HOURS!

Contact Jackie, 320.834.9622 or jbucholz@alexandriaymca.com

GYM PARTY

AGES 6-12

2-hour party featuring one hour in the gym and one hour in the party room for cake and presents. Choose from basketball, football, dodgeball or floor hockey.

\$100 Member
\$115 Non-Member
10 children/2 adults



POOL & GYM PARTY

AGES 6-12

3-hour party featuring one hour in the pool for open swim and slide time, one hour in the gym, and one hour in the party room for cake and presents. In the gym, choose from basketball, football, dodgeball or floor hockey.

**Prior to aquatic center use, children are required to conduct a brief swim test to ensure their safety in our aquatic center. Children 6 years old and younger must be supervised by an adult in the pool. Towels are not provided.*

\$130 Member
\$145 Non-Member
10 children/2 adults

HEALTHY LIVING

MASTERS SWIMMING ADULTS 18+

All skills levels and participants welcome!

U.S. Masters Swimming is a national membership-operated nonprofit organization that provides membership benefits to nearly 60,000 Masters swimmers across the country. Coaches write workouts and provide feedback and instruction.

Participants receive stroke techniques, conditioning and workouts to enhance individual training during group training sessions.

A typical workout lasts for an hour or more. Most workouts consist of varying distances and repetitions divided into manageable sets.

Contact Cahil with questions, 320.834.9622 or ccollins@alexandriaymca.com.

For more information on Masters Swimming, visit www.usms.org.

*\$52 Minnesota Masters Swimming Fee applies to both members and non-members prior to registration.

Fee: \$25 Member
 \$45 Non-M/Month

WELLNESS ORIENTATIONS

Our wellness coaches will walk you through a short introduction to the fitness equipment and wellness center policies.

HEALTHY LIFESTYLES

A 6-week exercise support process, designed to teach new members how to start an exercise program. You will be teamed up with a wellness coach for 3 one-on-one meetings. With the help of your coach you:

- Learn to use the most effective cardiovascular and strength-training equipment to meet your lifestyle.
- Work within your own level and monitor your workout level.

Attendance is mandatory for all Teens ages 10-13 wanting to use the wellness center.

ACTIVE TEENS 10-11 YEARS OLD

Teens learn basic body mechanics, the importance of cardiovascular exercise. In addition, learn body weight exercises to strengthen major muscle groups. At completion, teens will be granted access to the cardiovascular equipment, track and stretching area.

Fee: **FREE** (Members Only)

STRONG TEENS 12 & 13 YEARS OLD

Teens will complete a basic assessment, learn proper strength training techniques, plyometrics, and core exercises. At completion, teens will be granted access to equipment, track, machine weights and stretching area.

Fee: **FREE** (Members Only)

HEALTHY LIVING

PERSONAL FITNESS & TRAINING

YMCA Personal Training is developed to fit your needs, lifestyle and goals.

- One-on-one attention from a Certified Personal Trainer
- Sessions are scheduled based on your availability so you can get more done in less time
- Boost motivation and guidance for beginners & health seekers
- Address muscle imbalances, injured areas, flexibility and balance
- Improve exercise consistency
- Train for specific event(s) or fitness goals
- **FREE PERSONAL TRAINING CONSULTS!**

TRAIN HARDER

60 Minute Individual Packages

3 Sessions \$120

6 Sessions \$240

9 Sessions \$315

12 Sessions \$420

15 Sessions \$450

18 Sessions \$540

TRAIN TOGETHER

60 Minute Partner Packages

3 Sessions \$90

6 Sessions \$180

9 Sessions \$225

12 Sessions \$300

18 Sessions \$360

*Partner training is two people

*Prices are per person

30-MINUTE & AQUA PERSONAL TRAINING

Personal training is available in 30-minute sessions! Contact Tammi for more information, (320) 834-9622.

HEALTH & WELLNESS

TRX SUSPENSION TRAINING

TRX Suspension Training is a new approach to exercise that leverages one's own body weight and the force of gravity and is designed to develop strength, balance, flexibility, endurance, coordination and core stability all simultaneously.

The system utilizes a system of straps, buckles and grips (called a suspension trainer) that allows the user to work against their own body weight. TRX training engages the core on every exercise in addition to providing some cardio fitness in every single workout.

SESSION	DAY/TIME	FEE
JUNE 7 - JULY 14	WED. 5:10 AM - 6 AM	\$35
JUNE 7 - JULY 14	WED. 11:15 AM - 12 PM	\$35
JULY 19 - AUGUST 25	WED. 5:10 AM - 6 AM	\$35
JULY 19 - AUGUST 25	WED. 11:15 AM - 12 PM	\$35

ADDITIONAL SMALL GROUP TIMES AND DAYS AVAILABLE BY REQUEST!

Contact Jackie, 320.834.9622 or jbucholz@alexandriaymca.com

55+ STRENGTH TRAINING

These programs are for men & women new to toning and strength training, or want more instruction in the variety of exercises and machines to use for each muscle group.

Certified Personal Trainers help you increase muscle tone and strength with guided instruction using various weight machines, resistance cords, stability balls and medicine balls.

This is a great introduction to personal training! Complete this course and receive 10% off personal training packages.

WOMEN & WEIGHTS, 55+

- I: June 14 - July 19
Wednesdays, 9 am - 10 am
- II: August 2 - September 6
Wednesdays, 9 am - 10 am
Fee: \$50

*Limited to 4 class participants

*Requires a minimum of 3 participants

MEN & WEIGHTS, 55+

- I: June 16 - July 21
Fridays, 11 am - 12 pm
- II: August 4 - September 8
Fridays, 11 am - 12 pm
Fee: \$50

*Limited to 4 class participants

*Requires a minimum of 3 participants