



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WINTER FUN FOR EVERYONE

WINTER/SPRING 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-Adults (2 adults, no kids)	\$69
Two-Adult Household (2 adults, with kids*)	\$72

*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, 1-3 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 & YOGA

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.

LANGUAGE

Explore languages like Spanish and Sign Language through games, storytelling, songs and other activities.

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 Summer 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.

Fee \$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.

WHAT'S NEXT? "1" Water Acclimation

Fee \$49 Member
\$59 Non-Member

GYM & SWIM

AGES 3-5 YEARS

Gym time builds coordination, balance and flexibility. Pool time introduces kids to water using flotation devices, paddling and kicking.

I: Jan 9 - Feb 15

II: Feb 20 - April 5

***Will not meet 3/13 & 15**

III: April 10 - May 17

Days: Mondays or Wednesdays

Time: 9:05 am - 10:10 am

Fee \$30 Member
\$40 Non-Member

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

"1" WATER ACCLIMATION

Equivalent: PIKE & RED CROSS 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

Fee \$49 Member
\$59 Non-Member

"2" WATER MOVEMENT

Equivalent: EEL & RED CROSS LVL 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

Fee \$49 Member
\$59 Non-Member

"3" WATER STAMINA

Equivalent: RAY & RED CROSS LVL 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.

Fee \$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
Fee \$49 Member
\$59 Non-Member

"2" WATER MOVEMENT

Equivalent: POLLIWOG & RED CROSS LVL 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
Fee \$49 Member
\$59 Non-Member

"3" WATER STAMINA

Equivalent: RAY & RED CROSS LVL 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.
Fee \$49 Member
\$59 Non-Member

PRIVATE SWIM LESSONS

For those who want to work on advanced skills or even learn the basic skills with one on one attention. Time will be set to fit your and the instructor's schedule. Each lesson will be 30 minutes.

Ages: 36 months+
Fee: \$65 Member 4 sessions
\$75 Non-M 4 sessions

ADVANCED SWIM LESSONS 40 MINUTE CLASSES

"4" STROKE INTRODUCTION

Equivalent MINNOW & RED CROSS LEVEL 4 & 5

Prerequisites: "3" Water Stamina skills

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.

Fee \$49 Member
\$59 Non-Member

"5" STROKE DEVELOPMENT

Equivalent: FISH & RED CROSS LVL 6

Prerequisites: "4" Water Stamina skills

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.
Fee \$49 Member
\$59 Non-Member

"6" STROKE MECHANICS

Equivalent: FLYING FISH & RED CROSS LEVEL 6

Prerequisites: "5" Stroke Development

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.

Fee \$49 Member
\$59 Non-Member

YOUTH SWIM LESSONS

<p>WINTER SWIM LESSONS</p> <p>SESSION I January 2 - January 26</p> <p>SESSION II January 30 - February 23</p>	<p>SESSION III February 27 - March 30 <small>*Lesson times change March 6-9 *No lessons March 13-16</small></p> <p>SESSION IV March 30 - April 3-28</p> <p>SESSION V May 1-25</p>
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MONDAY/WEDNESDAY EVENING

5:25 pm	6:00 pm
Level 1	Level 1
Level 2	Level 2
Level 3	Level 3
Level A	Level 4
Level B	Level 5
	Level 6

TUESDAY/THURSDAY AFTERNOON

3:40 pm	4:15 pm
Level 1	Level 1
Level 2	Level 2
Level 3	Level 3
Level A	Level 4
Level B	Level 5
	Level 6

MONDAY/WEDNESDAY MORNING

10:15 am	10:45 am
Level 1	Level 1
	Level 2

SATURDAY LESSONS

SESSION I-III
January 14 - March 4

SESSION IV-V
March 25 - May 13

SATURDAY MORNING

8:45 am	8:55 am	9:30 am
Level 1	Level 4	Level 1
Level 2	Level 5	Level 2
Level 3	Level 6	Level 3
		Level A
		Level B

CERTIFICATION TRAINING

LIFEGUARD TRAINING

This course teaches the knowledge and skill needed to prevent and respond to aquatic emergencies, and 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: March 15-17
Times: 8 am - 5 pm
Fee: \$150 Members
\$180 Non-Member

II: May 12, 13 & 14
Times: 5 pm - 8 pm (Friday)
8 am - 5 pm (Saturday)
12 pm - 6 pm (Sunday)

III: June 6-8
Times: 8 am - 5 pm
Fee: \$150 Member
\$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.

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

Date: Mon., January 16
Time: 8 am - 5 pm

Date: Fri., March 17
Time: 8 am - 5 pm

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

7 Fee: \$50 Members
\$80 Non-Member

CPR/AED FOR THE PROFESSIONAL RESCUER & FIRST AID 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.

Tuesdays, 6 pm - 9 pm
February 21; April 18 or May 2

Saturdays, 8 am - 12 pm
January 14; February 18; March 25; April 29 or May 13

Mondays, 8 am - 12 pm
January 16

Wednesdays, 8 am - 12 pm
March 15

Fee: \$35 Member
\$50 Non-Member

RECREATIONAL YOUTH SPORTS

GYM RATS BASKETBALL

PRE-K/K

This program stresses the basic fundamentals of basketball, like passing, shooting, rebounding and understanding the rules of the game. Staff and volunteers will coach this program.

AGES: K (5-6 YEARS)
Day: Saturdays, YMCA
Date: Jan 7 - Feb 11
Times: 10:15 - 11 am
Fee: \$30 (Member)
\$40 (Non-M)

AGES: PRE-K/K
(4-5 YEARS)
Day: Saturdays, YMCA
Date: Jan 7 - Feb 11
Times: 9:30 - 10:00 am
Fee: \$25 Member
\$35 Non-Member

3 ON 3 BASKETBALL

Each team will compete against all teams in their age bracket. T-shirts are awarded to the winning team!

Age: Boys, 2-4 Grades
Saturday, Mar. 25

4TH GRADE: 12:00 PM
3RD GRADE: 10:00 AM
2ND GRADE: 8:00 AM
Fee: \$30 Member Team
\$40 Non-M Team

Age: Girls, 2-4 Grades
Saturday, Mar. 25

4TH GRADE: 1:00 PM
3RD GRADE: 11:00 AM
2ND GRADE: 9:00 AM
Fee: \$30 Member Team
\$40 Non-M Team

RECREATIONAL YOUTH SPORTS

BASEBALL PITCHING CLINIC

This clinic focuses on the fundamentals of pitching mechanics, delivery, control and arm strength. A great way to learn the basics or fine tune skills to prepare yourself for the season. The clinic will utilize YMCA professional pitching mounds.

Dates: Sundays,
Mar 26 - Apr 9
4:00 pm - 5:00 pm

AGES: UNDER 10 YRS
AGES: UNDER 14 YRS
5:00 pm - 6:00 pm

Fee: \$45 Member
\$60 Non-Member

BEGINNER ROOKIE 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.

Ages: **PRE-K**
Session I: Wednesdays,
April 19 - May 24

Time: 6:30 pm - 7:00 pm
Fee: \$25 Member
\$35 Non-Member

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.**

AGES: PRE-K & K
Session I: Wednesdays
April 19 - May 24

Time: 7:10 pm - 7:55 pm
Fee: \$30 Member
\$40 Non-Member

SPORTS MANIA

GRADES 1-6

A new sport will be introduced each week. Sports/games include: volleyball, floor Hockey, soccer, ultimate Frisbee, Dodgeball, and basketball!

Day: Saturdays
Dates: Apr 1 - May 6
Gr. 1-3: 10:15 am-11 am
Gr. 4-6: 11:10 am-12 pm
Fee: \$30 (Member)
\$40 (Non-M)

YOUTH OUTDOOR SOCCER

Alexandria Area High School Head Soccer Coach, Cahil Collins introduces kicking, dribbling, passing and shooting, all within the framework of teamwork. **In case of inclement weather, program will be held indoors.**

AGES: PRE-K/K
Day: Thursdays, YMCA
Date: Apr 20-May 25
Times: 5 pm - 5:30 pm
Fee: \$25 Member
\$30 Non-M

AGES: GRADE 1-3
Day: Thursdays, YMCA
Date: Apr 20-May 25
Times: 5:30 pm - 6:15 pm
Fee: \$30 Member
\$40 Non-M

RECREATIONAL LEAGUES

BATTING LEAGUE

Teams of 4 players will compete against each other to score as many points as possible in 5 inning games by hitting balls at cage targets. A game consists of 200 swings total (100 swings/team). Each player gets 5 swings per inning.

Individual and team statistics are kept, and individual and team champions will be awarded.

Each team plays a single 50-minute game each week; schedules are sent out the week prior.

AGES: ADULT (18+)

Tuesdays

Feb 28 - March 21

Time: 7:00 pm - 9:50 pm

Fee: \$110/Team

AGES: HIGH SCHOOL & JUNIOR HIGH (6-12 GR.)

Sundays

Feb 26 - Mar 19

Time: 7:00 pm - 9:50 pm

Fee: \$110/Team

BATTING CAGE

Batting cages will be open to softball and baseball players to get swings in prior to season start.

CALL CAHIL (320) 834-9622, TO RESERVE BATTING CAGES FOR GROUPS AT \$30/HOUR.

Sun.: 2 pm - 4 pm

SB: 2 pm - 3 pm

BB: 3 pm - 4 pm

BEGINS MAR. 26

Sat.: 8:15 am - 10:15 am

SB: 8:15 am - 9:15 am

BB: 9:15 am - 10:15 am

BEGINS FEB. 18

Fee 1: \$3/30 balls Member

\$4/30 balls Non-M

Fee 2: \$30/12 rounds Member

\$40/12 rounds Non-M

ADULT INDOOR FLOOR HOCKEY

Teams of 5 will compete for timed games of 45 minutes. Details and schedules will be finalized when registration ends.

AGES: AGES 14+

Dates: Mondays

Feb. 20 - Mar. 27

Location: YMCA

Time: 7:00 pm - 9:30 pm

Fee: \$100/team

CO-ED INDOOR SOCCER LEAGUE

Teams of 5 will compete for timed games of 45 minutes. Details and schedules will be finalized once registration ends.

AGES: 6-8 GRADES

Dates: Sundays

Jan. 8, 22 & 29

Feb. 5, 12 & 26

Location: Luther Crest

Time: 6:00 pm - 9:30 pm

Fee: \$150/Team

AGES: ADULTS (14+)

Dates: Mondays

Jan. 9 - Feb. 13

Location: Luther Crest

Time: 6:00 pm - 9:30 pm

Fee: \$150/Team

ADULT DODGEBALL

Teams of 6 will compete for timed games of 45 minutes. Details and schedules will be finalized once registration ends.

AGES: ADULT (14+)

Dates: Tuesdays -

Jan. 10 - Feb. 14

Location: YMCA Gymnasium

Time: 7:00 pm - 9:30 pm

Fee: \$100/Team

YOUTH & FAMILY TIME

KIDS HOCKEY NIGHT OUT

We'll cheer on the Blizzard from the "Ice Box" as they take on the Willmar WarHawks.

Date: Saturday, January 7
Runestone
Community Center
7:10 pm Puck Drop!

Ages: K-6 Grades
Fee: \$11 Member Child
\$13 Non-M Child
*Snacks not included

PARENT'S NIGHT OUT

Don't worry about a thing!

Let the Y staff watch the kids, while you shop, dine, or relax. Pizza or subs will be served for supper! Parents are required to sign children in when arriving, and sign them out when leaving.

Ages: 5 years - 12 years
Date: Sat., Feb. 25
Sat., Mar. 25
Sat., April 22
Sat., May 20

Time: 4:30 pm - 8:30 pm
Fee: \$13 Per Member Family
\$15 Per Non-M Family

SCHOOL'S OUT DAY CAMP

KINDERGARTEN - 6TH GRADE

Spend your school's out day at the Y! This program will have full access to YMCA facilities, including the aquatic center, gymnasium, playground.

Drop off begins at 7:15 am, and pick up ends at 6 pm. **Participants need to bring a lunch, outdoor clothing, swimsuit and towel.**

DATES	MEM/ NON-M RATE PER DAY	MEM/ NON-M DROP IN RATE PER DAY
DEC. 23, 26-30; JAN 2	\$26 \$28	\$30 \$32
JAN. 16	\$26 \$28	\$30 \$32
FEB. 20	\$26 \$28	\$30 \$32
MAR. 13-17	\$26 \$28	\$30 \$32
APR. 14 & 17	\$26 \$28	\$30 \$32

SUMMER DAY CAMP

KINDERGARTEN - 6TH GRADE

Spend your summer at the Y! This program will access YMCA facilities & off-site locations.

DAYS	MEM/ NON-M RATE PER DAY	MEM/ NON-M DROP IN RATE PER DAY
JUNE 7 - SEPT 1	\$26 \$28	\$30 \$32

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 & 12 chairs, beverage & paper products
- Two, one-topping party pizzas are available for an additional \$30
- Parents may bring in additional food or goodie bags

Build a spectacular celebration by selecting from our various packages:

POOL PARTY

Ages 6-12

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.*

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

KINDER GYM PARTIES

Ages 3-5 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.

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

PARTY DAYS

FRIDAY 5:30 pm

SATURDAY 1 pm

SUNDAY 1 pm

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.

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



POOL & GYM PARTIES

Ages 6-12 Years

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.*

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

TRAINING

PERSONAL FITNESS & TRAINING

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

- One-on-one attention from 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

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 \$270

12 Sessions \$300

15 Sessions \$375

18 Sessions \$450

*Partner training is 2 people

*Prices are per person

AQUA PERSONAL TRAINING

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

YMCA'S DIABETES PREVENTION PROGRAM REDUCE YOUR RISK

The YMCA's Diabetes Prevention Program helps those at risk of developing type 2 diabetes adopt and maintain healthy lifestyles by eating healthier, increasing physical activity, and losing a modest amount of weight to reduce their chances of developing the disease. Based on research funded by the National Institutes of Health and the Centers for Disease Control and Prevention, the program reduces the risk of developing type 2 diabetes by 58%.

ABOUT THE PROGRAM

In a classroom setting, a trained lifestyle coach will facilitate a small group of participants over the course of 16 weekly sessions followed by 8 monthly sessions for added support.

PROGRAM GOALS

Reduce body weight by 5%- 7% and increase physical activity to 150 minutes per week.

WHO CAN PARTICIPATE?

In order to qualify for the program, you must be at least 18 years old, overweight (BMI > 25)* and at high risk for developing type 2 diabetes or have been diagnosed with pre diabetes by a health care provider.

*Asian individual(s) BMI > 22

†Individuals who have already been diagnosed with type 1 or type 2 diabetes do not qualify for this program.

Day: TBD

Date: Classes begin in 2017

Time: TDB

Contact Jackie if you're interested in enrollment (320) 834 9622, or jbucholz@alexandriaymca.com.

HEALTH & WELLNESS

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)

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.

WELLNESS CHALLENGES

CHOOSE TO LOSE!

30-Day New Year's weight loss challenge!

Join us for a kick start 30 day challenge to the new year! Be motivated by daily challenges to complete, and small group training with a certified personal trainer once a week. The person with the most percentage of weight loss will receive a prize!

Day: January 2 -
January 31

Fee: \$20

GROUP FITNESS BINGO

Fill up a full line in any direction with instructor initials to get a BINGO. Put your name and e-mail address on the completed card and return to the front desk to be entered into the drawing for one of our great prizes. Each person may submit up to 3 bingo cards for the drawing. You must participate in the full class to get the instructors initial or stamp.

Day: February 1 -
February 28

Fee: \$10/Bingo Card

2017 HOLIDAY FUN RUNS & RACES

EASTER BUNNY RUN

Start your Easter weekend with a 5k & Kids 1 mile race starting and ending at the YMCA. Pre-registration is required to ensure an event T-shirt.

Day: Saturday,
April 15

Race: 8 am (5k)
9 am (kids 1 mile)

Fee: \$20 (Pre-Registration)
\$30 (Registration & Race Day)

HEALTH & WELLNESS

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 intro to personal training! Complete this course and receive 10% off personal training packages.

WOMEN & WEIGHTS, 55+

I: Feb. 1 - Mar 8
Wednesdays, 9 am - 10 am
II: April 5 - May 10
Wednesdays, 9 am - 10 am
Fee: \$50

*Limited to 4 class participants

*Requires a minimum of 3 participants

MEN & WEIGHTS, 55+

I: Feb. 3 - Mar 10
Fridays, 11 am - 12 pm
II: April 7 - May 12
Fridays, 11 am - 12 pm
Fee: \$50

*Limited to 4 class participants

*Requires a minimum of 3 participants

TRX SUSPENSION TRAINING

TRX Suspension Training is a new approach to exercise that leverages 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).

DATES	TIME	DAYS	FEE
JAN 4 - FEB 8		WED	\$35
MAR 1 - APR 5	5:15 am - 6 am	WED	\$35
APR 19 - MAY 24		WED	\$35
JUN 7 - JUL 14		W & F	\$75
JUL 19 - AUG 25		W & F	\$75

*Limited to 8 class participants

*Requires a minimum of 3 participants

**Small group training times
are also available by request.
Contact Jackie at 320.834.9622**