BEST SUMMER EVER

SUMMER 2018 PROGRAM BOOKLET
ALEXANDRIA AREA YMCA
MEMBERSHIP INFORMATION

MEMBERSHIP RATES

<table>
<thead>
<tr>
<th>Membership Type</th>
<th>Monthly Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Youth (6 - 17)</td>
<td>$19</td>
</tr>
<tr>
<td>Young Adult (18 - 24)</td>
<td>$35</td>
</tr>
<tr>
<td>Adult (25+)</td>
<td>$50</td>
</tr>
<tr>
<td>One-Adult Household (1 adult, with kids*)</td>
<td>$63</td>
</tr>
<tr>
<td>Two-Adult</td>
<td>$70</td>
</tr>
<tr>
<td>Two-Adult Household (2 adults, with kids*)</td>
<td>$73</td>
</tr>
</tbody>
</table>

*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)

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon-Thurs</td>
<td>5 am 8:30 pm</td>
</tr>
<tr>
<td>Friday</td>
<td>5 am 7:30 pm</td>
</tr>
<tr>
<td>Saturday</td>
<td>7 am 5 pm</td>
</tr>
<tr>
<td>Sunday</td>
<td>10 am 5 pm</td>
</tr>
</tbody>
</table>

BUILDING HOURS (Winter)

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon-Thurs</td>
<td>5 am 9:30 pm</td>
</tr>
<tr>
<td>Friday</td>
<td>5 am 8:30 pm</td>
</tr>
<tr>
<td>Saturday</td>
<td>7 am 7:30 pm</td>
</tr>
<tr>
<td>Sunday</td>
<td>10 am 6:30 pm</td>
</tr>
</tbody>
</table>

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.

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

YMCA CHILD CARE
YMCA Child Care offers care for infants through preschoolers, enabling parents and family members to go to work knowing their children are in safe, stimulating environments.

CENTER STATS
- 16 Infants, two classrooms
- 28 Toddlers, two classrooms
- 80 Pre-Schoolers, four classrooms
- 35 Staff

OPERATING HOURS
Year-Round Child Care
Monday through Friday
6:00 a.m. to 6:00 p.m.

PROGRAMMING
The focus is on maximizing play and learning experiences in daily routines through art, outdoor time and large motor activities, stories & reading, music and sensory activities, creative movement, and imitation – preschool programming and child care, all-in-one!

FACILITIES & AMENITIES
- large classrooms & learning space
- open swimming and built-in time for scheduled swimming lessons
- large fenced-in outdoor play area with 55 acres for exploration
- kinder-gym & gym activities
- fitness instructor led classes
- music class
- field trips and special events
- pre-school field trips to Knute Nelson Child Care for intergenerational programming

CHILD CARE AT THE YMCA
ENROLLMENT QUESTIONS:
Jenny Johnson,
YMCA Child Care Coordinator
E | jjohnson@alexandriaymca.com
P | 320.834.9622

YMCA CHILD CARE AT
KNUTE NELSON
In addition to the same programming and amenities YMCA child care programs offer, YMCA child care at Knute Nelson offers daily intergenerational interactions between residents and children.

CENTER STATS
- 16 Infants, two classrooms
- 14 Toddlers, one classroom
- 20 Pre-Schoolers, one classroom
- 18 Staff

OPERATING HOURS
Year-Round Child Care
Monday through Friday
6:00 a.m. to 6:00 p.m.

UNIQUE FACILITIES & AMENITIES
- large classrooms & learning space
- field trips to YMCA for open swimming
- large fenced-in outdoor play area
- music class
- field trips and special events
- daily intergenerational interaction

WHY IT WORKS
Intergenerational programming helps children learn respect for older adults and compassion for their physical limitations. Children bring life, spirit and joy to residents, keeping them young at heart; and the attention and encouragement of residents helps children flourish.

YMCA CHILD CARE
AT KNUTE NELSON
ENROLLMENT QUESTIONS:
Sarah Thieschafer,
YMCA Child Care at Knute Nelson Coordinator
E | sthieschafer@alexandriaymca.com
P | 320.834.9622

United Way of Douglas & Pope Counties
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

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

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: $70 (Member) 4 sessions
       $80 (Non-M) 4 sessions
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: $70 (Member) 4 sessions
     $80 (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.

$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? “6” 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

**SUMMER SWIM LESSONS**

**SESSION I**  
June 11 - June 21

**SESSION II**  
June 25 - July 6  
*Lessons on 7/4 moved to 7/6

**SESSION III**  
July 9 - July 19  
*Session III AM class times different from below. See registration details.

**SESSION IV**  
July 23 - August 2

**SESSION V**  
August 6 - August 16

**SESSION VI**  
August 20 - August 30

## MONDAY–THURSDAY

<table>
<thead>
<tr>
<th>Time</th>
<th>3–5yrs Level 1</th>
<th>6+yrs Level 1</th>
<th>3–5yrs Level 2</th>
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<td>6+yrs Level 4</td>
<td>6+yrs Level 5</td>
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</tr>
<tr>
<td>10:00 am</td>
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<td>6+yrs Level 2</td>
<td>3–5yrs Level 3</td>
<td>6+yrs Level 3</td>
<td></td>
<td>5:10 pm</td>
<td>6+yrs Level 1</td>
<td>6+yrs Level 2</td>
<td>5:45 pm</td>
<td>6+yrs Level 4</td>
<td>6+yrs Level 5</td>
<td>6+yrs Level 6</td>
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<td>6+yrs Level 3</td>
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<td>5:10 pm</td>
<td>6+yrs Level 1</td>
<td>6+yrs Level 2</td>
<td>5:45 pm</td>
<td>6+yrs Level 4</td>
<td>6+yrs Level 5</td>
<td>6+yrs Level 6</td>
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<td>5:45 pm</td>
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<td></td>
<td></td>
<td>6+yrs Level 4</td>
<td>6+yrs Level 5</td>
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</table>

**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 5**  
**6+yrs Level 6 6+yrs Level 6**
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.
Date: June 7–8
All Days: 8 am - 6 pm
Fee: $120 (Members) $160 (Non-Member)

LIFEGUARD RECERTIFICATION 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: Thurs., June 7
Time: 8 am - 5 pm
Fee: $74 (Members) $86 (Non-Member)

CPR/AED AND FIRST AID FOR THE PROFESSIONAL RESCUE 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: June 19; July 10; July 31
6 pm - 8:30 pm
Wednesdays: June 20; July 11; August 1
9 am - 11:30 am
Saturdays: June 23; July 14; August 4
8 am - 10:30 am
Fee: $40 (Members) $55 (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. 8 - Oct. 13
Times: 10:30 am - 11 am
Member: $40
Non-M: $45

Grade: Kindergarten
Days: Saturdays
Dates: Sept. 8 - Oct. 13
Times: 9:30 am - 10:15 am
Member: $45
Non-M: $50

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 11 - July 16
Time: 10:30 am - 11 am
Session II: Thursdays, June 14 - July 19
Time: 6:30 pm - 7 pm
Fee: $40 (Member), $45 (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 11 - July 16
Time: 9:30 am - 10:15 am
Session II: Thursdays, June 14 - July 19
Time: 7:15 pm - 8 pm
Fee: $45 (Member), $50 (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 13 - July 25
Time: 5:00 pm - 8:00 pm
Fee: $45 (Member), $50 (Non)
RECREATIONAL LEAGUES

AUGUST 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 flag football,
soccer, ultimate frisbee and road
cycling!
In case of inclement weather,
program will be held indoors.

AGES: AGES 3–5
Day: Mondays
Date: Aug. 6 – Aug. 27
Time: 10:00 am – 10:30 am
Fee: FREE! (Member/Non-M)

AGES: 1–3 GRADES
Day: Mondays
Date: Aug. 6 – Aug. 27
Time: 8:25 am – 9:10 am
Fee: FREE! (Member/Non-M)

AGES: 4–6 GRADES
Day: Mondays
Date: Aug. 6 – Aug. 27
Time: 9:15 am – 9:55 am
Fee: FREE! (Member/Non-M)

CHAMPIONS CAMP
GRADES K–6
This cross country camp, led by
Alexandria natives, Bethany and
Megan Hasz, is for elementary kids
who enjoy running! The focus is on
finding the fun in running, learning
about running form and techniques
to increase speed and performance.

Date: June 13–15
Time: 5:20 pm – 6:20 pm
Fee: $30 (Member/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: Tuesdays
Date: June 12 – July 17
Ages: Pre-K/K
Times: 5 pm – 5:30 pm
Fee: $40 (Member)
$45 (Non-M)

Day: Tuesdays
Date: June 12 – July 17
Ages: 1–3 grades
Times: 5:30 pm - 6:15 pm
Fee: $45 (Member)
$50 (Non-M)

CHALLENGER SPORTS:
BRITISH SOCCER CAMP
JULY 9 – JULY 13
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.

<table>
<thead>
<tr>
<th>Age</th>
<th>Time</th>
<th>Fee</th>
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<tbody>
<tr>
<td>AGES 3-4</td>
<td>8 AM – 9 AM</td>
<td>$70</td>
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<tr>
<td>AGES 5-7</td>
<td>9 AM – 11 AM</td>
<td>$90</td>
</tr>
<tr>
<td>AGES 8-10</td>
<td>11 AM – 1 PM</td>
<td>$90</td>
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</tbody>
</table>
SUMMER DAY CAMP

GET READY FOR THE BEST SUMMER EVER!
• 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 6 – FRI., AUG. 31
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 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.

<table>
<thead>
<tr>
<th>DAYS</th>
<th>MEMBER RATE</th>
<th>NON-M RATE</th>
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<tbody>
<tr>
<td>1-5 DAY</td>
<td>$26/DAY</td>
<td>$28/DAY</td>
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<tr>
<td>PRE-REGISTRATION</td>
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<tr>
<td>DROP-IN</td>
<td>$30/DAY</td>
<td>$32/DAY</td>
</tr>
</tbody>
</table>

Summer Day Camp Open House!
Thurs., May 31
6 pm - 7:30 pm
SUMMER BIRTHDAY PARTIES

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

- Birthday cake
- 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

**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

**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

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

Contact Jackie, 320.834.9622 or jbucholz@alexandriaymca.com

**TUESDAY**

1 pm - 3 pm 5:30 pm - 7:30 pm

**FRIDAY**

1 pm - 3 pm 5 pm - 7 pm

**SATURDAY**

1 pm - 3 pm

**SUNDAY**

1 pm - 3 pm
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: $77 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.

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

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.

<table>
<thead>
<tr>
<th>Time</th>
<th>June 13 - July 19</th>
<th>July 25 - Aug 30</th>
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<tbody>
<tr>
<td>5:10 AM - 6 AM</td>
<td>THURS $40</td>
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<tr>
<td>7:30 AM - 8:15 AM</td>
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<td>8:15 AM - 9 AM</td>
<td>WED $40</td>
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<tr>
<td>11:15 AM - 12 PM</td>
<td>THURS $40</td>
<td>THURS $40</td>
</tr>
</tbody>
</table>

*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

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!**

<table>
<thead>
<tr>
<th>TRAIN HARDER</th>
<th>3 Sessions</th>
<th>$135</th>
<th>2 Sessions</th>
<th>$480</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>6 Sessions</td>
<td>$270</td>
<td>15 Sessions</td>
<td>$525</td>
</tr>
<tr>
<td></td>
<td>9 Sessions</td>
<td>$360</td>
<td>18 Sessions</td>
<td>$630</td>
</tr>
</tbody>
</table>

| TRAIN TOGETHER | 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

55+ STRENGTH TRAINING
Certified Personal Trainers help increase muscle tone and strength with guided instruction using various weight machines, resistance cords, stability balls and medicine balls. Complete this course and receive 10% off personal training packages.

WOMEN & WEIGHTS, 55+
I: June 15-July 20
    Fridays, 9 am - 10 am
II: July 27-August 31
    Fridays, 9 am - 10 am
Fee: $50
*Limited to 4 class participants
*Requires a minimum of 3 participants

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