



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BE HEALTHY BE STRONG BELONG

WINTER/SPRING 2018 PROGRAM GUIDE
ALEXANDRIA AREA YMCA



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MEMBERSHIP INFORMATION

MEMBERSHIP RATES

	Monthly
Youth (6 -17)	\$19
Young Adult (18 - 24)	\$35
Adult (25+)	\$50
One-Adult Household (1 adult, with kids*)	\$63
Two-Adult	\$70
Two-Adult Household (2 adults, with kids*)	\$73

*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

PARTNERSHIP+

Partnership+ is a unique membership reciprocity service for members of the YMCA and Knute Nelson/Grand Arbor, ages 45+.

Members of either facility, ages 45 and older, may use their membership card to check-in, and receive credit, at the reciprocal facility.

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: 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 20th 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 2018 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.

\$55 Member
\$60 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.

\$55 Member
\$60 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

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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
\$55 Member
\$60 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

\$55 Member
\$60 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.

\$55 Member
\$60 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
\$55 Member
\$60 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

\$55 Member
\$60 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.

\$55 Member
\$60 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

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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.
\$55 Member
\$60 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.

\$55 Member
\$60 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.

\$55 Member
\$60 Non-Member

YOUTH SWIM LESSONS

WEEKDAY SWIM LESSONS

SESSION I

January 8 – February 1

SESSION II

February 5 – March 1

SESSION III

March 5 – March 29

SESSION IV

April 2 – April 26

SESSION V

April 30 – May 24

SATURDAY

SWIM LESSONS

SESSION I-II

January 13 – March 3

SESSION III-IV

March 17 – May 12

TUESDAY/THURSDAY

10:00 am **3:40 pm** **4:15 pm**

3-5yrs Level 1 6+yrs Level 1 6+yrs Level 1

10:30 am 6+yrs Level 2 6+yrs Level 2

3-5yrs Level 2 6+yrs Level 3 6+yrs Level 3

3-5yrs Level 3 P/C A 6+yrs Level 4

P/C B 6+yrs Level 5

6+yrs Level 6

MONDAY/WEDNESDAY

5:25 pm **6:00 pm**

3-5yrs Level 1 6+yrs Level 1

3-5yrs Level 2 6+yrs Level 2

3-5yrs Level 3 6+yrs Level 3

P/C A 6+yrs Level 4

P/C B 6+yrs Level 5

6+yrs Level 6

SATURDAY

8:45 am **9:20 am**

3-5yrs Level 1 6+yrs Level 1

3-5yrs Level 2 6+yrs Level 2

3-5yrs Level 3 6+yrs Level 3

P/C A 6+yrs Level 4

P/C B 6+yrs Level 5

6+yrs Level 6

CERTIFICATION TRAINING

RED CROSS 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.**

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

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 16, 17 & 18

Times: 5 pm – 8 pm (Friday)
8 am – 5 pm (Saturday)
12 pm – 6 pm (Sunday)

Fee: \$120 (Members)
\$160 (Non-Member)

II: June 7 & 8

Times: 8 am – 6 pm (Thurs. & Fri.)

Fee: \$120 (Members)
\$160 (Non-Member)

RED CROSS LIFEGUARD RECERTIFICATION

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.

I: Sun., March 18

Time: 12 pm – 6 pm

II: Sun., June 8

Time: 12 pm – 6 pm

Fee: \$56 (Members)
\$86 (Non-Member)

CPR/AED 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.

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

6:30 pm – 8:30 pm

Tuesdays: January 9
February 6
March 6
April 17
May 15

8 am – 11 am

Saturdays: January 10
February 7
March 7
April 18
May 16

9 am – 11 am

Wednesdays: January 13
February 10
March 10
April 21
May 19

Fee: \$40 (Members)
\$55 (Non-Member)

RECREATIONAL SPORTS

YMCA | ALEXANDRIA SWIM CLUB U-8 SWIM TEAM

The Y is partnering with the Alexandria Swim Club to offer a recreational swim team! This is a great option for children who would like to further develop swimming technique and endurance while building character, learning discipline, and engaging in positive individual and team competition.

Coaches stress trying your best, achieving goals, team effort, sportsmanship, and having fun.

Swimmers ages 5 - 8 must be able to safely swim one length (25 yards) of two different competitive strokes. Coaches may recommend some swimmers continue taking swim lessons if their swimming ability lacks stamina and correct stroke mechanics. Our goal is to have all swimmers enjoy their swim team experience!

WINTER
JAN 4 - MAR 2
\$160
M/T/TH 3:30 pm-4:30 pm

MASTERS SWIMMING

Training for a triathlon? Just want to get back into the swim of things? Masters Swim is for the serious adult swimmer looking to improve time or to compete year round.

The word "Masters" has nothing to do with your skill level or current ability in the pool; just your age. This group is open to adults 18 & older who are looking to improve their fitness through the sport of swimming. Workouts vary throughout the week that focus on speed, endurance, technique, and, most of all, having fun.

There are more than 60,000 registered Masters Swimmers in the United States who have chosen swimming as their method of staying fit and healthy, join us!
 Ages: 18+
 Fee: \$77*

*\$52 MN Masters Swimming
 **\$25 transferrable dues fee

ADULT

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+)
 Thursdays, Mar. 15 - Apr. 5
 Time: 6 pm
 Fee: \$100/Member Team
 \$125/Non-M Team
AGES: HIGH SCHOOL (9-12 GR.)
 Sundays, Feb. 18 - Mar. 11
 Time: 3 pm
 Fee: \$100/Member Team
 \$125/Non-M 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.

Fee: \$35/hour/members
 \$45/hour/non-m
 \$20 per additional hour

ADULT INDOOR SOCCER LEAGUE

Teams of 5 will compete for timed games of 50 minutes. Details and schedules will be finalized once registration ends.

AGES: ADULT (14+)
 Dates: Sundays
 Feb 4 - Mar 11
 Location: Luther Crest
 Time: 7 pm - 10 pm
 Fee: \$150/Team

JUNIOR HIGH INDOOR SOCCER LEAGUE

Teams of 5 will compete for timed games of 50 minutes. Details and schedules will be finalized once registration ends.

AGES: 6-8 GRADES
 Dates: Sundays
 Feb 4 - Mar 11
 Location: Luther Crest
 Time: 4 pm - 7 pm
 Fee: \$150/Team

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: Pre-K/K
 Day: Saturdays, YMCA
 Date: Jan. 13-Feb. 17
 Times: 10:30 - 11 am
 Fee: \$40 (Member)
 \$45 (Non-M)

Ages: Kindergarten
 Day: Saturdays, YMCA
 Date: Jan. 13-Feb. 17
 Times: 9:30 - 10:15 am
 Fee: \$45 (Member)
 \$50 (Non-M)

3 ON 3 BASKETBALL

Each team will compete against all teams in their age bracket. Register teams of 3-5 players. T-shirts are awarded to the winning team!

Age: Boys, 2-4 Grades
 Saturday, Mar. 24
 Time: 9:00 am (2nd)
 11:00 am (3rd)
 1:00 pm (4th)
 Fee: \$30 Member Team
 \$40 Non-M Team

Age: Girls, 2-4 Grades
 Saturday, Mar. 24
 Time: 10:00 am (2nd)
 12:00 am (3rd)
 2:00 pm (4th)
 Fee: \$30 Member Team
 \$40 Non-M Team

YOUTH INDOOR

SOCCER

PRE-K - 3RD GR.

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

Day: Tuesdays, YMCA
 Date: Jan. 23 - Feb. 27
 Ages: Pre-K - K
 Times: 5 pm - 5:30 pm
 Fee: \$40 (Member)
 \$45 (Non-M)

Day: Tuesdays, YMCA
 Date: Nov. 9 - Dec. 14
 Ages: 1 - 3 Gr.
 Times: 5:30 pm - 6:15 pm
 Fee: \$45 (Member)
 \$50 (Non-M)

YOUTH OUTDOOR

SOCCER

PRE-K - 3RD GR.

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

Day: Thursdays, YMCA
 Date: April 19 - May 24
 Ages: Pre-K - K
 Times: 5 pm - 5:30 pm
 Fee: \$40 (Member)
 \$45 (Non-M)

Day: Tuesdays, YMCA
 Date: April 19 - May 24
 Ages: 1 - 3 Gr.
 Times: 5:30 pm - 6:15 pm
 Fee: \$45 (Member)
 \$50 (Non-M)

YOUTH & FAMILY

BASEBALL PITCHING

CLINIC

This clinic focuses on the fundamentals of pitching mechanics, delivery, control, 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. 25 - Apr. 15
AGES: U-10
 4:30 pm - 5:30 pm
 U-14
 5:30 pm - 6:30 pm
 Fee: \$45 (Member)
 \$60 (Non-Member)

ROOKIE T-BALL

PRE-K/K (3-5 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,
 Apr. 18 - May 23
 Time: 6 pm - 6:30 pm
 Fee: \$40 (Member)
 \$45 (Non-Member)
KINDERGARTEN
 Session i: Wednesdays,
 Apr. 18 - May 23
 Time: 6:40 pm - 7:25 pm
 Fee: \$45 (Member)
 \$50 (Non-Member)

SCHOOL'S OUT DAY

CAMP

KINDERGARTEN - 6TH GRADE

School's Out Day Camp is a school age day camp program offered to kids in kindergarten to 6th grade. Children will utilize different areas at the Y, including the gym, aquatic center and outdoor field space.

WHEN?

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

DATES OF CARE AVAILABLE

January 2; 15	March 26-30
February 19	April 2

WHAT SHOULD I BRING?

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

	MEMBER RATE	NON-M RATE
PRE-REG RATE	\$26 /DAY	\$28 /DAY
DROP-IN RATE	\$30 /DAY	\$32 /DAY

PARENT'S NIGHT OUT

Don't worry about a thing! Let the Y staff watch the kids, while you shop, dine, or relax. Pizza will be served for supper!

Ages: 3 years - 12 years
 Date: Sat., Feb. 10
 Sat., April 7
 Time: 4:30 pm - 9:30 pm
 Fee: \$10 (Per Member Family)
 \$15 (Per Non-M Family)
 *Late/Drop-in Fees apply

BIRTHDAY PARTIES

Let the YMCA do everything on their special day! Our staff will take care of your party from beginning to end. All you need to do is show up and relax! Our parties include:

- Personalized cakes
- A gift for the birthday child
- Decorations, beverages & paper products
- Two, one-topping pizzas are available for an additional \$20

Fridays	5:30 pm - 7:30 pm
Saturdays	1 pm - 3 pm
Sundays	1 pm - 3 pm

Fee:	\$100 (Member) 10 children/2 adults
	\$150 (Non-Member) 10 children/2 adults

KINDER-GYM PARTIES

Ages 3-5 Years

Your child and their guests will enjoy gym games led by our staff like Crab Kick, Freeze Tag, Sharks & Minnows, Scooter Races, Mine Field, Red Light-Green Light, and more! Half of the party time will be spent in the gymnasium, the other half will be spent in the party room for cake, presents and fun. Total party time is one-and-a-half hours.

SPLASH PARTIES

Ages 6-12 Years

Splish, splash and celebrate! Join us for lots of water fun in our zero depth entry pool with water slide and spray fountain. Your child and guests will have one hour of non-exclusive aquatic center use, followed by 30 minutes of cake, presents and fun in our party room.

**Prior to aquatic center use, children are required to conduct a brief swim test to ensure their safety in our aquatic center. Each child 6 years old and younger must be directly accompanied by an adult in the pool.*

GYM & SWIM PARTIES

Ages 6-12

Staff lead kids through obstacle courses and relay races, followed by free time with the gym equipment. Choose from basketball, football, volleyball, soccer, or floor hockey. Then they'll cool down in the pool for open swim and water slide fun. **Prior to aquatic center use, children are required to conduct a brief swim test to ensure their safety in our aquatic center. Each child 6 years old and younger must be directly accompanied by an adult in the pool.*

SPORTS PARTIES

Ages 6-12 Years

Sports parties are the perfect way for your child to celebrate their special day with their own personal birthday sports team. Our staff will get them moving and grooving with age appropriate sports and games. Sports and games may include floor hockey, basketball, volleyball, or indoor soccer.



HEALTH & WELLNESS

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 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!**

2018 HOLIDAY FUN RUNS & RACES

EASTER BUNNY RUN 5K TIMED RACE!

Start your Thanksgiving Day with a fun run/walk starting and ending at the YMCA. Pre-registration is required to ensure an event T-shirt.

Day:	Saturday, March 30
Race Start:	8 am
Early Bird:	\$30
Registration:	\$50

TRAIN HARDER

60 Minute Individual Packages

3 Sessions	\$135	2 Sessions	\$480
6 Sessions	\$270	15 Sessions	\$525
9 Sessions	\$360	18 Sessions	\$630

TRAIN TOGETHER

60 Minute Partner Packages

3 Sessions	\$105	12 Sessions	\$360
6 Sessions	\$210	15 Sessions	\$375
9 Sessions	\$270	18 Sessions	\$450

*Partner training is 2 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

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.

GROUP FITNESS

All YMCA group fitness classes are included in your membership! Please see our group fitness schedule found online or at the front desk.

GROUP TRAINING

GROUP TRX TRAINING

The TRX Suspension Trainer is the original bodyweight-based training tool that builds strength, balance, flexibility, and core stability. Because every body movement is powered by the torso – the abs and back working together to support the spine during everyday activities – Suspension Training works to build that needed core strength. All exercises create an element of instability that calls on your core to provide balance and coordination.

	JAN 9 - FEB 13	MAR 6 - APR 12
5:15 AM - 6 AM	TUES \$40	TUES \$40
11:15 AM - 12 PM	TUES \$40	TUES \$40
9:00 AM - 9:45 AM	THURS \$40	THURS \$40
11:15 AM - 12 PM	THURS \$40	THURS \$40

*Limited to 8 class participants

*Requires a minimum of 4 participants

Other small group training times available by request; contact Tammi at 320.834.9622

GROUP 'KETTLEBELL' TRAINING

Using these weights, participants are taken through movements designed to develop strength, mobility, internal energy, work capacity and vitality.

Session I: Jan. 10 - Feb. 14
Wednesdays
12:15 - 1 pm

Session II: Mar. 7 - Apr. 11
Wednesdays
12:15 - 1 pm

Fee: \$40

*Limited to 10 class participants

*Requires a minimum of 3 participants

55+ WEIGHTS

55+ Weights is for men & women who are new to toning and strength training, or want more instruction & variety. After this course participants receive a personalized strength training program, and **10% off personal training!**

Session I: Jan. 12 - Feb. 16
Fridays
10 am - 11 am

Session II: Mar. 9 - Apr. 13
Fridays
10 am - 11 am

Fee: \$50 (Members Only)

*Limited to 4 class participants

*Requires a minimum of 3 participants

PARTNERSHIP+

WHAT IS PARTNERSHIP+

Partnership+ is a unique membership reciprocity service for members of the YMCA and Knute Nelson/Grand Arbor, ages 45+.

Members of either facility, ages 45 and older, may use their membership card to check-in, and receive credit, at the reciprocal facility.

NEUROFIT®

This specialty class is for those challenged by neurological movement disorders like Parkinson's, MS, stroke residuals, and neuropathy. Participants learn to be proactive in symptom management and slowing disease progression. Participants build confidence and develop socially supportive peer groups.

For more information, or to register, contact Kayla at Grand Arbor, 320-759-4614.

Fee: **FREE** (Members 45+ Only)
Site: Grand Arbor

BRAIN HEALTH

This specialty class will challenge your long-term, short term and response times with various games and activities. Helps to slow down the onset of Alzheimers and helps develop cognitive function.

REQUIRES ASSESSMENT PRIOR TO REGISTRATION. For more information, or to register, contact Jenny at Grand Arbor, 320-759-4651.

Fee: **FREE** (Members 45+ Only)
Site: Grand Arbor



CHRONIC LOW BACK WARM WATER AQUA CLASS

This class is designed for those with chronic low back pain. Exercises and activities focus on balance, core strengthening, stretching, posture and relaxation. Activities learned here can be carried over into many facets of everyday life.

REQUIRES APPROVAL FROM PHYSICAL THERAPY PRIOR TO REGISTRATION. For more information, or to register, contact Alice at Grand Arbor, 320-759-4617.

Fee: **FREE** (Members 45+ Only)
Site: Grand Arbor

TOTAL KNEE & HIP WARM WATER AQUA CLASS

This class will help to increase strength and flexibility in preparation for knee or hip surgery or after total knee or hip replacement. Once physical therapy has ended, this class will help maintain strength, flexibility, range of motion and balance.

REQUIRES APPROVAL PRIOR TO REGISTRATION. For more information, or to register, contact Alice at Grand Arbor, 320-759-4617.

Fee: **FREE** (Members 45+ Only)
Site: Grand Arbor