



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



# MANKATO FAMILY YMCA

Winter/Spring Program Guide  
January 1, 2015 - May 31, 2015



# 2015 Annual CAMPAIGN



The Strong Kids Campaign is the Y's annual fundraiser that helps families afford memberships and programs at the Y. These opportunities can make all the difference for families on limited budgets—giving them access to the state-of-the-art facility, quality programs and, most importantly, a place for healthy activities together.

To volunteer in this campaign, please call Cheryl Hamond at 345-9809.



## The Exclusively Diamonds' Dash

**Sunday, December 7, 2014 | 5pm start Sibley Park  
For the Mankato Family YMCA**

Fees: Before November 24th  
\$25 ADULTS (14 and older)  
\$15 CHILDREN (13 and younger)  
(Additional \$5 November 24th & after)

NO SAME DAY REGISTRATIONS.

Packet pick-up December 5th at YMCA  
11:30 a.m. - 1:30 p.m. & 4:00-7:00 p.m.

Please register by November 25th to guarantee your Exclusively Diamonds Dash T-shirt.

This 5K Run/Walk is a triple loop around and through the Kiwanis Holiday Lights. This is a non-chipped Family Friendly Fun Run. Times will be called out.

The Men's winner and the Women's winner will each receive a \$500 gift card from Exclusively Diamonds.

For more information and to register visit:  
[www.mankatoymca.org](http://www.mankatoymca.org)



# snell Golf Tournament

FOR THE MANKATO FAMILY YMCA

**PLAY HOOKY FROM WORK OR BRING YOUR CO-WORKERS TO THE COURSE!**

**IT'S A GREAT OUTING FOR A GREAT CAUSE.**

**MONDAY, JUNE 15  
NORTH LINKS GOLF COURSE, NORTH MANKATO  
Event starts at 11:00 a.m. with lunch**

The Mankato Family YMCA's golf tournament is a key fundraiser for our youth programs, with sponsorships as the main source of funds. Sponsorship packages provide ample publicity for your business or organization as well as support for YMCA youth activities year-round, from teaching a child to swim to helping a teen learn to lead and feel success. Every child deserves a chance to realize their full potential.

Please call Cheryl Hamond to be a sponsor at our tournament 345-9809.



# YMCA INITIATIVE

## LIVESTRONG<sup>®</sup> AT THE YMCA

### A YMCA Initiative

The LiveSTRONG at the YMCA program focuses on meeting the needs of cancer survivors between the stages of treatment and the shift to feeling physically and emotionally strong.

LiveSTRONG at the YMCA is a 12-week program for adult cancer survivors who meet twice a week for an hour and fifteen minutes. Participants work with trained YMCA staff and volunteers to build muscle mass and strength, increase flexibility and endurance, and improve functional ability. In addition to physical benefits, the program provides participants a supportive environment and a feeling of community with their fellow survivors, YMCA staff and members.

For more information on how you can be part of this program, please contact Joy Leafblad, Healthy Living Director, at 507-345-9813 or [jleafblad@mankatoymca.org](mailto:jleafblad@mankatoymca.org)

Sponsored in part by:

**MANKATO CLINIC**

## SCHEELS 2015 RUNSTRONG RACE SERIES

Designed to strengthen the community by uniting in events to support cancer survivors at any stage in their diagnosis. Proceeds benefit LiveSTRONG at the YMCA, an individualized health program that focuses on the health of the participant and not the disease.

For more information and to register visit [www.mankatoymca.org](http://www.mankatoymca.org)

Registration opens - Jan. 1, 2015



## SAVE THE DATE!



Start**STRONG**  
5k - March 14, 2015



Be**STRONG**  
New team event - June 13, 2015



Stay**STRONG**  
5k, 10k - August, 2015





# Membership - We all Need the Y

## Support. Volunteer. Join.

The Y is one of the nation's leading nonprofits. YMCA is a powerful brand and worldwide association, but individual Y's are distinctive because they represent the communities they serve. The Mankato Family Y is an association of men, women and children joined together by a shared commitment to nurture the potential of kids, promote healthy living and foster a sense of social responsibility in the greater Mankato area.

Our YMCA offers a variety of programs to a wide range of people and continues to welcome participation by people of all faith, race, gender, age, income, and ability.

- For **adults** of all ages, the YMCA is a convenient place to get in a workout and socialize.
- For **busy parents**, the YMCA is a place where trained adults care for their children after school.
- For **children and teens**, the YMCA is a place to make friends, learn important life skills, and develop leadership qualities and a strong values system.
- For **everyone**, the YMCA renews energy and strengthens character and values while providing a pathway to a happier, healthier future.

Membership fees cover the cost of maintaining and operating our facilities and programs. Donated dollars support programs for everyone in the community, particularly children and teens. Contributions also provide financial assistance for individuals and families who cannot afford the YMCA, but who still want to and can benefit from our services. With your involvement or donation, **more kids** can have a safe place to learn and build confidence after school; **more families** can reconnect and grow together and **more people** can have access to the resources and support that will enable them to reach their full potential. Your involvement makes the difference.

For information regarding membership benefits, please contact our membership director, Liz Hageman at 345-9810, or visit our web site at [www.mankatoymca.org](http://www.mankatoymca.org)

## Supporting the Health of Local Business

The Mankato Family YMCA is proud to provide membership incentives for local companies that communicate our goals of youth development, healthy living, and social responsibility. By making YMCA memberships accessible, these companies enhance and enrich the lives of their employees and families by opening the doors to the many programs offered at the YMCA. If your group, business or organization is interested in membership incentives at the Y, please call Liz Hageman at 387-8255.

## Financial Assistance

The Mankato Family YMCA makes every effort to provide membership services to all who wish to participate. The YMCA's financial assistance, supported in part through contributions to the Strong Kids Campaign and the United Way, provides membership assistance for those in need within our available resources. Those individuals or families not able to pay the full member fee may be awarded a partial rate reduction as determined by our guidelines. All requests for financial assistance must meet certain guidelines. To download an application, visit [www.mankatoymca.org](http://www.mankatoymca.org). For additional information, please contact Liz Hageman or Kelly Agre at 387-8255 or [lhageman@mankatoymca.org](mailto:lhageman@mankatoymca.org), [kagre@mankatoymca.org](mailto:kagre@mankatoymca.org)



## Stay Connected

In event of severe weather, check [www.mankatoymca.org](http://www.mankatoymca.org) or Y mobile app for notifications. Local radio stations including KTOE 1420AM will broadcast closing or cancellation announcements.



For security and quick, hassle free entry; Please use your member ID card or download our free Mankato Y mobile app .

## Current Rates for 2014 - 2015

	Monthly Rate
Adult**	\$42.50
Family**	\$60.00
Senior** (62+)	\$34.00
SR Couple** (62+)	\$51.50
College**	\$131.50 *Quarterly
Youth	\$38.25 *Quarterly

## New Members Association Fee

Adult/Senior Association fee: \$30

Family/Senior Couple Association fee: \$60

Cost of Association fee can be spread over the first three months of new membership

\*\* TOWEL/KIT SERVICE can be added for any FULL PAYING ADULT MEMBER for an additional fee of \$8.25 per month.

- Full-time students 23 years of age & under can be part of their family's membership.
- Active Members receive the benefit of member rates on all programming
- Rates may be adjusted in September for members regardless of when they joined the Y.
- Only members (18 years and older) may bring in a guest (\$2 fee). Members are responsible for their guest. Guests must register at the front desk with a photo ID.
- Only those members that pay in full for an annual membership receive a renewal invoice.
- Memberships are continuous until the member requests the membership be canceled.
- Members receiving financial assistance must reapply annually for assistance in the cost of their membership fees.

## Ask About Health Incentive Programs

- Blue Print for Health (BCBS) (ND)
- UCare
- Frequent Fitness (Health Partners)
- PreferredOne
- Fit Choices (Medica)
- Vitality
- Silver Sneakers
- Silver&Fit

Be sure to bring in your insurance card. Enrollment forms are available at our front desk

# Member Benefits



Photo Courtesy of I & S Group

Here at the Mankato Family YMCA, we strive to provide opportunities to learn, grow and thrive. The Y can be a wonderful family experience.

We hope your entire family is taking full advantage of everything the Mankato Family Y has to offer.

So get comfortable. We have opportunities for you to fit right in.



## We're a Gathering Place

Members have access to two pools, a water slide, steam rooms, sauna, whirlpool, indoor walking track, Just Kids jungle gym, two full size basketball gyms, four racquetball and handball courts, Pepsi cube game room, Life Center, free weight room, member-only leagues, member program rates, five newly renovated locker rooms, the daily newspapers and coffee.



## FREE Group Classes

The Mankato Family YMCA offers the latest in group exercise and fitness programs under the leadership of certified instructors. Free Classes Include: Water Aerobics, H.I.I.T, Silver Sneakers, Tai Chi, Step, Hip Hop Cardio, Express Body Sculpt, ZUMBA, and many more!



## Convenient Child Watch

Child Watch is a safe, cheerful, and engaging environment for children to enjoy while their parents spend time at the Y. Child Watch is available at a low cost for children six months and older. A responsible adult must be in the facility at all times.



## FREE Fitness Incentives

Exercise programs can be intimidating. Whether you feel like a fitness failure or a fearful first-timer, relax; we'll be with you every step of the way. There are several options for Y members including our Fit4You Program, Know your Fitness Numbers, or take a Fast Track orientation.



## FREE Activities for Youth

Youth can enjoy open gyms, open pool time, our Pepsi Cube game room, and open family activities and events throughout the year. Use our app or website for gym and pool schedules.



## Priority Class Registration & Personal Training

Mankato YMCA Members are granted priority registration three days in advance of general registration. Personal training sessions are reserved for members only.



## Stay Connected

The Mankato Y uses many different ways to help members stay connected to the latest news, events and programming. Friend us on Facebook, follow us on Twitter, sign up for our monthly e-newsletter, browse our website, and download our mobile app.



## Y Member Discounts at Mount Kato

Mount Kato has partnered with the Y to offer discount rates to current members. With Y Member nights, Y Family nights, and tubing nights you can enjoy winter up close and personal. See page 7 for more details.



## A.W.A.Y. Visiting from other YMCAs

A.W.A.Y. stands for Always Welcome at Y's. Members of other YMCAs may use our facility free of charge up to 12 times per year. Visitors must present a current membership card and photo ID.

# Family Activities

## 2014-15 Family Concert Series: Haydn Go Seek

The Mankato Symphony Orchestra's Family Concert Series is back with Haydn Go Seek, four zany mini-concerts with the MSO String Quartet and an actor dressed as composer Franz Joseph Haydn. They will musically guide you and your children through a melodious menagerie of string quartets: The Donkey, The Lark, The Frog, and The Bird. A perfect first concert experience for all ages,

The performances last approximately 45 minutes and feature live classical music and interactive educational activities. A perfect first concert experience, including babies and toddlers. It's OK for the kids to sing and dance along!

11:00 a.m., Mankato YMCA Aerobics Studio

November 22, 2014

January 17, 2015

April 25, 2015

Admission: Free



MANKATO SYMPHONY ORCHESTRA



## TIS' THE SEASON

**Y MEMBERS ARE INVITED TO SHARE THE Y WITH FRIENDS DURING DECEMBER**

The Y is a community where you meet new friends, be active, and stay healthy. Give the gift of a free 15-day trial membership anytime during December.

We welcome you to refer a friend or family to your Y. They will be able to use the Life Center or get a workout in the giant group exercise studio that is host to over 26 weekly classes. We offer free health and wellness assessments and will tailor a workout plan to help them meet their wellness goals. Looking to relax? Adults can enjoy a sauna, a steam or a soak in the whirlpool.

We all know that kids need exercise, too. Here they can run, jump, and play in the gyms or enjoy the Pepsi Cube game room and Just Kids Gym ball pit. Swim with their family in our two swimming pools and shoot hoops in two gymnasiums. Their trial membership includes 2 free hours of Child Watch per day while at the Y. FREE child watch to all current YMCA Family Membership holders during the month of December.

Trial membership is for 15 continuous days.

**Y MEMBERS CAN PICK UP THEIR GIFT CARDS AT OUR FRONT DESK IN DECEMBER.**

**HAPPY HOLIDAYS!**

# HEALTHY HAPPENS HERE 2015

COME SEE WHAT WE DO.

## Free Open House

Saturday, January 10, 2015

1:00-5:00PM

Join us for fun, family activities, group exercise classes, youth swim level testing, youth sports skill building clinics, weight lifting demo's, a chance to ask trainers questions, some giveaways and more.

**The event is free and open to the public.**

The first 20 families that join our Y during the open house will receive a free session of swim lessons for each child.

**Already a Y member?** YMCA members will receive a voucher for a Y program for each new membership they referred to our Y during the open house.

**HEALTHY KIDS DAY™**  
A YMCA Initiative

**MAKE IT A PLAY DATE**



Healthy Kids Day is a YMCA initiative. It is a day full of activities for all ages that encourage kids and parents to commit to keeping the body and mind active.

Join us for a day of family activities! Build A Happier, Healthier Kid at the Y!

**Saturday, April 25, 2015**  
**9:30 a.m. - 1:00 p.m.**

Look for more details to come.



# Offsite Recreation

## INDOOR SKATE PARK

Skateboard • Scooter • BMX • Inline Skate

Temporary Location: 300 Madison Ave. (507) 387-8222



NEW  
Skate Park facility  
coming  
Spring 2015



WAIVER RELEASE

This facility provides a place for youth to Skateboard, BMX, Scooter and Inline Skate. A Waiver Release must be signed and on file before using the park.\* If user is under age 18, a parent must sign the waiver in person or present a notarized waiver. Youth under 10 must be accompanied by a parent. Helmets are available to rent for a fee.

\*Waivers may be downloaded from [www.mankatoymca.org](http://www.mankatoymca.org).

Keep up-to-date on construction on our website [www.mankatoymca.org](http://www.mankatoymca.org)

### NEW PARK HOURS

Monday–Friday 4:00–8:00 p.m.

Saturday 1:00–9:00 p.m.

Sunday 1:00–6:00 p.m.

### FEES

Daily User (4–5-hour session) Members – \$5 Non-Members – \$8

Punch Cards (prepaid admission cards) Members – 11 visits/\$30

Non-Members – 11 visits/\$50

Skate Park Rentals – \$50/hr., \$4/entry (call for more details)



## Special Y Member Discounts with Mount Kato

Y Member Nights – Tuesdays starting at 4:00 p.m.

Skiing and Snowboarding: \$11 Rental and \$11 Lifts

Free group lesson with paid equipment rental for ages 7+

Must present Y member card at ticket window.

Y Family Nights – Fridays starting at 4:00 p.m.

Skiing and Snowboarding: \$14 Rental and \$14 Lifts

Free group lesson with paid equipment rental for ages 7+

NOT valid December 26 or February 20

Must present Y member card at ticket window.

Y Snow Tubing Nights – Fridays starting at 5:00 p.m.

Saturdays starting at 4:00 p.m.

2 hours of snow tubing: \$12 includes tube

Must present Y member card at ticket window.



## Learn to Ski or Snowboard Program

The Learn to Ski or Snowboard Program is for beginners or those who have never tried this activity before! The knowledgeable staff at Mount Kato is ready to teach children aged 6–12 (for skiing) or 8–12 (for snowboarding) the skills necessary to participate in these activities safely for maximum enjoyment. Cost is \$67 per student and includes three 2-hour lessons, 2-hour lift tickets for use during each lesson period, and equipment rental. All classes held at Mount Kato Ski Area. Students wishing to continue their time on the slope can extend their 2-hour lift time for only \$12 per child.

Saturdays, Dec 6 – 20, 2014, 1:00–3:00 p.m.

For more information about the program, call Paige at 507-625-3363.

# Volunteer Opportunities

## Preschool Teacher Helper

The program has been designed to allow children many opportunities to discover learning in all areas of early childhood development. Opportunities include helping teachers with prep work, reading stories, and assisting children in the preschool classroom, gyms and pool.

## After School Adventures

Interact with youth in grades K-5, by assisting the lead teacher in arts and crafts, community service projects, field trips, swimming lessons, homework help, and various other activities.



## Youth Socials

Work with 4th-6th grade young during our monthly Socials. Each Social has a different theme for kids to enjoy!

## Youth Sports

Provide leadership, coaching, or refereeing, in a specific youth sport. Provide young athletes (preschool-6th grade) with a great role model for sportsmanship and teamwork. Programs include: Flag football, volleyball, floor hockey, basketball, soccer (indoor & outdoor), t-ball, and Preschool sports.

**The Y is always looking for volunteers to help in our many different programs, as well as special events we host throughout the year. No matter what your special talents, interests, and schedule may be, you can help change someone's life at the YMCA. Your involvement makes a difference. If you share our commitment to the continued well-being of our youth and community, please consider becoming a YMCA volunteer!**

Contact Margo at 387-8255, to get more information about volunteering.

## Swimming Lesson Aide

Assist certified Swimming Lesson Instructors by helping aide our preschool levels through advanced Youth levels.

## Pepsi Cube

Interact with youth in 2nd grade and above. The Pepsi Cube has a variety of options to help you engage youth, including: video gaming systems, air hockey, bubble dome hockey, ping pong, billiards, and various board games.

## Child Watch

Engage and interact in developmentally appropriate activities that keep kids engaged while parents are using the facility. Volunteers will be responsible for creating a safe, positive, and enriched Child Watch program for members and participants.

## Youth Supervisor

Support youth/teens by giving them positive examples of behavior. Engage youth/teens in activities and sports, while providing a safe and respectful environment for teens to express themselves.

## Homework Supervisor

Work in our afterschool program to assist students with homework.

## Group Mentoring

This program gives children who are on the waiting list for the Brother/Sister Program an opportunity to participate in a group mentor setting. Volunteers will be positive role models who will engage children in varying activities during each meeting.



## Brother/Sister Program

Are you ready to positively impact a child for the better, forever? Be a mentor! Develop a friendship and help build social skills, while enjoying activities in the community and sharing new experiences with youth.

Volunteers must be 18 or older. All volunteers must successfully complete a thorough screening process and training prior to placement with a child.

Male Volunteers are especially needed. Begin by making an appointment with a YMCA Brother/Sister staff person at 345-9815.





## SERVING OTHERS TO MAKE A DIFFERENCE

### Active Older Adult Event Planner

Create inviting events for our members that are 60+ years of age. Hospitality includes set up and take down of necessary equipment, welcome guests, set up refreshment table, and other miscellaneous responsibilities.

### 5K & 10K Runs

Assist with our annual runs. Opportunities include registration, water stations, course set up and take down, finish line, refreshments and intersection control.

### Story Reader

Enjoy some quality time interacting with children in our Child Watch or Preschool Program. Opportunities include one on one and group story time.

### School-Based Mentor Program

Give a lunch break and make a huge difference in a child's life. School-Based Mentoring pairs Mankato area public school students with adult mentors for lunch or other school activities. For the students, it's an adult who will listen without judging, talk without preaching, and take a genuine interest in how things are going. In other words, a friend!



### STRIDE

Interactive program that provides lessons on leadership, character development, healthy choices, goal-setting and cooperation, all within the framework of a fun fitness & running plan. Participants (Boys 3rd-5th grades) will have lessons twice per week for 10 weeks, and complete the program by running in a 5K event.

### Y GUIDE

Provide members and guests tours of the facility and help support Welcome Desk with tasks as needed during high volume times during the day.

### Theatre Class Assistant

Work with our young actors, help with rehearsals, make props and help at the productions.

### Garden and Grounds Crew

Help keep the YMCA grounds looking beautiful – spring and summer opportunities. Tasks include weeding, planting and watering.

### Office Assistant

Assist with processing files, mailers, data entry and making copies.

### Marlins Home Swim Meets

Assist with home swim meets include timing, concessions, set up and take down, supervising swimmers in the team rest areas and clean up.

### Swim Team Practice Volunteer Assistant

Help Mini Marlins (ages 6-12) on competitive stroke, technique, starts, turns, and finishes.

### American Red Cross

#### First Aid/ CPR/AED Instructor

Teach / Recertify YMCA staff in Lay-Responder First Aid / CPR/AED and Bloodborne Pathogens. Instructor must be currently certified as an American Red Cross Lay Responder Instructor to be eligible for this opportunity.

### LiveSTRONG at the YMCA

LiveSTRONG at the YMCA is the free of charge exercise program for cancer survivors. Classes run for 12 weeks and meet two times per week for an hour and a half. Opportunities include: set up and take down, building relationships with cancer survivors, participating in the daily fitness activities, and assisting the participants in the facility; while being able to understand and protect participant confidentiality and presenting empathy.

### Housekeeping Volunteer

Work with our staff teams to keep our facilities clean. Opportunities include laundry, windows, exercise equipment, pool deck and light housekeeping.

# Preschool

## YMCA Preschool Program

Ages 33 months to 5 years old

The YMCA Preschool fills a child's day with opportunities to explore the wonders of their world, giving them experiences that help them grow and develop into confident, caring, happy individuals. Our preschool is designed with developmentally appropriate activities that stimulate a child's intellectual, social, emotional and physical growth.

### CORE CONTENT AREAS

Literacy	Mathematics
Science	Social Studies
Arts	Technology
Healthy Habits	Body, Mind & Spirit

### ENRICHMENT CLASSES AND PROGRAM HIGHLIGHTS

Youth Sports Classes	Fit Kids Classes
Family Events	Field Trips
Splash Time or Swim Lessons	

Class	Days	Time
3-4 YEARS OLD	Tues./Thurs.	8:30 a.m.-11:00 a.m.
	Tues./Thurs.	9:30 a.m.-12:00 p.m.
	Tues./Thurs.	12:15 p.m.-2:45 p.m.

Class	Days	Time
PreK 4-5 YEARS OLD	Mon./Wed./Fri.	8:30 a.m.-11:00 a.m.
	Mon./Wed./Fri.	9:30 a.m.-12:00 p.m.
	Mon./Wed./Fri.	12:15 p.m.-2:45 p.m.
	Mon. - Fri.	9:00 a.m.-11:30 a.m.
	Mon. - Fri.	12:30 p.m.-3:00 p.m.

### EXTENDED CHILD CARE AVAILABLE

7:45 a.m. - 9:30 a.m.
11:00 a.m. - 12:30 p.m.
2:45 p.m. - 4:00 p.m.

Teachers are hired with education and experience in the early childhood field. They provide a warm and caring environment in which children are encouraged to explore and grow, while feeling safe and secure.

The YMCA Preschool is a State Licensed program and offers class options for children 33 months to 5 years of age. Contact Cheryl Ballard or Margo Dietz for registration and information about current openings and the 2015-16 school year classes.

## Preschool Sports Sampler

Ages 3, 4, and 5 years old

Each participant will learn basic fundamental skills involved in a variety of sports including T-ball, basketball, floor hockey, soccer and football. Emphasis will be placed on hand-eye coordination, friendship and fun!

WINTER II	FEBRUARY 16 - MARCH 23
Mon.	6:15-7:00 p.m. Blue Gym
SPRING	MARCH 30 - MAY 4
Mon.	6:15-7:00 p.m. Blue Gym
<b>FEE:</b> Member: \$26	Non-Member: \$48

Minimum class size of 6.

## YMCA Mini Sports

Mini Basketball - Mini T-Ball

Ages 3, 4, and 5 years old

Winter Session II, the focus will be placed on basketball and Spring Session will focus on T-ball. As in the Preschool Sports Sampler, emphasis will be placed on hand-eye coordination, friendship, and fun.

WINTER II	FEBRUARY 17 - MARCH 24	BASKETBALL
Tues.	6:15-7:00 p.m.	Blue Gym
SPRING	MARCH 31 - MAY 5	T-BALL
Tues.	6:15-7:00 p.m.	Blue Gym
<b>FEE:</b> Member: \$26	Non-Member: \$48	

Minimum class size of 6.



## KINDERGARTEN PREP

Is your child ready for some Summer learning and fun? Kindergarten Prep is designed for children who are entering Kindergarten in the Fall of 2015. Morning curriculum focuses on kindergarten readiness skills, with special concentration on reading and math skills. Afternoon activities focus on social skills and recreational play and utilize area parks, playgrounds and the YMCA pool and gyms. Meets Monday-Friday from 8:00 am - 2:30 pm

Extended childcare available from 7:30 - 8:00 am for an additional fee of \$3 per day.

Session:	Dates:	Theme:
Session 1	July 13-17	Chicka Chicka Boom Boom ABC and 123
Session 2	July 27-31	Space is the Place
Session 3	August 10-14	Animal Adventures

<b>FEE:</b> Early Bird:	Member: \$130	Non-Member: \$150
After 4:30:	Member: \$140	Non-Member: \$160

Extended Care from 7:30-8:00 \$3 per day

**FEE INCLUDES ALL CAMP SUPPLIES AND A CAMP T-SHIRT (ONE T-SHIRT PER CAMPER PER SUMMER)!**



# Preschool – Aquatics

## Parent/Child Swim Lessons

Ages 6 Months – 36 Months (3 Years)

### SKIPS – Water Adjustment with Parent

The first class in our preschool progressive swim program is SKIPS Water Adjustment Class. This class is for parent(s) and infants 6–36 mos. (3 yrs.).

**PREREQUISITES:** No swimming skills; tight fitting plastic pants or Little Swimmers disposable swim diapers only; NO CLOTH OR DISPOSABLE DIAPERS.

**SKILLS/ACTIVITIES:** Parents will accompany their child in the water while an instructor guides parents in teaching their children fundamental safety & aquatic skills.

**NEXT LEVEL OPTION:** PIKE if at least 3; toilet trained; comfortable without parent.

#### 5-WEEK SESSION

WINTER II	FEBRUARY 24 – MARCH 26
Tues./Thurs.	5:55-6:25 p.m.

**Registration Deadline: February 19**

SPRING	APRIL 7 – MAY 7
Tues./Thurs.	5:55-6:25 p.m.

**Registration Deadline: April 2**

**FEE:** Member: \$27 Non-Member: \$48

#### SATURDAY LESSONS – 5-WEEK SESSION

WINTER II	FEBRUARY 28 – MARCH 28
Sat.	10:55-11:25 a.m.
Sat.	11:30 a.m.-12:00 p.m.

**Registration Deadline: February 19**

SPRING	APRIL 11 – MAY 9
Sat.	10:55-11:25 a.m.
Sat.	11:30 a.m.-12:00 p.m.

**Registration Deadline: April 2**

**FEE:** Member: \$21 Non-Member: \$36

**Note: Registration must be under child's name.**

## 3 – 5 Years Old Water Adjustment without Parent

\*MUST BE comfortable without parent

### PIKE – Preschool Level 1

**PREREQUISITES:** No swimming skills; toilet trained, MUST BE comfortable without parent. Swim diapers are recommended if newly potty trained.

**SKILLS/ACTIVITIES:** Swimmers develop safe pool habits, adjust to the water, and learn basic paddle stroke. To progress, child must feel comfortable holding face in water while blowing bubbles, and must be able to float on their back.

**NEXT LEVEL OPTION:** EEL if under 6 yrs. old.

### EEL – Preschool Level 2

**PREREQUISITES:** PIKE skills.

**SKILLS/ACTIVITIES:** Child is comfortable in the water. Swimmer is taught to kick, dive, float and paddle stroke. To progress, child must swim across the pool with little to no assistance with their face in the water.

**NEXT LEVEL OPTION:** RAY if under 6 yrs. old; POLLIWOG if 6 yrs. old.

### RAY – Preschool Level 3

**PREREQUISITES:** EEL skills.

**SKILLS/ACTIVITIES:** Child can swim independently without a flotation device. Child improves stroke skills, builds endurance, and treads water. Child can swim on their front and back without assistance.

**NEXT LEVEL OPTION:** Guppy 1 if 6 yrs. old.



#### WEEKDAY LESSONS – 5-WEEK SESSION

WINTER I	JANUARY 12 – FEBRUARY 12	
Mon./Wed.	5:00-5:40 p.m.	Pike / Eel
Mon./Wed.	5:50-6:30 p.m.	Pike / Eel / Ray
Tues./Thurs.	6:30-7:10 p.m.	Pike / Eel / Ray
Tues./Thurs.	7:20-8:00 p.m.	Pike / Eel

**Registration Deadline: January 8**

WINTER II	FEBRUARY 23 – MARCH 26	
Mon./Wed.	5:00-5:40 p.m.	Pike / Eel / Ray
Mon./Wed.	5:50-6:30 p.m.	Pike / Eel
Tues./Thurs.	6:30-7:10 p.m.	Pike / Eel / Ray
Tues./Thurs.	7:20-8:00 p.m.	Pike / Eel

**Registration Deadline: February 19**

SPRING	APRIL 6 – MAY 7	
Mon./Wed.	5:00-5:40 p.m.	Pike / Eel / Ray
Mon./Wed.	5:50-6:30 p.m.	Pike / Eel
Tues./Thurs.	3:30-4:10 p.m.	Pike / Eel
Tues./Thurs.	4:20-5:00 p.m.	Pike / Eel / Ray
Tues./Thurs.	6:30-7:10 p.m.	Pike / Eel / Ray
Tues./Thurs.	7:20-8:00 p.m.	Pike / Eel

**Registration Deadline: April 2**

**FEE:** Member: \$29 Non-Member: \$59

#### SATURDAY LESSONS – 5-WEEK SESSION

WINTER II	FEBRUARY 28 – MARCH 28	
Sat.	9:00-9:50 a.m.	Pike / Eel
Sat.	10:00-10:50 a.m.	Pike / Eel / Ray

**Registration Deadline: February 19**

SPRING	APRIL 11 – MAY 9	
Sat.	9:00-9:50 a.m.	Pike / Eel
Sat.	10:00-10:50 a.m.	Pike / Eel / Ray

**Registration Deadline: April 2**

**FEE:** Member: \$24 Non-Member: \$48

**HELP KEEP OUR POOL CLEAN! PLEASE REMOVE STREET SHOES BEFORE ENTERING POOL AREA.**



# Youth – Aquatics

## Polliwog – Youth Level 1

(Taylor Pool)

(American Red Cross Levels 1 & 2)

**PREREQUISITES:** Must be at least 6 yrs. old; no swim skills necessary.

**SKILLS/ACTIVITIES:** Students will become familiar with the water, flotation devices, and pool rules. Students will learn the front paddle, side and back paddle. To move to the next level they will need to swim a length of the pool without assistance with their face in the water.

## Guppy 1 – Youth Level 2

(Taylor Pool)

(American Red Cross Levels 2 & 3)

**PREREQUISITES:** RAY OR POLLIWOG skills.

**SKILLS/ACTIVITIES:** Students are introduced to essential strokes: front and back crawl, sidestroke, breaststroke, and elementary backstroke. The goal of this level is to gain fundamental skills before moving on to the lap pool to achieve endurance. Before moving on students must swim the length of the pool without assistance.

## Guppy 2 – Youth Level 3

(Lap Pool)

(American Red Cross Levels 2 & 3)

**PREREQUISITES:** GUPPY 1 skills.

**SKILLS/ACTIVITIES:** Students are beginning to master essential strokes: front and back crawl, sidestroke, breaststroke, and elementary backstroke. The students will gain endurance by working on proper stroke techniques and gaining distance. Before moving on students must swim the length of the pool without assistance.

## Minnow – Youth Level 4

(American Red Cross Level 4)

**PREREQUISITES:** GUPPY 2 skills.

**SKILLS/ACTIVITIES:** Students further refine the essential strokes: front and back crawl, sidestroke, breaststroke, and elementary backstroke. To move to the next level they need to be comfortable swimming all strokes 25 yards.

## Fish – Youth Level 5

(American Red Cross Level 5)

**PREREQUISITES:** MINNOW skills.

**SKILLS/ACTIVITIES:** Students work to perform the crawl stroke, elementary backstroke, back crawl stroke, and sidestroke with turns. They are introduced to butterfly stroke. To advance, students must be able to swim all strokes 50 yards without stopping.

## Flying Fish – Youth Level 6

(American Red Cross Level 5/6)

**PREREQUISITES:** FISH skills.

**SKILLS/ACTIVITIES:** Perform the front crawl, backstroke, elementary backstroke, sidestroke, & breaststroke; to advance, student must tread water for three minutes with combination kicks plus swim all strokes 100 yards.

## Shark – Youth Level 7

(American Red Cross Level 6)

**PREREQUISITES:** FLYING FISH skills.

**SKILLS/ACTIVITIES:** Swimmers focus on perfecting strokes and increasing endurance with open and flip turns. Students also learn advanced skills in safety and rescues. Perform front crawl, breaststroke, elementary backstroke, & sidestroke with open turns; perform the butterfly.

## Mini Marlins

**PREREQUISITES:** MINNOW skills.

**SKILLS/ACTIVITIES:** This competitive swim class introduces children to swimming as a team sport. Coaches will work with the swimmers on stroke drills, refinement, endurance, and technique. Emphasis is put on starts, turns, relays, and the four competitive swim strokes. Swimmers will learn the basics of distance swimming, sprints, and individual medleys.

### WEEKDAY LESSONS – 5-WEEK SESSION

WINTER I	JANUARY 12 – FEBRUARY 12	
Mon./Wed.	5:00–5:40 p.m.	Guppy 1 / Guppy 2 / Flying Fish / Shark
Mon./Wed.	5:50–6:30 p.m.	Polliwog / Minnow / Fish
Tues./Thurs.	6:30–7:10 p.m.	Polliwog / Minnow
Tues./Thurs.	7:20–8:00 p.m.	Guppy 1 / Guppy 2

**Registration Deadline: January 8**

WINTER II	FEBRUARY 23 – MARCH 26	
Mon./Wed.	5:00–5:40 p.m.	Polliwog / Minnow / Fish
Mon./Wed.	5:50–6:30 p.m.	Guppy 1 / Guppy 2 / Flying Fish / Shark
Tues./Thurs.	6:30–7:10 p.m.	Polliwog / Fish / Flying Fish / Shark
Tues./Thurs.	7:20–8:00 p.m.	Polliwog / Guppy 1 / Guppy 2 / Minnow

**Registration Deadline: February 19**

SPRING	APRIL 6 – MAY 7	
Mon./Wed.	5:00–5:40 p.m.	Polliwog / Minnow / Fish
Mon./Wed.	5:50–6:30 p.m.	Polliwog / Guppy 1 / Guppy 2 / Flying Fish / Shark
Tues./Thurs.	3:30–4:10 p.m.	Guppy 1 / Guppy 2
Tues./Thurs.	4:15–4:55 p.m.	Polliwog / Minnow
Tues./Thurs.	6:30–7:10 p.m.	Polliwog / Minnow / Fish / Flying Fish
Tues./Thurs.	7:20–8:00 p.m.	Polliwog / Guppy 1 / Guppy 2 / Shark

**Registration Deadline: April 2**

**FEE:** Member: \$29      Non-Member: \$59

### SATURDAY LESSONS – 5-WEEK SESSION

WINTER II	FEBRUARY 28 – MARCH 28	
Sat.	9:00–9:50 a.m.	Guppy 1 / Guppy 2 / Minnow / Fish
Sat.	10:00–10:55 a.m.	Polliwog / Flying Fish / Shark

**Registration Deadline: February 19**

SPRING	APRIL 11 – MAY 9	
Sat.	9:00–9:50 a.m.	Polliwog / Guppy 1 / Guppy 2 / Minnow
Sat.	10:00–10:50 a.m.	Polliwog / Fish / Flying Fish / Shark

**Registration Deadline: April 2**

**FEE:** Member: \$24      Non-Member: \$48

## Mini Marlins Learn about Competitive Swimming

WINTER I	JANUARY 6 – MARCH 12	
Tues./Thurs.	6:30–7:30 p.m.	

**FEE:** Member: \$76      Non-Member: \$127

# Teen/Adult – Aquatics



## Private/Semi-Private Swim Lessons

### AVAILABLE BY APPOINTMENT:

Please call Jenni Robb for more information or to schedule your lesson  
(507) 345-9804 or jrobb@mankatoymca.org

<b>1 Person private half-hour lesson</b>	
FEE: \$21 member	\$31 non-member
<b>2 People semi-private – half-hour shared lesson</b>	
FEE: \$18 member	\$23 non-member
<b>3 People semi-private – half-hour shared lesson</b>	
FEE: \$15 member	\$20 non-member

## Teach Swim Lessons American Red Cross Water Safety Instructor (WSI)

You can become an American Red Cross Water Safety Instructor! As a Water Safety Instructor (WSI), you can:

- Teach swimming lessons.
- Gain terrific work experience as an aquatic professional.
- Earn some extra cash!
- Learn organizational and presentation skills that will help you in any career.
- Make a difference in people's lives.

The class includes professional instruction on land and in the water. Required textbooks for the class are included in the fee. Must be 16 years old or older and have above-average swim skills and endurance. Minimum class size of six.

<b>SPRING</b>	<b>APRIL 28,30</b>	<b>MAY 5,7,12,14,19</b>
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Tues./Thurs.	5:30-9:30 p.m.
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**Registration Deadline: November 24**

<b>FEE:</b> Member: \$184	Non-Member: \$203
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**MUST ATTEND ALL 7 CLASS SESSIONS**

## Get Your Swim on at the Y- Join our 100 Mile+ Club

The Aquatics staff will be providing weekly workouts and a tracking system for swimmers to challenge themselves. Each swim will be 2,000-3,500 yards and will include a variation of strokes, drills, kick, pull, and distance. Prizes will be awarded as participants reach certain milestones. Prizes as follows:

- **100 Miles:** 100 Mile Swim Club Swim Cap, name on the recognition board and certificate.
- **500 Miles:** 500 Mile Swim Club Water Bottle, name on the recognition board, and a certificate
- **1,000 Miles:** 1,000 Mile Swim Club T-shirt, name, on recognition board, and a certificate
- **1,500 Miles:** 1,500 Mile Swim Club Towel, name on recognition board, and a certificate

**Members can join at any time  
Members Only**

<b>FEE:</b> Member: \$25
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## Earn Your Whistle! American Red Cross Lifeguard Training

**Ages 15 & up**

Learn the skills and knowledge required to become a lifeguard, including how to recognize, prevent, and respond quickly to aquatic emergencies. Learn CPR for the Professional Rescuer, AED, and First Aid. Participants will receive certifications after **attending all class sessions**, and passing all written exams and water skills tests. Course materials included in fee.

Certifications received upon completion of course objectives and passing with a score of at least 80 percent correct on course final written exam.

- **Lifeguard, First Aid, and CPR/AED certification is valid for two years.**

<b>SPRING I</b>	<b>APRIL 18, 19, 25, 26</b>
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Sat./Sun.	10:00 a.m.-5:00 p.m.
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**Registration Deadline: April 13**

<b>SPRING II</b>	<b>MAY 9, 10, 16, 17</b>
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Sat./Sun.	10:00 a.m.-5:00 p.m.
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**Registration Deadline: May 4**

<b>SPRING III</b>	<b>MAY 30, 31</b>	<b>JUNE 6, 7</b>
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Sat./Sun.	10:00 a.m.-5:00 p.m.
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**Registration Deadline: May 26**

<b>FEE:</b> Member: \$168	Non-Member: \$187
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**MUST ATTEND ALL 4 CLASS SESSIONS**

## Adult and Teen Swim Lessons

It's never too late to learn how to swim or improve your swimming ability. Beginner thru advanced levels welcomed.

<b>WINTER I</b>	<b>JANUARY 13 – FEBRUARY 12</b>
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Tues./Thurs.	7:00-7:45 a.m.
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Tues./Thurs.	8:00-8:45 p.m.
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**Registration Deadline: September 4**

<b>WINTER</b>	<b>FEBRUARY 24 – MARCH 26</b>
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Tues./Thurs.	7:00-7:45 a.m.
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Tues./Thurs.	8:00-8:45 p.m.
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**Registration Deadline: October 16**

<b>FEE:</b>	Member: \$29	Non-Member: \$59
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# Youth

## 2014–2015 School Year After School Adventures

**An After-School Program for boys and girls grades K-5.**

After School Adventures runs Monday through Friday following the District #77 school year and does not run on non-school days (holidays, etc.). The YMCA bus picks up youth at school for supervised after-school activities. Parents pick up their child at the YMCA before 5:30pm.

Activities include arts and crafts, gym games, field trips, swimming lessons, special events and more! Both indoor and outdoor activities are planned.

Pick Up Sites:

Roosevelt	Hoover
Washington	Jefferson
Rosa Parks	Kennedy
Loyola	Monroe
Fitzgerald	Bridges
Franklin	Garfield

\*Subject to change due to participation

Annual Fees Per Child (Fee includes transportation, all activities special events & snacks):

**FEE:** Member: \$1689 Non-Member: \$1995

## After School Express Transportation

We at the Mankato Family YMCA are happy to provide an After School Express transportation program **for our members**, which will aid children in obtaining safe transportation from their school to the YMCA. Upon arrival, children will be brought in to the YMCA to go to their class or participate in non-supervised activities. Applications are available at the YMCA service desk and online.

**Pickup Sites**

Same as After School Adventures

**FEES:** \$50 bus pass entitling youth to 20 rides, or \$120 bus pass entitling youth to 3 months of unlimited rides.

For all transportation information, contact: Sarah Wiens at 345-9808.

## Children's Theater Production

**For boys and girls grades K-8.**

Children have the opportunity to audition, rehearse, and perform a theatrical production in front of a live audience. This ten session, two hour class is for students K-8th grade.

It's the tale of the lovable but troublesome puppet Pinocchio lead by his friend the Cricket, an everyday walk to school becomes an extraordinary adventure day after day. Through all their adventures together, Pinocchio learns the importance of good behavior and telling the truth.

Sign your child up today!

**PINOCCHIO CHILDREN'S SHOW JANUARY 10 - MARCH 14**

Saturday	11:15 a.m.-1:15 p.m.	Aerobics Studio
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FEE: Member: \$75 Non-Member: \$90  
Includes 2 tickets to the show March 14 in the Aerobics Studio

## Safe at Home!

**For boys and girls ages 8-11**

Parents, you need to run to the store, but your child wants to stay home alone. IS he or she ready?

This one-session safety course for kids covers what to do and what not to do when kids are home by themselves. Led by trained YMCA staff, the Safe At Home! program equips kids with the knowledge it takes to be safe and comfortable at home on their own. From the proper way to handle phone calls to how to respond to strangers at the door, safety is the objective.

Several sessions are offered. Parents are welcome, but not required, to accompany their child. Program designed for kids aged 8-11. For all information, please contact Jenni Robb at 345-9804.

<b>WINTER I</b>	<b>JANUARY 17</b>
Sat.	9:00-11:30 a.m.

<b>WINTER I</b>	<b>FEBRUARY 14</b>
Sat.	9:00-11:30 a.m.

<b>WINTER II</b>	<b>MARCH 14</b>
Sat.	9:00-11:30 a.m.

<b>SPRING</b>	<b>APRIL 11</b>
Sat.	9:00-11:30 a.m.

<b>SPRING</b>	<b>MAY 9</b>
Sat.	9:00-11:30 a.m.

**FEE:** Member: \$20 Non-Member: \$25

## School's Out Day Camp

**For boys and girls grades K-5.**

Swimming, Field Trips, Gym Games, Arts & Crafts and more!

**Hours 8:00 a.m.-5:00 p.m.**

Parents can begin dropping off at 7:30 a.m. and pick up their children at the Y before 5:30 p.m.

**Permission slip required for admittance.**

Information flyers will be distributed to local elementary schools with more details on specific activities. Activities may be cancelled if minimum registration is not met.

**Program Dates**

Mon., December 29  
Tues., December 30  
Fri., January 2  
Mon., January 19  
Fri., March 6  
Fri., March 20  
Mon., March 23  
Fri., April 3  
Mon., April 6

**Field Trips**

Tubing at Mount Kato  
Bowling Day  
New You at the Y  
Bounce World  
Sky Zone  
Big Thrill Factory  
Sports Day at the Y  
The Works  
Rad Zoo

**FEE:** Member: \$33 first child, \$28 each add'l child per family  
Non-Member: \$48 first child, \$43 each add'l child per family

## STRIDE & STRIDE Too

**For boys grades 3-5 and grades 6-8.**

Success, Teamwork, Respect, Inspiration, Determination = Excellence in Character

**STRIDE** is an interactive program for 3rd-5th grade boys that provides lessons on leadership, character development and healthy choices, all within the framework of fun fitness and running.

**STRIDE Too** offers a more advanced curriculum, continuing character development with strength, conditioning and running workouts for 6th-8th grade boys.

<b>STRIDE</b>	<b>FEBRUARY 9 - APRIL 25</b>	
Mon./Wed.	3:15-4:45 p.m.	YMCA
Mon./Wed.	3:15-4:45 p.m.	Hilltop Methodist Church
Tues./Thurs.	3:15-4:45 p.m.	YMCA
Tues./Thurs.	3:15-4:45 p.m.	TBD

<b>STRIDE TOO</b>	<b>FEBRUARY 9 - APRIL 25</b>	
TBD	TBD	TBD

**REGISTRATION OPENS: January 5**



# Youth – Sports



## Basketball

Boys & Girls Grades K-6

We have restructured our basketball program and are trying something new!

Kindergarten & 1st-2nd grade league will be coed. Teams will play once a week on weeknights (Monday, Tuesday or Thursday) which will include 30 minutes of practice and 45 minutes of game time! At the end of the 5 week season, there will be a tournament held at the YMCA on February 21st. Each team is guaranteed 2 games.

3rd-4th grade & 5th-6th grade league will be divided into girls and boys divisions. Teams will practice once a week on weeknights (Monday, Tuesday or Thursday) and play on Saturday mornings. At the end of the 5 week season, there will also be a tournament held at the YMCA on February 21st. Each team will be guaranteed 2 games.

YMCA Staff are full of basketball knowledge! Staff will be in charge of the courts to run practice, but volunteers are always welcome!

We need 1-2 volunteers per team. If you are interested, indicate on registration form. We love the help!

### ALL SPORTS JERSEY

Players must provide their own All Sports Jersey which may be purchased at Play It Again Sports or Scheels.

This jersey will be good for all YMCA Youth Sports and is needed for each night of basketball!

**REGISTRATION DEADLINE FRIDAY, DECEMBER, 12**

### PROGRAM DATES

Week of January 5	Practices Begin
Saturday, January 17	Games Begin
Saturday, February 21	Last Game

### DIVISIONS

Kindergarten boys & girls	3rd-4th grade girls
1st-2nd grade boys & girls	5th-6th grade boys*
3rd-4th grade boys	5th-6th grade girls*

\* May combine to one division if low participation.

**FEE:** Member: \$27 Non-Member: \$49

**A sports Late fee of \$8 will be charged after registration deadlines, pending available space.**

## All Sports Jersey For Youth Sports

An All Sports Jersey will be used for all youth sports programs. These jerseys are available at Play It Again Sports or Scheels. Play It Again Sports will be selling new jerseys as well as buying and selling used jerseys. Youth Sports participants will purchase the All Sports Jersey on their own and they will be good for all sports year-round.



## Indoor Soccer

Boys & Girls Grades K-6

Indoor soccer is a great warm-up for outdoor soccer, which will be offered in the spring.

This is a fun, recreational program for boys and girls in grades K-6. Teams will be formed according to grade. The first 20-30 minutes of each hour will be an instructional and skills development period. Then each team plays 30-40 minutes of action-packed indoor Soccer! The programs are at the YMCA on Saturday mornings for one hour; division times are below. Each player must provide his or her own All Sports Jersey.

**REGISTRATION DEADLINE: Friday, February 20**

### PROGRAM DATES

Sat, March 7	Program Starts
Sat, April 4	Program Ends

### DIVISIONS

Kindergarten boys & girls @ 11:00 a.m. or 12:00 p.m.  
 1st-2nd grade boys & girls @ 9:00 a.m. or 10:00 a.m.  
 3rd-4th grade boys\* @ 11:00 a.m.  
 3rd-4th grade girls\* @ 12:00 p.m.  
 5th-6th grade boys\* @ 10:00 a.m.  
 5th-6th grade girls\* @ 10:00 a.m.

\* May combine to one division if low participation.

\* Adjustments may be made to start times depending on participation levels.

\* March 14th will be at different times due to schedule reasons

**FEE:** Member: \$27 Non-Member: \$49

**A sports Late fee of \$8 will be charged after registration deadlines, pending available space.**



## Spring Outdoor Soccer

Boys & Girls Grades K-6

Outdoor Soccer is a league and skills program for any boy or girl in grades Kindergarten-6.

Teams will practice once a week on weeknights between 5:00 p.m. and 8:00 p.m. at local parks, with games being held on Saturday mornings at Buscher Park between 8:00 a.m. and 2:00 p.m. One or two games may be held during the week. Players must provide their own All Sports Jersey, which may be purchased at **Play It Again Sports** and **Scheels**.

**REGISTRATION DEADLINE: Friday, March 21**

### PROGRAM DATES

Week of April 20*	Practices Begin
Sat, May 2	First Game
Sat, May 30	Last Game

\* Inclement weather could cause practices to start later.

### DIVISIONS

Kindergarten boys & girls	3rd-4th grade girls
1st-2nd grade boys & girls	5th-6th grade boys*
3rd-4th grade boys	5th-6th grade girls*

\* May combine to one division if low participation.

**FEE:** Member: \$27 Non-Member: \$49

**A sports Late fee of \$8 will be charged after registration deadlines, pending available space.**

## YOUTH SPORTS PHILOSOPHY

The Youth Sports program at the MANKATO FAMILY YMCA gives elementary-aged boys and girls the opportunity to learn sports skills in a supervised, low-competitive environment. We believe that participating in sports should be FUN and that every player should have an EQUAL OPPORTUNITY to play. The emphasis of our practices is on the DEVELOPMENT OF SKILLS. We want to take the pressure off the kids and let them enjoy youth sports. This is done by de-emphasizing winning at all costs and playing only the few best players. Parent SUPPORT is encouraged as opposed to parent PRESSURE on the kids to be perfect.

# Youth Summer Camp

REGISTRATION FOR ALL CAMPS BEGINS March 1!

## PRESCHOOL CAMPS

Designed for 3 and 4-year-olds who are fully toilet trained. Preschool camps meet Monday–Friday from 9–11:30 a.m. in Preschool Room 102. Come experience games, art, music, stories, swimming, snacks, playtime, and outdoor play—all under the care of our nurturing preschool staff. Come join the fun!

Session:	Dates:	Theme:
Session 1	June 8-12	Music Makers
Session 2	June 22-26	Balls, Balls, Balls
Session 3	July 13-17	Zoom Zoom
Session 4	July 27-31	Little Picassos
Session 5	August 10-14	Animal Action

<b>FEE:</b> Early Bird:	Member: \$60	Non-Member: \$80
After 4/30:	Member: \$70	Non-Member: \$90

**FEE INCLUDES ALL CAMP SUPPLIES AND A CAMP T-SHIRT (ONE T-SHIRT PER CAMPER PER SUMMER):**

## KINDERCAMPS

Designed for 4, 5, and 6-year-olds. Kindercamps meet Monday–Friday from 8:00 a.m. – 12:00 p.m. Each day we begin in Preschool Room 101 for art, playtime, music, and theme-related activities. Then we load the bus and venture outdoors to a different park each day for games, snacks, songs, hiking, nature exploration and playtime with friends. We end our days with swimming and water play.

Session:	Dates:	Theme:
Session 1	June 1-5	Here Comes the Sun
Session 2	June 15-19	Wild About Reading
Session 3	July 6-10	Jammin in the Jungle
Session 4	July 20-24	All About Art
Session 5	August 3-7	Treasure Hunt
Session 6	August 17-21	Super Scientists

<b>FEE:</b> Early Bird:	Member: \$80	Non-Member: \$100
After 4/30:	Member: \$90	Non-Member: \$110

**FEE INCLUDES ALL CAMP SUPPLIES AND A CAMP T-SHIRT (ONE T-SHIRT PER CAMPER PER SUMMER):**

## KINDERGARTEN PREP CAMP

Is your child ready for some Summer learning and fun? Kindergarten Prep is designed for children who are entering Kindergarten in the Fall of 2015. Morning curriculum focuses on kindergarten readiness skills, with special concentration on reading and math skills. Afternoon activities focus on social skills and recreational play and utilize area parks, playgrounds and the YMCA pool and gyms. Meets Monday–Friday from 8:00 am – 2:30 pm

Extended childcare available from 7:30 – 8:00 am for an additional fee of \$3 per day.

Session:	Dates:	Theme:
Session 1	July 13-17	Chicka Chicka Boom Boom ABC and 123
Session 2	July 27-31	Space is the Place
Session 3	August 10-14	Animal Adventures

<b>FEE:</b> Early Bird:	Member: \$130	Non-Member: \$150
After 4/30:	Member: \$140	Non-Member: \$160

Extended Care from 7:30-8:00 \$3 per day

**FEE INCLUDES ALL CAMP SUPPLIES AND A CAMP T-SHIRT (ONE T-SHIRT PER CAMPER PER SUMMER):**



Our camp leaders strive to foster positive self-esteem and independence in each camper. The YMCA values of caring, honesty, responsibility, respect and faith are an important aspect of our camp philosophy.

Camp brochure will be available February 1, 2015.

## DAY CAMP

Designed for campers who have completed any grade K-4.

Day camp is a fun-filled recreational and educational program especially designed for the young camper. Natural surroundings of our area's beautiful parks are used for the YMCA Day Camp sites. Activities include hiking, Explore 30 reading program, crafts, developing camp skills, nature exploration, songs, games, weekly field trips and swimming! Camp meets Monday–Friday, 8:30 a.m.–4:00 p.m. Transportation is available beginning at 7:45 a.m. and ending at 4:55 p.m. to and from nearby schools.

Session:	Dates:	Theme:	Field Trip:
Session 1	June 1-5	Ignite your Summer	Big Thrill Factory
Session 2	June 8-12	H2WOW!	Fairmont Aquatic Park
Session 3	June 15-19	Buggin' out in a Bug's Life	MN Zoo
Session 4	June 22-26	Fun and Fitness	Skateville
Session 5	July 6-10	Chemistry Kidz	Science Museum
Session 6	July 13-17	Arts & Adventure	Theater Production
Session 7	July 20-24	Rainforest Adventure	Como Zoo
Session 8	July 22-26	Ahoy Matey!	Waseca Waterpark
Session 9	Aug 3-7	Sports Spectacular	Gram Slam
Session 10	Aug 10-14	Everyday Superheroes	Bounce World
Session 11	Aug 17-21	Space is the Place	Chutes & Ladders
Session 12	Aug 24-28	Aloha to Summer!	Owatonna Waterpark

<b>FEE:</b> Early Bird:	Member: \$121	Non-Member: \$141
After 4/30:	Member: \$131	Non-Member: \$151

## FISHING CAMP

Designed for campers who have completed any grade 4–6.

Learn about fishing techniques as we pursue Bass, Northern Pike, Pan Fish and Walleyes on various lakes surrounding the Mankato area. Life Jackets and bait are provided at camp, but be sure to bring your own pole and tackle.

### Camp Session:

Session 1 June 15–19

Session 2 Aug 24–28

<b>FEE:</b> Early Bird:	Member: \$165	Non-Member: \$185
After 4/30:	Member: \$175	Non-Member: \$195

## TEEN ADVENTURE CAMP

### Teen Xtreme Camp

Designed for campers who have completed any grade 4–8.

Develop a greater passion for the things you love. Teen Adventure Camp meets Monday–Friday, 8:30 a.m.–4:00 p.m. Transportation is provided from nearby schools.

<b>Session:</b>	<b>Dates:</b>	<b>Theme:</b>
Session 1	July 20–24	TEEN XTREME Camp

<b>FEE:</b> Early Bird:	Member: \$170	Non-Member: \$190
After 4/30:	Member: \$180	Non-Member: \$200



## HORSE CAMP

Horse camp dates coming in camp brochure, February 1.



## L.I.T. CAMP

Designed for campers who are entering grade 9 or 10.

The YMCA Leaders in Training (L.I.T.) Camp is the perfect way to learn valuable leadership skills and character values, and enhance self-esteem while gaining experience working with their peers and younger children.

### Camp Session:

Session 1 June 15–18 Leaders in Training Camp  
(+1 week of Resident Camp Patterson)

<b>FEE:</b> Early Bird:	Member: \$205	Non-Member: \$225
After 4/30:	Member: \$215	Non-Member: \$235

## SPECIALTY CAMP PROGRAMS

### RESIDENT CAMP, CAMP PATTERSON

Designed for campers who have completed any grade 2–6.

Camp Patterson is a 5-day resident camp for boys and girls located on Lake Washington, 15 miles from Mankato. Outdoor fun and learning happen through a variety of activities such as canoeing, swimming, fishing, hiking, crafts, archery, theater, music, games, developing Christian values and campfire programs. Campers enjoy healthy meals, sound sleep and physical activity every day. Qualified instructors help the campers learn and grow through activities on the lake, in the field or in the woods. The camp program brings a sense of community to everyone. Camping helps boys and girls to develop self-confidence and make new friends. Campers depart from the YMCA on Monday at 8:00 a.m. and are returned there on Friday at 4:00 p.m.

### Camp Session:

Session 1 June 22–26

Session 2 Aug 3–7

<b>FEE:</b> Early Bird:	Member: \$250	Non-Member: \$270
After 4/30:	Member: \$260	Non-Member: \$280



### Cut Camp Cost

The YMCA fundraiser is a great way for you to earn your way to camp. It's available to campers at any age level and helps offset your camp fees. Look for more information in our Camp Brochure coming February 1st.



# Youth In Government – School Age/Teen

Join youth leaders from around the state to debate the issues that are important to you. Listen to delegates with different experiences. Research public issues and become aware of local, state, national and international concerns. Accept your civic responsibilities and your leadership role.

## Model Assembly

Grades 8-12

Youth In Government participants study the Executive, Judicial and Legislative areas of state government and conclude with a four-day Model Assembly at the State Capitol in St. Paul in January 2015. The program encourages students to research issues and study government process. Students choose an area of participation, such as Legislature, Court System, Lobby, Media, etc. Students sign a pledge to uphold the Code of Conduct. The Mankato delegation meets weekly September-January.

For more information, call 345-9809.

## Youth Voice In Local Government

Grades 9-12

Youth are now given the opportunity to have a voice in local government by becoming voting members on local boards and committees of the City of Mankato, City of North Mankato, Blue Earth County, Nicollet County and Mankato Area Public Schools. Youth who are interested must complete an application on:

<http://www.ci.mankato.mn.us/youthvoiceingov/>

Youth must be:

- a resident of the city, county, or school district in which they are applying to serve.
- prepared to commit to a one-year term and meet the attendance requirements set by the particular committee.

A Project of the Intergovernmental Youth Asset Committee

Your Voice is  
**STRONG** -  
Make it Heard!

## 4th-6th Grade Socials

Mark your calendars for this youth activity night on the 2nd Saturday of each month. Enjoy music, food, swimming, games, crafts, inflatables, snacks and special activities with friends. Permission slips indicating each monthly theme will be distributed to the schools prior to each event, and will also be available on the Y website. Doors open at 7:15 p.m. Pickup is promptly at 9:30 p.m. in the Red Gym.

Youth must have a permission slip for the event, along with a ride to and from the Y.

### Program Dates:

Sat., January 10  
Sat., February 14  
Sat., March 14  
Sat., April 11  
Sat., May 9

### Themes:

Winter Wonderland  
Hearts and Hockey  
Get Your Green On  
Sock Hop into Spring  
Bounce into Summer

**FEE:** \$6 fee (pay at the door). Open to all youth who are currently in grades 4-6.  
YMCA membership not required.



# Youth/Teen – Sports/Wellness

## YMCA TEENS

The YMCA wants to provide Teens with recreational programs in a safe and positive environment that will enhance personal and social skills, teach leadership and responsibility, and promote individual self-esteem. With the YMCA's core values of caring, honesty, respect, responsibility and faith, your teen will grow new friendships, build confidence and discover personal strengths and talents!

### Cycling for Youth

Ages 10-14 years

Whether you are just looking for something fun or are looking for off-season conditioning, cycling brings music, friends and a good workout together. The class design is focused on individuals aged 10-14, but all elementary and jr. high ages are welcome. Indoor cycles fit individuals 48" and taller.

WINTER I	JANUARY 13 – FEBRUARY 19	
Tues.	3:30-4:15 p.m.	Cycle Studio
Thur.	3:30-4:15 p.m.	Cycle Studio
WINTER II	FEBRUARY 24 – APRIL 2	
Tues.	3:30-4:15 p.m.	Cycle Studio
Thur.	3:30-4:15 p.m.	Cycle Studio
SPRING	APRIL 7 – MAY 14	
Tues.	3:30-4:15 p.m.	Cycle Studio
Thur.	3:30-4:15 p.m.	Cycle Studio
<b>FEE:</b>	Member: \$7	Non-Member: \$14



### Youth Yoga

Ages 9-14 years

This class is designed for ages 9-14 and will focus on basic moves that will increase strength and flexibility.

WINTER I	JANUARY 12 – FEBRUARY 16	
Mon.	3:30-4:15 p.m.	Mind/Body
WINTER II	FEBRUARY 23 – MARCH 30	
Mon.	3:30-4:15 p.m.	Mind/Body
SPRING	APRIL 6 – MAY 11	
Mon.	3:30-4:15 p.m.	Studio C
<b>FEE:</b>	Member: \$9	Non-Member: \$18

### Racquetball Lessons

A progressive program for youth to develop racquetball skills. Classes emphasize skill development of racquetball, hand-eye coordination, physical fitness and court etiquette. **All equipment is provided.**

**Beginner Lessons** are for the first-time player or young player who is just developing racquetball skills or learning the rules of racquetball. At the beginner level racquetball rules are adapted to ensure success for the young player.

**Advanced Lessons ARE FOR YOUTH WHO HAVE PASSED BEGINNER LEVEL LESSONS** or who possess the skill necessary to play a game of racquetball according to regular racquetball rules. Serving strategies, court positioning, offensive and defensive strategies will all be emphasized in Advanced Lessons.

#### SATURDAY LESSONS – 5-WEEK SESSION

WINTER I	JANUARY 10 – FEBRUARY 7	
Sat.	9:00-9:45 a.m.	Beginner
Sat.	9:50-10:35 a.m.	Advanced
WINTER II	FEBRUARY 14 – MARCH 21	
Sat.	9:00-9:45 a.m.	Beginner
Sat.	9:50-10:35 a.m.	Advanced
SPRING	APRIL 4 – MAY 2	
Sat.	9:00-9:45 a.m.	Beginner
Sat.	9:50-10:35 a.m.	Advanced
<b>FEE:</b>	Member: \$27	Non-Member: \$49

### Handball

WINTER II	MARCH 1 – APRIL 19	
Sun.	4:30-6:00 p.m.	Racquetball Courts
<b>FEE:</b>	Member: \$7	Non-Member: \$14

# Adult – Wellness – Specialty Classes



## Les Mills™ BODYPUMP™

BODYPUMP™ is the original barbell class that strengthens your entire body. This 60-minute workout strengthens and challenges all of your major muscle groups by using the best weight room exercises like squats, presses, lifts, and curls. Great music, awesome instructors, and your choice of weight inspire you to get the results you came for, and fast!

<b>WINTER I</b>	<b>JANUARY 6 – FEBRUARY 14</b>
Tues./Thurs.	5:30-6:30 a.m. Aerobic Studio
Tues./Thurs.	5:40-6:40 p.m. Aerobic Studio
<b>FEE:</b>	Member: \$32 Non-Member: \$64
Saturdays	7:00-8:00 a.m. Aerobic Studio
<b>FEE:</b>	Member: \$16 Non-Member: \$32
<b>WINTER II</b>	<b>FEBRUARY 17 – MARCH 28</b>
Tues./Thurs.	5:30-6:30 a.m. Aerobic Studio
Tues./Thurs.	5:40-6:40 p.m. Aerobic Studio
<b>FEE:</b>	Member: \$32 Non-Member: \$64
Saturdays	7:00-8:00 a.m. Aerobic Studio
<b>FEE:</b>	Member: \$16 Non-Member: \$32
<b>SPRING</b>	<b>MARCH 31 – MAY 9</b>
Tues./Thurs.	5:30-6:30 a.m. Aerobic Studio
Tues./Thurs.	5:40-6:40 p.m. Aerobic Studio
<b>FEE:</b>	Member: \$16 Non-Member: \$32
Saturdays	7:00-8:00 a.m. Aerobic Studio
<b>FEE:</b>	Member: \$16 Non-Member: \$32
<b>SPRING MINI</b>	<b>MAY 12 – 28</b>
Tues./Thurs.	5:30-6:30 a.m. Aerobic Studio
Tues./Thurs.	5:40-6:40 p.m. Aerobic Studio
<b>FEE:</b>	Member: \$16 Non-Member: \$32

Drop-ins are welcome pending open space. \$5.00 drop-in rate. Please register at the front desk and bring receipt to the instructor.

## BODYPUMP Express

<b>WINTER I</b>	<b>JANUARY 5 – FEBRUARY 11</b>
Mon./Wed.	9:30-10:00 a.m. Aerobic Studio
<b>WINTER II</b>	<b>FEBRUARY 16 – MARCH 25</b>
Mon./Wed.	9:30-10:00 a.m. Aerobic Studio
<b>SPRING</b>	<b>MARCH 30 – MAY 6</b>
Mon./Wed.	9:30-10:00 a.m. Aerobic Studio
<b>FEE:</b>	Member: \$21 Non-Member: \$42
<b>SPRING MINI</b>	<b>MAY 11 – MAY 27</b>
Mon./Wed.	9:30-10:00 a.m. Aerobic Studio
<b>FEE:</b>	Member: \$11 Non-Member: \$21

## Women's Resistance

This Women's only class will teach you all you need to know to start and continue your strength training program. Increase muscle tone and strength with guided instructions using Cybex weight machines, free weights, resistance bands, stability balls, and more. After this course, you will have a strength training program set up just for you!

<b>WINTER I</b>	<b>JANUARY 5 – FEBRUARY 12</b>
Mon./Wed.	8:30-9:00 a.m. Life Center
Tues./Thurs.	6:00-6:30 p.m. Life Center
<b>FEE:</b>	Member: \$28 Non-Member: \$56
<b>WINTER II</b>	<b>FEBRUARY 16 – MARCH 26</b>
Mon./Wed.	8:30-9:00 a.m. Life Center
Tues./Thurs.	6:00-6:30 p.m. Life Center
<b>FEE:</b>	Member: \$28 Non-Member: \$56
<b>SPRING</b>	<b>MARCH 30 – MAY 7</b>
Mon./Wed.	8:30-9:00 a.m. Life Center
Tues./Thurs.	6:00-6:30 p.m. Life Center
<b>FEE:</b>	Member: \$28 Non-Member: \$56

## TRX BODY BLAST

It's a 30-minute Circuit Training workout that will challenge your core, strength, endurance, balance, and stability. Each round focuses on your core, lower body, and upper body, with extra cardio to keep your heart racing.

<b>WINTER I</b>	<b>JANUARY 5 – FEBRUARY 12</b>
Tue/Thu	10:45-11:15 a.m. Studio C
Mon/Wed	12:45-1:15 p.m. Studio C
Tue/Thu	7:00-7:30 p.m. Studio C
<b>WINTER II</b>	<b>FEBRUARY 16 – MARCH 26</b>
Tue/Thu	10:45-11:15 a.m. Studio C
Mon/Wed	12:45-1:15 p.m. Studio C
Tue/Thu	7:00-7:30 p.m. Studio C
<b>SPRING</b>	<b>MARCH 30 – MAY 7</b>
Tue/Thu	10:45-11:15 a.m. Studio C
Mon/Wed	12:45-1:15 p.m. Studio C
Tue/Thu	7:00-7:30 p.m. Studio C
<b>FEE:</b>	Member: \$28 Non-Member: \$56
<b>SPRING MINI</b>	<b>MAY 11 – MAY 28</b>
Tue/Thu	10:45-11:15 a.m. Studio C
Mon/Wed	12:45-1:15 p.m. Studio C
Tue/Thu	7:00-7:30 p.m. Studio C
<b>FEE:</b>	Member: \$16 Non-Member: \$32





## TRX®/Kettlebell Fusion

This small group personal trainer workout will challenge all fitness levels using suspension training on the TRX, kettlebells, conditioning drills and other fitness tricks of the trade. This full-body blast will maximize your workout time, combining cardio and strength training into an action-packed 45-minute class. Your personal trainer will orchestrate a series of cardio circuits and strength intervals targeting every major muscle group in your body. No two classes will be the same.

WINTER I	JANUARY 5 – FEBRUARY 12	
Mon./Wed.	5:30-6:15 p.m.	Studio C
Tues./Thurs.	6:30-7:15 a.m.	Studio C
Tues./Thurs.	12:00-12:45 p.m.	Studio C

WINTER II	FEBRUARY 16 – MARCH 26	
Mon./Wed.	5:30-6:30 p.m.	Studio C
Tues./Thurs.	6:30-7:15 a.m.	Studio C
Tues./Thurs.	9:35-10:35 a.m.	Studio C

SPRING	MARCH 30 – MAY 7	
Mon./Wed.	5:30-6:30 p.m.	Studio C
Tues./Thurs.	6:30-7:15 a.m.	Studio C
Tues./Thurs.	12:00-12:45 p.m.	Studio C
<b>FEE:</b>	Member: \$38	Non-Member: \$76

## High Intensity Interval Training

Our High Intensity Interval Training Program has more hills, more intervals and more track training! For the intermediate to advanced runner, join us for our high intensity interval training program that will: Improve performance while improving mechanics- Increase anaerobic and aerobic capacity- Provide strength and conditioning plans that utilize full-range functional movements to improve form- and decrease your risk of injury. Training will take place on the trails, roads, tracks, stairs and other locations. For more information contact Jill Nolta at [ymcawellness@mankatoymca.org](mailto:ymcawellness@mankatoymca.org)

SPRING	APRIL 6- MAY 25	
Mon	8:30-9:30 a.m.	Life Center
Mon	5:30-6:30 p.m.	Life Center
<b>FEE:</b>	Member: \$28	Non-Member: \$56



## CARDIO INTENSIVE

This class focuses on high cardio output using the TRX, Kettlebells, BOSU's in a cardio interval style to maximize your cardio, along with increasing muscle tone. Workouts are designed by a certified Personal Trainer and include a lot of variety to keep things new and exciting.

WINTER I	JANUARY 5 – FEBRUARY 11	
Mon/Wed	8:30-9:30 a.m.	Blue Gym
WINTER II	FEBRUARY 16 – MARCH 25	
Mon/Wed	8:30-9:30 a.m.	Blue Gym
SPRING	MARCH 30 – May 6	
Mon/Wed	8:30-9:30 a.m.	Blue Gym
<b>FEE:</b>	Member: \$38	Non-Member: \$76
SPRING MINI	MARCH 30 – May 6	
Mon/Wed	8:30-9:30 a.m.	Blue Gym
<b>FEE:</b>	Member: \$21	Non-Member: \$42

## IRONMAN Challenge

**Complete an IRONMAN Triathlon . . . in 35 days!**

Are you up for the challenge? Complete the following Ironman Triathlon cumulatively within 5 weeks:

2.5-mile swim | 112-mile bike ride | 26.2-mile run  
Register at the front desk and pick up your log sheet to record your progress. At the end of the five weeks, turn in your completed log sheet at the Life Center. T-shirts will be awarded to everyone who completes the challenge. Register today!

WINTER I	JANUARY 19 – FEBRUARY 22	
<b>FEE:</b>	Members Only: \$7	

## CORE FUSION

We have taken the best core exercise using Kettlebells, TRX and body weight and combined them into one amazing 30 minute CORE BUILDING class! Within this class you are able to work at your own pace and ability with the proper weight and exercises that will challenge you!

WINTER I	JANUARY 6 – FEBRUARY 12	
Tue/Thu	11:20-11:50 a.m.	Studio C
Tue/Thu	7:35-8:05 p.m.	Studio C
<b>FEE:</b>	Member: \$28	Non-Member: \$56

WINTER II	FEBRUARY 17 – MARCH 26	
Tue/Thu	11:20-11:50 a.m.	Studio C
Tue/Thu	7:35-8:05 p.m.	Studio C
<b>FEE:</b>	Member: \$28	Non-Member: \$56

SPRING	MARCH 31 – May 21	
Tue/Thu	11:20-11:50 a.m.	Studio C
Tue/Thu	7:35-8:05 p.m.	Studio C
<b>FEE:</b>	Member: \$28	Non-Member: \$56

SPRING MINI	MAY 12 – 28	
Tue/Thu	11:20-11:50 a.m.	Studio C
Tue/Thu	7:35-8:05 p.m.	Studio C
<b>FEE:</b>	Member: \$16	Non-Member: \$32

## Zero to 5k

Whether you are just starting to run or are ready to try a 5k race, this class will get you there! We will give you the base to become a more efficient and stronger runner. We will meet 2x a week with a combination of running, strength training and injury prevention. Whether you are a walker, jogger or wannabe runner, this class is sure to be fun.

SPRING	APRIL 6- MAY 25	
Mon	8:30-9:30 a.m.	Life Center
Mon	5:30-6:30 p.m.	Life Center
<b>FEE:</b>	Member: \$41	Non-Member: \$82

# Adult – Wellness – Cycling

## Cycling

High-intensity cycling led by an instructor.  
Experience the best in mind/body conditioning.

Classes held in the YMCA Cycling Room  
by Aerobics Studio.

### Cycling

#### WINTER I JANUARY 5 – FEBRUARY 14

Mon./Wed./Fri.	5:30-6:15 a.m.	Cycle Studio
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<b>FEE:</b>	Member: \$42	Non-Member: \$84
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Mon./Wed.	5:30-6:15 p.m.	Cycle Studio
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<b>FEE:</b>	Member: \$32	Non-Member: \$64
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Saturday	8:15-9:00 a.m.	Cycle Studio
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<b>FEE:</b>	Member: \$18	Non-Member: \$36
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#### WINTER II FEBRUARY 16 – MARCH 28

Mon./Wed./Fri.	5:30-6:15 a.m.	Cycle Studio
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<b>FEE:</b>	Member: \$42	Non-Member: \$84
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Mon./Wed.	5:30-6:15 p.m.	Cycle Studio
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<b>FEE:</b>	Member: \$32	Non-Member: \$64
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Saturday	8:15-9:00 a.m.	Cycle Studio
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<b>FEE:</b>	Member: \$18	Non-Member: \$36
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#### SPRING MARCH 30 – MAY 8

Mon./Wed./Fri.	5:30-6:15 a.m.	Cycle Studio
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<b>FEE:</b>	Member: \$42	Non-Member: \$84
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Mon./Wed.	5:30-6:15 p.m.	Cycle Studio
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<b>FEE:</b>	Member: \$32	Non-Member: \$64
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#### SPRING MINI MAY 11 – MAY 29

Mon./Wed./Fri.	5:30-6:15 a.m.	Cycle Studio
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<b>FEE:</b>	Member: \$21	Non-Member: \$42
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Mon./Wed.	5:30-6:15 p.m.	Cycle Studio
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<b>FEE:</b>	Member: \$16	Non-Member: \$32
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Drop-ins are welcome pending open space. \$5.00 drop-in rate. Please register at the front desk and bring receipt to the instructor.

## Power Hour Cycle

A longer ride that still fits into your busy schedule.

#### WINTER I JANUARY 6 – FEBRUARY 12

Tues./Thurs.	8:15-9:15 a.m.	Cycle Studio
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#### WINTER II FEBRUARY 17 – MARCH 26

Tues./Thurs.	8:15-9:15 a.m.	Cycle Studio
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#### SPRING MARCH 31 – MAY 7

Tues./Thurs	8:15-9:15 a.m.	Cycle Studio
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<b>FEE:</b>	Member: \$36	Non-Member: \$72
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#### SPRING MINI MAY 12 – MAY 28

Tues./Thurs	8:15-9:15 a.m.	Cycle Studio
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<b>FEE:</b>	Member: \$18	Non-Member: \$36
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Drop-ins are welcome pending open space. \$5.00 drop-in rate. Please register at the front desk and bring receipt to the instructor.



## Cycle Pilates

Combine the cardiovascular benefits of cycling class and the toning benefits from Pilates and you have two great classes wrapped up into one. This class will start with 35 minutes of cycling and end with 35 minutes of Pilates. All levels welcome.

#### WINTER I JANUARY 5 – FEBRUARY 13

Mon./Fri.	9:30-10:45 a.m.	Cycle Studio
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#### WINTER II FEBRUARY 16 – MARCH 27

Mon./Fri.	9:30-10:45 a.m.	Cycle Studio
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<b>FEE:</b>	Member: \$36	Non-Member: \$72
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#### WINTER I JANUARY 7 – FEBRUARY 11

Wed.	9:30-10:45 a.m.	Cycle Studio
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#### WINTER II FEBRUARY 18 – MARCH 25

Wed.	9:30 - 10:45 a.m.	
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<b>FEE:</b>	Member: \$11	Non-Member: \$22
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#### SPRING MARCH 30 – MAY 8

Mon./Fri.	9:30-10:45 a.m.	Cycle Studio
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<b>FEE:</b>	Member: \$36	Non-Member: \$72
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#### SPRING APRIL 1 – MAY 6

Wed.	9:30-10:45 a.m.	Cycle Studio
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<b>FEE:</b>	Member: \$11	Non-Member: \$22
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#### SPRING MINI MAY 11 – MAY 29

Mon./Fri.	9:30-10:45 a.m.	Cycle Studio
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<b>FEE:</b>	Member: \$18	Non-Member: \$36
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#### SPRING MINI MAY 13 – MAY 27

Wed.	9:30-10:45 a.m.	Cycle Studio
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<b>FEE:</b>	Member: \$7	Non-Member: \$14
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# Adult – Health & Wellness



## YMCA Adult Exercise Recommendations

The YMCA urges that individuals receive annual physical examinations or that your physician be notified of your YMCA participation. Further, the YMCA requests that any person with exceptional health conditions who uses the YMCA should notify a member of the YMCA staff in advance of their participation.

## Fit4You . . . A Personal Approach to Wellness

A 6-week exercise support process designed to teach new and returning members how to start and stick with an exercise program. At no additional cost, you will be teamed up with a wellness coach for 3 one-on-one meetings. With the help of your coach you:

- Create realistic short- and long-term goals.
- Evaluate your exercise history.
- Learn how to use the most effective cardiovascular and strength-training equipment to meet your lifestyle.
- Work within your own level and monitor your workout level.
- Utilize Pre and Post assessments.

Stop by or call the Life Center at 345-9814 to get started today.

## Know your Fitness Numbers

The Mankato Family YMCA offers the following fitness assessments **FREE for members**. We encourage our members to check their progress every 6-8 weeks. To set up your first appointment, stop by the Life Center desk or call 345-9814.

- Blood Pressure (resting)
- Heart Rate
- Body Composition (skin fold or bioimpedance)
- Cardiovascular Fitness
- Muscular Strength and Endurance
- Flexibility

## Fast Track

“Fast Track” orientations are **for members** who are comfortable with a fitness facility. Our wellness coaches will walk you through a short introduction of the fitness equipment and Life Center policies to help you get started with your program. Stop by the Life Center desk or call 345-9814 to make your appointment.



## Life Center Rules & Recommendations

- The Life Center is open to ages 13 and over. Youth aged 13-14 must complete an orientation before working out on their own during designated youth times or with parental supervision. **Must be 13 or older to use the Life Center.**
- Workout attire is required (shirt, sweats, tennis shoes). No street shoes or sandals allowed. If your shoes have mud or are soiled, you will be asked to change shoes.
- **Must be 15 or older to use the Free Weight Room.** Please return weights when finished. No throwing weights. Use spotters when needed or contact the Life Center staff for a spotter. No spitting or tobacco use allowed.
- Please wipe off equipment when finished.
- Return clipboards, pencils and workout cards to the appropriate area.
- Report any maintenance problems to the Life Center staff.
- Only water bottles are allowed.
- All members and guests are expected to conduct themselves in an appropriate manner at all times. Abusive language will not be permitted.
- Violators of these rules will forfeit their privilege to use the Life Center.



# Adult – Wellness – Pilates–Yoga

## Barre Pilates

A total body workout that tones every inch of your body, burns fat and lengthens your muscles like never before. Barre Pilates is the fastest way to strengthen your muscles and shed unwanted fat in record-breaking time. All levels welcome! The class focuses on small muscle groups and isometric movements to challenge your muscles unlike other workouts.

WINTER I	JANUARY 5 – FEBRUARY 26	
Mon./Wed.	5:20-6:05 a.m.	Studio C
Tues./Thurs.	8:30-9:15 a.m.	Studio C
Mon./Wed.	11:30 a.m.-12:15 p.m.	Studio C

WINTER II	MARCH 2 – APRIL 23	
Mon./Wed.	5:20-6:05 a.m.	Studio C
Tues./Thurs.	8:30-9:15 a.m.	Studio C
Mon./Wed.	11:30 a.m.-12:15 p.m.	Studio C

**FEE:** Member: \$37 Non-Member: \$74

SPRING	APRIL 27 – JUNE 4	
Mon./Wed.	5:20-6:05 a.m.	Studio C
Tues./Thurs.	8:30-9:15 a.m.	Studio C
Mon./Wed.	11:30 a.m.-12:15 p.m.	Studio C

**FEE:** Member: \$27 Non-Member: \$54

## Progressive Pilates

Enter this class as a novice or advanced student and feel challenged during each class. Instructor will modify exercises to fit your Pilates level.

WINTER I	JANUARY 5 – FEBRUARY 26	
Tues./Thurs.	9:30-10:30 a.m.	Studio C
Mon./Wed.	6:40-7:40 p.m.	Studio C

WINTER II	MARCH 2 – APRIL 23	
Tues./Thurs.	9:30-10:30 a.m.	Studio C
Mon./Wed.	6:40-7:40 p.m.	Studio C

**FEE:** Member: \$37 Non-Member: \$74

SPRING	APRIL 27 – JUNE 4	
Tues./Thurs.	9:30-10:30 a.m.	Studio C
Mon./Wed.	6:40-7:40 p.m.	Studio C

**FEE:** Member: \$37 Non-Member: \$74

## Yoga

The YMCA offers a Yoga class designed to meet the needs of all students. Modifications and options are offered to give the participants the choice of intensifying their practice or using it as restorative healing time.

WINTER I	JANUARY 5 – FEBRUARY 27	
Mon./Wed./Fri.	9:00-10:00 a.m.	Studio C
Mon./Wed./Fri.	7:50 - 8:50 a.m.	Studio C

**FEE:** Member: \$48 Non-Member: \$96

Mon./Wed.	7:50-8:50 a.m.	Studio C
Mon./Wed.	9:00-10:00 a.m.	Studio C
Tues./Thurs.	4:30-5:30 p.m.	Studio C
Tues./Thurs.	5:45-6:45 p.m.	Studio C

**FEE:** Member: \$37 Non-Member: \$74

Friday	7:50-8:50 a.m.	Studio C
Friday	9:00-10:00 a.m.	Studio C

**FEE:** Member: \$11 Non-Member: \$22

WINTER II	MARCH 2 – APRIL 24	
Mon./Wed./Fri.	9:00-10:00 a.m.	Studio C
Mon./Wed./Fri.	7:50-8:50 a.m.	Studio C

**FEE:** Member: \$48 Non-Member: \$96

Mon./Wed.	7:50-8:50 a.m.	Studio C
Mon./Wed.	9:00-10:00 a.m.	Studio C
Tues./Thurs.	4:30-5:30 p.m.	Studio C
Tues./Thurs.	5:45-6:45 p.m.	Studio C

**FEE:** Member: \$37 Non-Member: \$74

Friday	7:50-8:50 a.m.	Studio C
Friday	9:00-10:00 a.m.	Studio C

**FEE:** Member: \$11 Non-Member: \$22

SPRING	APRIL 27 – JUNE 5	
Mon./Wed./Fri.	9:00-10:00 a.m.	Studio C
Mon./Wed./Fri.	7:50-8:50 a.m.	Studio C

**FEE:** Member: \$32 Non-Member: \$64

Mon./Wed.	7:50-8:50 a.m.	Studio C
Mon./Wed.	9:00-10:00 a.m.	Studio C
Tues./Thurs.	4:30-5:30 p.m.	Studio C

**FEE:** Member: \$27 Non-Member: \$54

Friday	7:50-8:50 a.m.	Studio C
Friday	9:00-10:00 a.m.	Studio C

**FEE:** Member: \$11 Non-Member: \$22



## Sunrise Salutations

Rise with the sun and join us in our relaxing Studio C for a 1-hour, mixed levels, early morning practice. Attention will be given to the traditional sun salutations with the individual flair of our Yoga staff.

WINTER I	JANUARY 5 – FEBRUARY 25	
Mon./Wed.	6:20-7:20 a.m.	Studio C

WINTER II	MARCH 2 – APRIL 22	
Mon./Wed.	6:20-7:20 a.m.	Studio C

**FEE:** Member: \$37 Non-Member: \$74

SPRING	APRIL 27 – JUNE 3	
Mon./Wed.	6:20-7:20 a.m.	Studio C

**FEE:** Member: \$27 Non-Member: \$54

# Wellness – Active Adults

•All Members Welcome • No Charge • Classes are Ongoing • No Registration Required

SilverSneakers® and Silver & Fit® are programs for Medicare Health Plan eligible adults 65+ years or older or on disability. These programs give access to the Y and programming appropriate for active adults.

For more information contact Joy Leafblad at 345-9813.



## SilverSneakers® Classic

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a SilverSneakers® ball are offered for resistance. A chair is available if needed for seated or standing support.

## SilverSneakers® Circuit

Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work with hand-held weights, elastic tubing with handles and a SilverSneakers® ball is alternated with low-impact aerobic choreography. A chair is used for standing support, stretching and relaxation exercises.

## SilverSneakers® Cardio

Get up and go with an aerobics class that's safe, heart-healthy and gentle on the joints. The workout includes easy-to-follow low-impact movements that focus on upper body strength, abdominal conditioning, stretching and relaxation exercises designed to energize your active lifestyle. Please see Aerobics Schedule for dates and times.

## Simple Stretch

The perfect start to the day! Class begins with a walking warm-up followed by light calisthenics and stretches for the entire body. Perfect for all levels and abilities! Class is ongoing.

## Chair Yoga

Chair Yoga will move your whole body through a complete series of seated and standing Yoga poses. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

## Tai Chi



The Arthritis Foundation Tai Chi Program is an ancient practice proven to reduce pain and improve your mental and physical well-being. The Arthritis Foundation Tai Chi Program, developed by Dr. Paul Lam, uses gentle Sun-style Tai Chi routines that are safe, easy to learn and suitable for every fitness level. All members welcome.

## Golden Rhythms

Low impact cardio for all levels of fitness. Dance your way through fun Latin, international, & hit songs with easy to follow moves. Try Golden Rhythms to improve your flexibility, balance, and get your heart pumping!

## Gather Together

Join us each month for our Senior Socials as we host speakers. Topics include gardening, health concerns, legal issues, and other interests. Socials are held on the 4th Friday of the month from 10 - 11am in the Y Pepsi Cube with the exception of December 12th for a special holiday luncheon.

For more information or to suggest a topic, contact Kelly Eberhardt at 345-9816 or [ymcagroupx@mankatoymca.org](mailto:ymcagroupx@mankatoymca.org)

See Group Fitness Schedule  
for current dates and times  
[www.mankatoymca.com](http://www.mankatoymca.com)



DOWNLOAD OUR  
MOBILE APP FOR  
CLASS SCHEDULES

# Adult – Wellness – Personal Trainers at the Y

## Worksite Wellness

Better health as the bottom line.

Bringing health education into the workplace pays off for everyone.

For the business owner, heightening employee health means higher morale, increased productivity, fewer health-related expenses and less turnover.

For employees, it means everything: Feeling better. Stress reduction. A fresh approach to life on the job and outside.

Arrange to have fitness and wellness professionals from the YMCA visit your workplace. We offer an array of services, from brief assessments and screenings to full programs.

For more information, call Joy Leafblad at 345-9813 or email [jleafblad@mankatoymca.org](mailto:jleafblad@mankatoymca.org).

## PROGRESSION PACKAGE

10 Sessions

This package is designed to build your knowledge, confidence and proficiency in the weight room, whether you are a novice or experienced weight trainer. Take your workouts to the next level by maximizing your time in the weight room.

- Personal consultation to discuss health history and set fitness goals
- Learn how to take a heart rate, understand heart rate zones, design and implement a cardio program specific to your fitness level
- Intensive core training
- Learn basic weight room maneuvers
- Learn to work all major muscle groups
- Learn weight room safety and how to avoid injury
- Customized weight training program based on your fitness goals, current fitness level, other physical conditioning, time and training facility
- Utilize weight room techniques such as circuit training, super setting and more

## MOTIVATIONAL TRAINING PACKAGE

20 Sessions

This package is ideal for those who have a hard time committing to exercise on a regular basis or who have serious weight loss goals or health issues. You will master strength training basics and progress to new fitness levels.

- Personal consultation to discuss health history and set fitness goals
- Learn how to take a heart rate, understand heart rate zones, design and implement a cardio program specific to your fitness level
- Intensive core training
- Learn basic weight room maneuvers
- Learn to work all major muscle groups
- Learn weight room safety and how to avoid injury
- Ongoing fitness assessment and body composition analysis
- Learn lifelong health and fitness habits
- Learn exercise progression to maximize results long-term

## FIT TO FITTER PACKAGE

5 Sessions

This package is designed for the fitness enthusiast looking for more results, or the fit person in a rut looking for a new twist on exercise. Our personal trainers will take you to the next fitness level and expose you to new and exciting fitness concepts and regimens.

- Customized weight training program based on your fitness goals, current fitness level, other physical conditioning, time and training facility

## YMCA Personal Trainers . . .

Motivate, Inspire, and Educate

Our Personal Trainers are nationally certified and have educational backgrounds in exercise science-related fields. They work with you to help you reach your goals. Whether you are just starting out with your program or you are training for a triathlon—we can help. To read more about the YMCA personal trainers' backgrounds and get started, please stop by the Life Center or call 345-9814.

Benefits to working with a Certified Personal Trainer:

- Learn how to begin an exercise program safely and intelligently.
- Learn the proper use and form for strength and conditioning equipment.
- Increase the efficiency and effectiveness of your workouts.
- Continued motivation.
- Decrease injury risk.
- A program designed to your specific needs.
- Sport-specific.

## Individual Personal Training Fees

# of Sessions	Member Cost
3 Sessions	\$120
5 Sessions	\$175
10 Sessions	\$300
20 Sessions	\$500

## Group Personal Training Fees – 2 or more people

# of Sessions	Member Cost (per person)
5 Sessions	\$100
10 Sessions*	\$180
20 Sessions*	\$300

Sessions can include, but are not limited to, strength, cardiovascular, flexibility, sports conditioning, and balance training.

We also offer private training in Yoga, mat, Pilates and Pilates Reformer. By appointment only. Call 345-9814.



# Adult – Sports

## Wallyball Tournament

Get your team of 3-4 together for the Fall tournament. This is a fun double elimination bracket tournament for all levels of play with the focus on fun. Team registration forms and rules will be available on line at [www.mankatoymca.org](http://www.mankatoymca.org) and at the Y. Unique trophies for the winning team and fun raffle prizes throughout the tournament. Games begin at 1pm.

WINTER I	FEBRUARY 15
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<b>FEE:</b>	\$40 per team
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Registration Deadline: February 3

## Adult Golf Lessons

### NORTH LINKS GOLF COURSE

Instructed by Golf Professional Jerry Mosca & Staff

- 4 Hours of Instruction: Developing the putting stroke. Short shots and around-the-green techniques. Full swing basics, grip, stance and alignment swing line. Fairway and tee shot play (weather permitting).
- Basic rules and etiquette, club selection and strategy.
- In case of inclement weather, call North Links Golf Course at 507-947-3355.

SPRING	MAY 11, 13, 18, 20
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Mon./Wed.	6:00-7:00 p.m.	North Links Golf Course
Mon./Wed.	7:15-8:15 p.m.	North Links Golf Course

**FEE:** Member: \$64.00 Non-Member: \$74.00

REGISTRATION REQUIRED BY MAY 7: **Maximum 10**

## Off the Wall Fun Drop-in Wallyball

This sport adds a whole new dimension to the exciting game of Volleyball and racquetball. The general concepts of wallyball are very similar to indoor volleyball. Played in a racquetball court, Wallyball provides the element of surprise as an ordinary volley can go a whole new direction with spiking the ball off the walls in many directions.

Sun.	4:00 - 6:00 p.m.
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**FEE:** Member: Free Non-Member: \$5 pass or \$40 punch card

## 2015 Racquetball Tournament

Challenge yourself to a 2 day tournament open to all levels of players. Your tournament fee includes healthy snacks throughout the tournament, supper Friday night and event t-shirt.

WINTER	FEBRUARY 27-28
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<b>FEE:</b>	1st Event	\$30.00
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	2nd Event	\$5.00
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Registration Deadline: February 15, 2015

Registration forms are available at the front desk and online at [www.mankatoymca.org](http://www.mankatoymca.org). For more information contact Joy Leafblad at [jleafblad@mankatoymca.org](mailto:jleafblad@mankatoymca.org)



## Court Regulations

(Handball, Racquetball and Wallyball)

1. Open courts are available, but reserved court time has priority. Call 387-1877 to reserve a court.
2. Reservations may be made one day in advance of the date desired.
3. The YMCA has the right to reserve any court period for special tournaments and lessons.
4. Proper gym clothes and tennis shoes that do not mark the floor must always be worn.
5. Wait until play has stopped before knocking or opening the door.
6. Eye guards are strongly recommended.
7. Children under 13 are not allowed to use a court or equipment without an adult present.

## Pickleball is Here !

For more information please contact Kelly Eberhardt at [ymcagroupx@mankatoymca.org](mailto:ymcagroupx@mankatoymca.org) or 345-9816.

# Adult – Wellness – Free Classes

## Members Only No Registration Required

The Y offers many free Group Exercise classes. We believe it's important to establish healthy living habits at a young age. Together, you and your family will have fun while exercising. Kids ages 10-14 may attend group exercise classes with a parent, and teens 15+ can attend solo. Class schedules can be found online at [www.mankatoymca.org](http://www.mankatoymca.org) and at the YMCA.

Classes are held in the Aerobic Studio unless otherwise noted on the schedule.

### H.I.I.T.

High Intensity Interval Training. A total body workout! Cardio, strength and ab intervals will be thrown in and mixed up each week to keep your body on its toes. Each muscle group is worked to fatigue using a circuit format that incorporates cardiovascular segments to keep the heart rate elevated. Weight can be adjusted for various fitness levels, and modifications will be shown for cardiovascular segments.

### Step and Sculpt

A fun and exciting combination of choreographed Step aerobics and muscle conditioning. A perfect blend of cardio and strength training!

### Total Body Conditioning

This resistance training and cardiovascular workout uses the latest body conditioning tools to tighten and tone while sweating to music! Try the latest training tools: Gliding discs, BOSU, Body Bars, and stability ball and more! Get ready to be worked!

### Low Impact Cardio

An energizing workout that combines both high and low impact movements, modifications will be shown so participants can choose their own levels of intensity and impact. This class will get your heart pumping and your body moving!

### Butts & Guts

Join us in this 30 minute workout that focuses on strengthening the core and lower body. All exercises are easily modified to fit every fitness level.

### Zumba®

Zumba is a cardio class that combines high energy and motivating music with unique moves and combinations that allow the participants to dance away their worries. Fun and easy to do. No experience necessary!

### R.I.P.P.E.D.

R.I.P.P.E.D. The One Stop Body Shock System— a total body workout with a variety of formats within each session...Resistance, Interval, Power, Plyometrics, Endurance, Diet. Set to jamming music and easy to follow routines, this total body, high intensity style program utilizes free weights, resistance and body weight. Each component of the workout provides a uniquely different emphasis or system response, so your body never gets accustomed to the constantly changing format.

### Pure Strength

This class is designed to give you a full body strength workout! Class will incorporate resistance tools and bodyweight exercises for an effective workout to increase overall strength and muscle definition.



DOWNLOAD OUR  
MOBILE APP FOR  
CLASS SCHEDULES

## Group Fitness Guidelines\*

\*Before beginning an exercise program, consult your physician.

At the Mankato Family YMCA we expect staff, members and guests to behave in accordance with our mission and values, respecting the rights of others.

You demonstrate Caring, Honesty, Respect and Responsibility by:

- Caring for the equipment and studio by putting away equipment and supplies you use.
- Being Honest with yourself and your abilities. Follow class instructions and recommendations and ask questions if you are unclear.
- Respecting other participants and their right for a safe and effective workout by keeping conversations and distractions to a minimum. Respecting the instructors by not disrupting the class or interfering with their ability to provide a safe and effective experience for other members.
- Taking Responsibility for your workout. Focus on your fitness goals and challenge yourself. Know your limitations to prevent injuries. Inform the instructor of any questions or concerns regarding your class or fitness level.

Our goal is to offer quality health and fitness programs for people of all ages and abilities, motivating people to take personal responsibility for making positive lifestyle changes.

- Please wait outside studio until class begins.
- For the safety and courtesy of all, members are not allowed to enter class 10 minutes after start time. Workout attire is required. No street shoes allowed.
- If only one member arrives for class, instructor may cancel.
- Bring water bottle to class. Take frequent water breaks if needed.
- Keep belongings in cubbyholes or off studio floor.
- Return equipment to proper storage location after use.
- All members and guests are expected to conduct themselves in an appropriate manner at all times. Abusive language or disruptive behavior will not be permitted.

# Wellness – Free Water Aerobics

## Water Aerobics

The Y offers many free Group Exercise classes. We believe it's important to establish healthy living habits at a young age. Together, you and your family will have fun while exercising.

Kids aged 10-14 may attend group exercise classes with a parent, and teens aged 15+ can attend solo.

**Water Aerobic classes are FREE for members. Non-Members are able to purchase a Punch Card for 20 classes for \$80. Punch Cards expire 3 months from date of purchase and can only be used for the water aerobics classes.**



## Lean and Mean Mix

Same great workout as Lean and Mean while taking the class into the deep water. Class will transition between different depths of the Lap Pool. A good cardiovascular and core-building workout while minimizing the impact. Not necessary to know how to swim, buoyancy belts are supplied.

### WINTER/SPRING JANUARY 2 – MAY 29

Mon./Wed./Fri.	8:00-9:00 a.m.	Lap Pool
Mon./Wed.	7:15-8:15 a.m.	Lap Pool

**FEE:** Member: No charge Non-Member: Punch Card

## Therapeutic Water Exercise

A water exercise class that will focus on exercises for individuals with Fibromyalgia, Parkinson's Disease, Multiple Sclerosis and other joint and muscular limitations. Movements will be low impact and include range of motion exercises that increase flexibility and balance.

### WINTER/SPRING JANUARY 6 – MAY 28

Tues./Thurs.	12:15-1:00 p.m.	Shallow - Taylor Pool
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**FEE:** Member: No charge Non-Member: Punch Card



## Aqua Challenge

The complete water workout! Builds muscle, increases aerobic fitness, improves flexibility and helps control weight. No swimming skills are necessary to attend this class. This moderate-intensity aerobics class uses buoyant water weights to help sculpt muscles.

### WINTER/SPRING JANUARY 3 – MAY 30

Tues./Thurs.	6:00-7:00 a.m.	Shallow - Taylor Pool
Tues./Thurs.	5:30-6:30 p.m.	Shallow - Taylor Pool
Sat.	8:00-9:00 a.m.	Shallow - Taylor Pool

**FEE:** Member: No charge Non-Member: Punch Card

## Water Zone

This level of water aerobics is low-impact with the emphasis on balance, coordination and flexibility. Join the class and improve your physical, social and mental well-being.

### WINTER/SPRING JANUARY 2 – MAY 29

Mon.-Fri.	10:00-11:00 a.m.	Shallow - Lap Pool
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**FEE:** Member: No charge Non-Member: Punch Card



**DOWNLOAD OUR MOBILE APP FOR CLASS SCHEDULES**



# Lap & Taylor Pool Schedules

January 1 - May 9, 2015

LAP POOL							
	MON.	TUES.	WED.	THURS.	FRI.	SAT.	SUN.
5:15						CLOSED	
6:00	Adult Lap Swim					Lap Swim	C L O S E D
6:15							
6:30							
6:45							
7:00						Lap Swim	
7:15							
7:30							
7:45							
8:00	Lean & Mean		Lean & Mean		Lean & Mean		
8:15							
8:30	Open Lap Swim						
8:45							
9:00						Youth Swim Lessons Feb 21-May 9	
9:15	Water Zone	Water Zone	Water Zone	Water Zone	Water Zone		
9:30							
9:45							
10:00							
10:15	Adult Lap Swim					Lap Swim Beginning March 22 10-4pm	
10:30							
10:45							
11:00							
11:15							
11:30							
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12:00							
12:15							
12:30							
12:45							
1:00	1:30-3:15 CLOSED FOR CLEANING						
1:15							
1:30							
1:45							
2:00							
2:15							
2:30							
2:45							
3:00							
3:15							
3:30	Swim Team thru March 23	Swim Lessons thru May 5	Swim Team thru March 25	Swim Lessons thru May 7	Swim Team thru March 27		
3:45							
4:00							
4:15							
4:30							
4:45							
5:00							
5:15	*2 Lanes Open Color Blue	Swim Team thru March 24	*2 Lanes Open Color Blue	Swim Team thru March 26			
5:30							
5:45							
6:00							
6:15							
6:30							
6:45							
7:00	Open	Swim Lessons thru May 5	Open	Swim Lessons thru May 7	Open Lap Swim	C	C
7:15							
7:30	Lean & Mean			Swim Lessons thru May 7		L	L
7:45							
8:00	Open Lap Swim	Open Lap Swim	Open Lap Swim	Open Lap Swim		O	O
8:15							
8:30							
8:45							
9:00							
9:15							
9:30	CLOSED						
9:45							
10:00							

TAYLOR POOL							
	MON.	TUES.	WED.	THURS.	FRI.	SAT.	SUN.
5:15						CLOSED	
6:00	Open Lap Swim Only	Open	Open Lap Swim Only	Open	Open Lap Swim Only	Open Lap Swim Only	C L O S E D
6:15		Aqua Challenge		Aqua Challenge			
6:30		Swim Lessons		Swim Lessons			
6:45		Open Lap Swim		Open Lap Swim			
7:00							
7:15							
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10:00							
10:15							
10:30							
10:45							
11:00	POOL OPEN / NO SLIDE					Youth Swim Lessons Feb 21-May 9	Pool Open
11:15							
11:30							
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12:00							
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3:45							
4:00	Swim Team thru March 16	Swim Lessons thru May 5	Swim Team thru March 18	Swim Lessons thru May 7	Open with Slide	Pool Open with Slide	Pool Open with Slide
4:15	Color Blue	Swim Team thru March 17	Color Blue	Swim Team thru March 19			
4:30	Zero Depth Open	Swim Lessons thru May 4	Zero Depth Open	Aqua Challenge			
4:45							
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9:00							
9:15							
9:30							
9:45							
10:00							

\*Note: Lane open will be the closest to the lifeguard stand.

\* The YMCA reserves the right to alter this schedule.

# Lap & Taylor Pool Schedules

LAP POOL							
	MON.	TUES.	WED.	THURS.	FRI.	SAT.	SUN.
5:15						CLOSED	
5:45							
6:00	Adult Lap Swim						
6:15							C
6:30							L
6:45							O
7:00							S
7:15							E
7:30							D
7:45							
8:00	Lean & Mean		Lean & Mean		Lean & Mean		
8:15						Adult Lap Swim	
8:30	Open Lap Swim						
8:45							
9:00	Water Zone	Water Zone	Water Zone	Water Zone	Water Zone		Adult Lap Swim
9:15							
9:30							
9:45							
10:00							
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10:45							
11:00							
11:15							
11:30							
11:45							
12:00							
12:15							
12:30							
12:45							
1:00							Open Lap Swim
1:15							
1:30	1:30-3:15 CLOSED FOR CLEANING						
1:45						Open Lap Swim	
2:00							
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5:30							
5:45							
6:00							C
6:15							L
6:30							O
6:45							S
7:00							E
7:15							D
7:30	Lean & Mean	Open Lap Swim	Lean & Mean	Open Lap Swim	Open Lap Swim		
7:45							
8:00	Open Lap Swim		Open Lap Swim				
8:15							
8:30							
8:45							
9:00							
9:15							
9:30	CLOSED						
9:45							
10:00							

\*Note: Lanes open will be the closest to the lifeguard stand.

TAYLOR POOL							
	MON.	TUES.	WED.	THURS.	FRI.	SAT.	SUN.
5:15							
5:45		Lap Swim		Lap Swim		CLOSED	
6:00		Aqua Challenge		Aqua Challenge			C
6:15							L
6:30	Lap Swim Only		Lap Swim Only	Lap Swim Only	Lap Swim Only	Lap Swim Only	O
6:45		Lap Swim Only					S
7:00							E
7:15							D
7:30							
7:45							
8:00						Aqua Challenge	
8:15							
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10:15							
10:30							
10:45							
11:00	POOL OPEN / NO SLIDE					Pool Open No Slide	Pool Open No Slide
11:15							
11:30							
11:45							
12:00							
12:15	Therapeutic Water Exercise Zero Depth Open		Therapeutic Water Exercise Zero Depth Open				
12:30							
12:45							
1:00							
1:15							
1:30	1:30-3:15 CLOSED FOR CLEANING						
1:45							
2:00						Pool Open with Slide	Pool Open with Slide
2:15							
2:30							
2:45							
3:00							
3:15							
3:30		Pool Open No Slide	Pool Open No Slide	Pool Open No Slide	Pool Open with Slide		
3:45							
4:00							
4:15							
4:30							
4:45							
5:00							
5:15							
5:30							
5:45							
6:00		Water Warrior		Water Warrior			C
6:15							L
6:30							O
6:45							S
7:00							E
7:15							D
7:30	Pool Open with Slide	Pool Open No Slide Families Only	Pool Open with Slide	Pool Open No Slide Families Only			
7:45							
8:00							
8:15							
8:30							
8:45							
9:00	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED		
9:15							
9:30							
9:45							
10:00							

\* The YMCA reserves the right to alter this schedule.

# Blue & Red Gym Schedules

January 1 - February 17, 2014

BLUE GYM							
	MON.	TUES.	WED.	THURS.	FRI.	SAT.	SUN.
5:30						CLOSED	C L O S E D
45							
6:00							
15							
30							
45							
7:00							
15							
30							
45							
8:00	OPEN						
15							
30	Cardio Intensive		Cardio Intensive				
45							
9:00						Youth Sports	
15							
30							
45							
10:00							
15							
30							
45							
11:00							
15							
30							
45							
12:00	OPEN						
15							
30							
45							
1:00							
15							
30							
45							
2:00							
15							
30							
45							
3:00							
15							
30							
45							
4:00	ASA	ASA	ASA	ASA	ASA	Adult Pick-Up Basketball	
15							
30							
45							
5:00							
15							
30							
45							
6:00							
15							
30							
45							
7:00	Youth Sports	Youth Sports		Youth Sports	OPEN		
15							
30							
45							
8:00							
15							
30							
45							
9:00							
15							
30							
45							
10:00	OPEN					Y CLOSSES AT 9:00 p.m.	

RED GYM							
	MON.	TUES.	WED.	THURS.	FRI.	SAT.	SUN.
5:30						CLOSED	C L O S E D
45							
6:00							
15							
30							
45							
7:00							
15	OPEN						
30							
45							
8:00							
15							
30							
45							
9:00	Simple Stretch		Simple Stretch				
15							
30							
45							
10:00	Preschool Gym Class					Youth Sports	
15							
30							
45							
11:00							
15							
30							
45							
12:00	Adult Pick-Up Basketball	Adult Pick-Up Basketball	Adult Pick-Up Basketball	Adult Pick-Up Basketball	Adult Pick-Up Basketball		
15							
30							
45							
1:00							
15							
30							
45							
2:00	Preschool Gym Class						
15							
30							
45							
3:00							
15							
30							
45							
4:00							
15							
30							
45							
5:00							
15							
30							
45							
6:00							
15							
30							
45							
7:00	Youth Sports	Youth Sports		Youth Sports	OPEN		
15							
30							
45							
8:00							
15							
30							
45							
9:00	OPEN		35+ Basketball League				
15							
30							
45							
10:00	OPEN		OPEN		Y CLOSSES AT 9:00 p.m.	Y CLOSSES AT 7:00 p.m.	



February 18 - May 31, 2014

# Blue & Red Gym Schedules

BLUE GYM																								
	MON.	TUES.	WED.	THURS.	FRI.	SAT.	SUN.																	
5:30	OPEN					CLOSED	C L O S E D																	
45						OPEN					Youth Sports until April 14													
6:00												OPEN					OPEN							
15																		OPEN					ASA	
30																								OPEN
45	OPEN																							
7:00						OPEN					Y CLOSES AT 9:00 p.m.													
15												OPEN					Y CLOSES AT 7:00 p.m.							
30																		OPEN					Y CLOSES AT 7:00 p.m.	
45																								OPEN
8:00	OPEN																							
15						OPEN					Y CLOSES AT 7:00 p.m.													
30												OPEN					Y CLOSES AT 7:00 p.m.							
45																		OPEN					Y CLOSES AT 7:00 p.m.	
9:00																								OPEN
15	OPEN																							
30						OPEN					Y CLOSES AT 7:00 p.m.													
45												OPEN					Y CLOSES AT 7:00 p.m.							
10:00																		OPEN					Y CLOSES AT 7:00 p.m.	
15																								OPEN
30	OPEN																							
45						OPEN					Y CLOSES AT 7:00 p.m.													
11:00												OPEN					Y CLOSES AT 7:00 p.m.							
15																		OPEN					Y CLOSES AT 7:00 p.m.	
30																								OPEN
45	OPEN																							
12:00						OPEN					Y CLOSES AT 7:00 p.m.													
15												OPEN					Y CLOSES AT 7:00 p.m.							
30																		OPEN					Y CLOSES AT 7:00 p.m.	
45																								OPEN
1:00	OPEN																							
15						OPEN					Y CLOSES AT 7:00 p.m.													
30												OPEN					Y CLOSES AT 7:00 p.m.							
45																		OPEN					Y CLOSES AT 7:00 p.m.	
2:00																								OPEN
15	OPEN																							
30						OPEN					Y CLOSES AT 7:00 p.m.													
45												OPEN					Y CLOSES AT 7:00 p.m.							
3:00																		OPEN					Y CLOSES AT 7:00 p.m.	
15																								OPEN
30	OPEN																							
45						OPEN					Y CLOSES AT 7:00 p.m.													
4:00												OPEN					Y CLOSES AT 7:00 p.m.							
15																		OPEN					Y CLOSES AT 7:00 p.m.	
30																								OPEN
45	OPEN																							
5:00						OPEN					Y CLOSES AT 7:00 p.m.													
15												OPEN					Y CLOSES AT 7:00 p.m.							
30																		OPEN					Y CLOSES AT 7:00 p.m.	
45																								OPEN
6:00	OPEN																							
15						OPEN					Y CLOSES AT 7:00 p.m.													
30												OPEN					Y CLOSES AT 7:00 p.m.							
45																		OPEN					Y CLOSES AT 7:00 p.m.	
7:00																								OPEN
15	OPEN																							
30						OPEN					Y CLOSES AT 7:00 p.m.													
45												OPEN					Y CLOSES AT 7:00 p.m.							
8:00																		OPEN					Y CLOSES AT 7:00 p.m.	
15																								OPEN
30	OPEN																							
45						OPEN					Y CLOSES AT 7:00 p.m.													
9:00												OPEN					Y CLOSES AT 7:00 p.m.							
15																		OPEN					Y CLOSES AT 7:00 p.m.	
30																								OPEN
45	OPEN																							
10:00						OPEN					Y CLOSES AT 7:00 p.m.													

RED GYM																								
	MON.	TUES.	WED.	THURS.	FRI.	SAT.	SUN.																	
5:30	OPEN					CLOSED	C L O S E D																	
45						OPEN					Youth Sports until April 14													
6:00												OPEN					OPEN							
15																		OPEN					Simple Stretch	
30																								OPEN
45	OPEN																							
7:00						OPEN					Adult Pick-Up Basketball													
15												OPEN					Adult Pick-Up Basketball							
30																		OPEN					Adult Pick-Up Basketball	
45																								OPEN
8:00	OPEN																							
15						OPEN					Adult Pick-Up Basketball													
30												OPEN					Adult Pick-Up Basketball							
45																		OPEN					Adult Pick-Up Basketball	
9:00																								OPEN
15	OPEN																							
30						OPEN					Adult Pick-Up Basketball													
45												OPEN					Adult Pick-Up Basketball							
10:00																		OPEN					Adult Pick-Up Basketball	
15																								OPEN
30	OPEN																							
45						OPEN					Adult Pick-Up Basketball													
11:00												OPEN					Adult Pick-Up Basketball							
15																		OPEN					Adult Pick-Up Basketball	
30																								OPEN
45	OPEN																							
12:00						OPEN					Adult Pick-Up Basketball													
15												OPEN					Adult Pick-Up Basketball							
30																		OPEN					Adult Pick-Up Basketball	
45																								OPEN
1:00	OPEN																							
15						OPEN					Adult Pick-Up Basketball													
30												OPEN					Adult Pick-Up Basketball							
45																		OPEN					Adult Pick-Up Basketball	
2:00																								OPEN
15	OPEN																							
30						OPEN					Adult Pick-Up Basketball													
45												OPEN					Adult Pick-Up Basketball							
3:00																		OPEN					Adult Pick-Up Basketball	
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30	OPEN																							
45						OPEN					Adult Pick-Up Basketball													
4:00												OPEN					Adult Pick-Up Basketball							
15																		OPEN					Adult Pick-Up Basketball	
30																								OPEN
45	OPEN																							
5:00						OPEN					Adult Pick-Up Basketball													
15												OPEN					Adult Pick-Up Basketball							
30																		OPEN					Adult Pick-Up Basketball	
45																								OPEN
6:00	OPEN																							
15						OPEN					Adult Pick-Up Basketball													
30												OPEN					Adult Pick-Up Basketball							
45																		OPEN					Adult Pick-Up Basketball	
7:00																								OPEN
15	OPEN																							
30						OPEN					Adult Pick-Up Basketball													
45												OPEN					Adult Pick-Up Basketball							
8:00																		OPEN					Adult Pick-Up Basketball	
15																								OPEN
30	OPEN																							
45						OPEN					Adult Pick-Up Basketball													
9:00												OPEN					Adult Pick-Up Basketball							
15																		OPEN					Adult Pick-Up Basketball	
30																								OPEN
45	OPEN																							
10:00						OPEN					Adult Pick-Up Basketball													

The YMCA reserves the right to alter this schedule.

## AT A GLANCE:

LIVESTRONG.....	3
MEMBERSHIP.....	4
FAMILY ACTIVITIES.....	6
CHESLEY SKATE PARK.....	7
VOLUNTEER.....	8
PRESCHOOL.....	10
YOUTH AQUATICS.....	11
YOUTH.....	14
ADULT.....	20
FREE WELLNESS CLASSES.....	28
LAP/TAYLOR POOL SCHEDULE.....	30
GYMS SCHEDULE.....	32
REGISTRATION.....	35
FACILITY INFO/HOURS.....	BACK COVER

## Registration Dates

Winter/  
Spring  
2015

Online begins  
@ 5:00 a.m.

Our goal is to offer you premier programs and the highest quality service.

A signup deadline allows us to ensure you the best YMCA experience possible.

**YMCA Member registration** begins Monday, Nov. 17, 2014, for all programs and sessions listed in this Program Guide.

**Non-Member registration** begins Thursday, Nov. 20, 2014, for all programs and sessions listed in this Program Guide.

ALL PROGRAM REGISTRATION DEADLINES  
FOR Winter I - Wed., January 7.

ALL PROGRAM REGISTRATION DEADLINES  
FOR Winter II - Wed., February 18.

ALL PROGRAM REGISTRATION DEADLINES  
FOR Spring - Wed., April 1.

# Staff & Board Members

## YMCA Board of Directors

Jennifer Pfeffer – President  
Steve Hatkin – Vice President  
Jean Bye – Secretary/Treasurer

## Board Members

Tanya Ange	Dick Lowry	Brandon Scheel
Brian Gager	Kelsey Mead	Jacqueline Scroggs
Belynda Hinsch	Mike Mitchell	Beth Serrill
David Jones	Nathan Mullikin	Joe Spear
John Kanyusik	Molly Fox	Steve VanRoekel
Les Koppendrayner	Patrick Patterson	DeeDra Vosburg
Tom Lentz	Mike Pulis	Maureen Waltman

## Direct Dial Directory

General Information.....	387-8255
Facility Hours/Gym & Pool Schedules.....	386-4928
Racquetball Court Reservations.....	387-1877
Memberships.....	387-8255
Financial Assistance Membership.....	345-9810
Aerobics.....	345-9816
Life Center/Personal Training.....	345-9814
Worksite Wellness.....	345-9813
After School Adventures Program.....	345-9808
Aquatics.....	345-9804
Birthday Parties/Facility Rental.....	345-9805
Brother/Sister Program.....	345-9815
Preschool Programs.....	345-9805
Youth Sports.....	345-9808
Youth Leadership Programs.....	345-9809
Volunteering at The YMCA.....	345-9805

## YMCA Staff

John Kind .....Executive Director.....345-9801  
jkind@mankatoymca.org

### Program Staff

Margo Dietz  
Senior Program Director/Director of Youth Development.....345-9805  
mdietz@mankatoymca.org

Joy Leafblad.....Director of Healthy Living.....345-9813  
jleafblad@mankatoymca.org

Cheryl Ballard.....Preschool Director .....387-8255 ext. 248  
cballard@mankatoymca.org

Sarah Wiens.....Program Director .....345-9808  
swiens@mankatoymca.org

Kelly Eberhardt .....Program Coordinator .....345-9816  
ymcagroupx@mankatoymca.org

Cheryl Hamond.....Director of Social Responsibility .....345-9809  
chamond@mankatoymca.org

Jenni Dilleuth-Robb.....Aquatic Director.....345-9804  
jrobb@mankatoymca.org

### Business Offices

Michelle Hunstad.....Finance Director .....345-9802  
mhunstad@mankatoymca.org

Julie Hudrlik.....Payroll/Accounting Generalist.....345-9803  
jhudrlik@mankatoymca.org

Liz Hageman.....Membership/Marketing Director.....345-9810  
lhageman@mankatoymca.org

Jordyn Erickson.....Marketing Generalist/Skate Park Coordinator....345-9807  
jerickson@mankatoymca.org

Micheal Rieken.....Director of HR, Safety & Training.....345-9817  
mrieken@mankatoymca.org

Susan Lyons.....Administrative Assistant.....345-9800  
slyons@mankatoymca.org

Kelly Agre.....Administrative Assistant.....345-9818  
kagre@mankatoymca.org

### Building & Grounds

Curt Giersdorf .....Property Manager .....345-9812  
cgiersdorf@mankatoymca.org





## YMCA Facility Hours

Monday–Thurs.: 5:00 a.m.–10:00 p.m.

Friday: 5:00 a.m.–9:00 p.m.

(Family Nights start at 6:00 p.m.)

Saturday: 6:00 a.m.–7:00 p.m.

Sunday: 10:00 a.m.–7:00 p.m.

## Open Hours for Y Youth

Hours for Y Youth

(unless child is actively participating in a program)

- All Youth 7 years of age and under must always be with an Adult\*
- All Youth 11 and under must be with an Adult\* after 6PM
- All Youth 13 and under must be with an Adult\* after 8PM
- All Youth 14 and older are allowed in the Y until close.
- Supervising Adult\* is 18 years of age or older

Youth are welcome in the Y when schools are not in session.

## Holiday Hours

Wednesday, December 24, Christmas Eve, Y Closes at 2:00 p.m.

Thursday, December 25, Christmas, Y Closed

Wednesday, December 31, New Year's Eve, Y Closes at 6:00 p.m.

Thursday, January 1, 2015, Y Open 12:00 p.m. – 6:00 p.m.

Sunday, April 5, 2015, Easter, Y Closed

Monday, May 25, 2015, Memorial Day, Y Closed

## YMCA Pepsi Cube Hours

Monday–Friday 2:45 p.m.–8:00 p.m.

Saturday 10:00 a.m.–5:00 p.m.

Sunday 12:00 p.m.–5:00 p.m.

Unattended youth must be 8 years old and above.

Youth under 8 years old must be supervised by a parent/adult.

## Child Watch Hours

Monday–Friday: 8:00 a.m.–8:00 p.m.

Saturday: 8:00 a.m.–Noon

Children must be at least 6 months old.

**Members:** \$1.75 first hour first child, \$1.50 first hour each additional child; plus \$.50 per child for each 15-minute increment thereafter.

**Non-Members:** \$2.25 first hour first child, \$2.00 first hour each additional child; plus \$.75 per child for each 15-minute increment thereafter.

## Y NEWSLETTER

Get all the news that's fit by signing up for the Mankato Family YMCA newsletter. Sign up at [mankatoymca.org](http://mankatoymca.org)

## MOBILE APP



Download the Mankato YMCA Mobile App for on-the-go ease and push notifications for cancellations and closures Available for IOS and Android

**MANKATO FAMILY YMCA**  
1401 S. Riverfront Drive  
Mankato, MN 56001



# THE Y'S CLUB

# TREE LOT

Opens November 25

Located near McDonald's on  
Madison Avenue

Monday - Friday: 1:00 p.m. - 8:00 p.m.  
Saturday: 10:00 a.m. - 8:00 p.m.  
Sunday: 10:00 a.m. - 5:00 p.m.

**Your tree purchase supports  
YMCA youth programs!**