



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

DIVE INTO SUMMER



FERGUS FALLS AREA FAMILY YMCA
www.fergusfallsymca.org | 218.739.4489

SUMMER 2017
Program Guide

Welcome to the Fergus Falls Area Family YMCA

Welcome

The Y is a cause for strengthening community. That's why we're here working with you every day, making sure that you, your family, and community have the resources and support you need to learn, grow, and thrive. With a focus on developing the potential of kids, improving individual health and well-being, and giving back and supporting our neighbors, your membership will bring about meaningful change within you and our community. Welcome from all of us at the YMCA!

YMCA Management Staff

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Board of Directors

Jeff Stanislawski, President
Chris Marvel, Vice President
Brett Longtin, Treasurer
Mitch Wellman, Secretary
Roy Anderson
Ron Burt
Jerry Hendel
Brent Klinnert
Jane McLandress
Nathan Noland
Steve Swanson

Our Mission

To put Christian principles into practice through programs that build healthy spirit, mind, and body for all.



Chid Watch

Memorial Day - Labor Day

Monday - Friday

8:00am - Noon

Monday - Thursday

4:00pm - 8:00pm

Saturday & Sunday

Closed

Closed: Memorial Day,
4th of July, & Labor Day

Maximum per day is 2 hours
per child. Free for Family
& Single Parent Family
Membership types. \$3/visit
for others.

Summer Hours

Memorial Day - Labor Day

Monday - Thursday

5:00am - 9:00pm

Friday

5:00am - 8:00pm

Saturday

7:00am - 3:00 pm

Sunday

Closed

Closed: Memorial Day,
4th of July, & Labor Day



Membership Information

Membership Type	Monthly Draft	Annual Full Pay	Day Pass Rates	Enrollment Fee
Youth (10-14)	\$16.00	\$182.00	\$3.00	None
Teen (15-18)	\$24.00	\$274.00	\$5.00	None
Young Adult (19-22)	\$32.00	\$365.00	\$7.00	\$50.00
Adult (23-64)	\$49.00	\$559.00	\$10.00	\$50.00
Family	\$75.00	\$855.00	\$18.00	\$50.00
Single Parent Family	\$54.00	\$616.00	\$18.00	\$50.00
Senior Citizen (65 & Up)	\$44.00	\$502.00	\$10.00	\$50.00
Senior Couple (Both 65 & Up)	\$64.00	\$730.00	\$18.00	\$50.00

Benefits of Membership

- Free land & water group fitness classes
- Free child watch for single parent & family memberships
- Four lane running/walking track
- Indoor pool with open/lap swim
- Scheduled pickleball & tennis court time
- Racquetball courts
- Free fitness orientation
- Interactive cardio equipment
- Member pricing on program registration
- Unlimited visits at any MN YMCA

Financial Assistance

Thanks to the generosity of friends and neighbors in the community who donate to our Annual Giving/Youth Partners Campaign, financial assistance is available to qualifying individuals and families for YMCA memberships and programs.

Contact Member Services for more

Insurance Programs

Participation in any of the insurance fitness programs requires your membership dues are paid via our monthly automatic withdrawal plan (bankdraft.) Insurance reimbursements are automatically deposited into checking or savings account by the insurance company at the end of each month. There may be up to a 6 week delay for deposit.

We participate in the following insurance fitness programs:

- BCBS of MN BluePrint for Health[®]
- BCBS of ND Health Credits[®]
- SilverSneakers Fitness Programs[®]
- Medica Fit Choices[®]
- Preferred One[®]
- Silver & Fit[®]
- HealthPartners[®]
- UCare[®]
- Virgin Pulse[®]
- Vitality[®]



Membership Cancellation Policy

Memberships that participate in the monthly bank draft plan must complete a cancellation form available from our Member Services Desk. Cancellation forms received on or before the 20th of the month will have their membership cancelled at the end of the current month. Forms received between the 21st and the end of the month will have one additional draft taken and will cancel at the end of the following month. There is no refund for cancellation on annual full pay memberships.

Contact member services to inquire about our membership hold policy.

Youth Development

**All Summer Youth Swim Lessons: \$40
for Members & Potential Members**

No one is turned away for the inability to afford Y programs. Ask about the Inga Nelson Scholarship for swim lessons.

Youth Swim Lessons

YMCA Pool

Session 1: June 12-16

2:30 - 3:15 pm	Levels 1, 2, 3
3:15 - 4:00 pm	Levels 2, 4, 5/6
6:00 - 6:45 pm	Parent/Child Preschool, Level 2
6:45 - 7:30 pm	Levels 1, 3, 4

Session 2: June 19-23

1:00 - 1:45 pm	Levels 1, 2, 3
1:45 - 2:30 pm	Levels 2, 3, 4

Session 3: June 26-30

1:00 - 1:45 pm	Levels 1, 3, 5/6
1:45 - 2:30 pm	Levels 2, 3, 4
6:00 - 6:45 pm	Parent/Child Levels 2, 4
6:45 - 7:30 pm	Levels 1, 3, 5/6

Session 4: July 10-14

1:00 - 1:45 pm	Levels 1, 3, 5/6
1:45 - 2:30 pm	Levels 2, 3, 4

Session 5: July 31- August 10

8 - 30 Minute Sessions (Monday - Thursday)

6:00 - 6:30 pm	Levels 1, 2
6:30 - 7:00 pm	Levels 3, 4
7:00 - 7:30 pm	Levels 5, 6

Pebble Lake

Session 1: June 26-30

10:30 - 11:15 am	Levels 1, 3, 5
11:15 - 12:00 pm	Levels 2, 4, 6

Preschool Swim Lessons

Session 1: June 6-29

Session 2: July 6-27

Session 3: August 1-24

Tuesday & Thursday Mornings:

9:45 - 10:10 am	Preschool 1
10:10 - 10:35 am	Preschool 2
10:35 - 11:00 am	Preschool 3

**Preschool Summer Swim Lessons: \$35
for Members & Potential Members**

Online Registration Available!
www.fergusfallsymca.org or on the
Fergus Falls YMCA Mobile App

Red Cross Learn-to-Swim Level Guide

(ages are approximate)

Level 1: Introduction to Water Skills Ages 5-7

This level is ideal for children that have not had previous swim instruction or are unable or uncomfortable putting their entire face in the water.

Level 2: Fundamental Aquatic Skills Ages 7-8

This level is for children that are able to put their face in the water, but are unable to independently float on their front and back.

Level 3: Stroke Development Ages 8-9

In this level students will continue to build on the fundamentals learned in previous levels. Skills introduced in this level include: rotary breathing, front crawl, butterfly kick, survival float, and many more.

Level 4: Stroke Improvement Ages 9-10

In this level students will develop confidence in their swimming skills. Skills mastered in this level include: swimming 25 yards of front crawl and elementary backstroke, swimming 15 yards of butterfly, backstroke, and back crawl.

Level 5: Stroke Refinement Ages 9-12

Students will master the following skills: standing dive, pike & tuck, surface dives, front and back crawl, sidestroke, breaststroke, shallow dive, flip turn, and elementary backstroke.

Level 6: Swimming & Skill Proficiency Ages 11-13

The purpose of this level is for students to refine strokes and be able to swim with ease, efficiency, power and distance. Some skills for life guarding and fitness will be taught.

Youth Development



Youth Swim Lessons

Private & Semi-Private Swim Lessons
Available for youth of all ages and abilities. Private lessons are great for those who learn best in a 1-on-1 environment. Semi-private lessons are available for a few people of similar skill level to take lessons together. Make an appointment today and let us help your child reach their swimming goals.

Four 30 minute sessions:

Private:

Member: \$65 Potential Member: \$85

Semi-Private:

You must form your own group

Member: \$45 Potential Member: \$65

Lifeguard on duty at Pebble Beach
Monday - Sunday
June 12 - August 20
1:30 - 5:30 pm



Leadership Development

Junior Camp Counselor: Youth 12-14
Junior camp counselors act as an assistant to our day camp staff and gain experience leading small groups in games, crafts, and other activities. Junior camp counselors work under the supervision of Y staff and are required to model positive behaviors for young campers.

This is a volunteer opportunity providing up to 9 hours of leadership development and experience per week.



Junior Guard Training: Youth 12-14
Learn more about aquatics and give back to your community. Topics to be covered in training include: fitness, basic leadership skills, teamwork, rescue skills, CPR skills, Water Safety Assistant skills, and YMCA mission. Upon completion of the class, students will be eligible to volunteer for YMCA Aquatics Department and be CPR certified.

June 12-22: Monday-Thursday
10:00 - 3:00 pm

Member: \$200 Potential Member: \$240

Youth Development

Youth Training

YMCA Kid Fit Club

Youth Age 12+

This program is designed to familiarize youth with safe and proper use of designated cardio equipment in our fitness center. Once your child has completed this course and is able to demonstrate safe technique, proper gym etiquette, and is comfortable working out on their own, they will be able to use our cardio equipment in our fitness center **during staffed hours** without a parent present. Participants will be given a wrist band to indicate they are approved to use the fitness center. Members 15+ can use the fitness center and weight room at any time. Free to Y members. Please complete an orientation form and turn it in at Member Services.

Youth Sports Acceleration Series

Calling all athletes!

Are you looking to take your game to the next level? The YMCA Sports Performance Program is a detailed 6 week program designed to challenge & improve any athlete's speed, agility, vertical power, & body awareness. This is a progressive program and will focus on the three pillars of sports training:

- Sport Movement: Agility, multidirectional speed, acceleration, & deceleration
- Sport Strength: Muscular endurance, multi-joint strength, & explosive power
- Sport Balance: Stability, proprioception, & neuromuscular pathway

Ages: 8 -12 or 13 -17

Sessions:

Tuesdays & Thursdays
8:30 - 9:45am or 10:00 - 11:15am

June 6 - June 22
June 27-July 13

Members: \$80/Session
Potential Members: \$112/Session



Youth Sports

Tee-Ball/Coach Pitch Baseball League (Kindergarten - 2nd Grade)

This is an offsite league that will teach introductory tee-ball and coach pitch baseball skills through the means of practice and game play. Volunteer coaches and Y staff teach values like team work, sportsmanship, and the core values of caring, honesty, respect, and responsibility. Participants will receive a YMCA reversible jersey to wear each week for their game.

- **Registration Deadline:** May 31st, 2017
- **Season:** June 6th - July 27th, 2017
- Tuesday Practices & Thursday Games
 - K (5-6 yrs): 5:00-5:45 pm
 - 1st & 2nd (7-8 yrs): 6:00-6:45 pm
- Practices held across the street from M State softball field.
- Games held on M State softball field

Members: \$40 Potential Members: \$55
* \$5 discount for returning Y sports participants with reversible jersey.



Youth Development

School Age Child Care Program (SACC) 2017-2018

Grades K-6

Enthusiastic and well-trained staff provide participants an opportunity to express themselves in activities including: games and sports, fitness, character development, homework help, service learning, special projects, and much more! Children will receive individualized attention and develop skills in specific areas all before parents pick them up after work. Snack provided. Program runs through end of the school year and is available on non-school/early out days (see School's Out Camp.)

Monday-Friday 3:00 - 6:00 pm

If school closes due to inclement weather, the SACC program will be closed.

Registration Fee: \$20/child

Register your child before August 15, 2017 & save \$5 (Registration fee covers Schools Out Camp/Early Out School Out Days)

3-Day Week:

Member: \$30
Potential Member: \$40

5-Day Week:

Member: \$45
Potential Member: \$55



School's Out Camp

Need something fun for your child to do on school vacation days? School's Out Camp runs on non-scheduled school days (following the Fergus Falls Public Schools calendar) at the Y from 7:00am-6:00pm. Each day is filled with a variety of activities including arts and crafts, swimming, physical, and recreational activities. Participants must bring their own lunch, swimsuit, towel, and dress appropriately for field trips. Snack provided.

Registration Fee: \$20 (only applies if not already register for SACC)

Member: \$30

Potential Member: \$40

Early Out School Days

The YMCA offers a place to go when school lets out early. Kids can join our Y Staff for a fun and safe after school program. Space is limited. Participants in After School Program will automatically be enrolled.

Registration Fee: \$20 (only applies in not already register for SACC)

Member: \$15

Potential Member: \$20

Birthdays at the Y!

Reservations are subject to available space. Spots fill quickly so make your reservation early!

Member: \$110

Potential Member: \$150



Returning this fall

- Itty Bitty Sports
- Flag Football
- Parent's Night Out
- Stay & Play
- Homeschool Gym & Swim



Healthy Living

Cardio & Cardio/Strength

Insanity®

A cardio-based total body conditioning class that will push you past your limits to get you in the best shape possible! The class is packed with intervals of strength, power, resistance, and core training with modifications offered. No equipment or weights are used.

P90X LIVE®

A rich variety of intense routines from cardio to resistance training, strength training, plyometrics, ab work, and more. Using the science of muscle confusion, P90X LIVE constantly switches things up to help you bust through plateaus. "With challenge comes change."

Zumba

Shake it up with this fun, energetic hip shaking class. Classes feature exotic rhythms set to high energy Latin and



Strength, Stretch, & Core

BodyPump®

A revolutionary weight training workout that strengthens, tones, and defines every muscle in your body. BodyPump is a resistance training program that uses bar and hand weights to burn fat and sculpt the body into lean muscles.

Yoga Sculpt

Introduce hand weights into your practice to increase the impact. Combine cardio and strengthening poses with dynamic and static weight training.

Indoor Group Cycling

Indoor cycling is one of the best cardiovascular endurance workouts out there. Style of class will vary with instructor. Fitted clothing recommended, water is mandatory.

Please reserve your bike by calling member services at 739-4489 Ext. 10 anytime the day of the class. The 5:15am participants may reserve their bike anytime after 2pm the day before the class.



Mind/Body

Hatha Yoga

Vinyasa style hatha class that links movement to breath to strengthen muscles, increase flexibility, and reduce stress.

Pilates

This highly effective conditioning method works your whole body. Each movement emphasizes purpose, body alignment, and breathing. You will build strength, increase flexibility, and deepen body awareness.

YogaHour®

Challenging yet doable! This flow style hatha class aims to build strength and increase flexibility and balance in a playful and energized environment.



All land & water group fitness classes are free with your YMCA membership and suitable for all levels.



Active Older Adult

SilverSneakers® Classic

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activities of daily living skills. Hand-held weights, elastic tubing with handles, and balls are offered for resistance and a chair is used for seated and/or standing support.

Fun Fitness Friday

Improve strength, flexibility, and joint stability through dynamic movements using a variety of fun equipment. This is a low-impact class. Appropriate for active older adults, beginners, or anyone! A chair can be used for extra support

Forever Young

Our newest active adults circuit style class that will include a wide variety of movements and equipment to enhance and improve your cardio, strength, balance, and flexibility, all while having a blast!

A.M. Stretch

This 30 minute group led class will ease muscle tension and increase flexibility, and range of motion. You will feel relaxed and rejuvenated.



Water Exercise

Water Fitness Class

A water based group exercise option for swimmers and non-swimmers alike who want to expand their fitness horizons.

Self Guided Adult Rehabilitation Swim

This quiet pool atmosphere is perfect for those who wish to use the water to meet personal fitness goals and socialize.

Lap Swimmers and Triathletes

Please visit our mobile app or website for times. www.fergusfallsymca.org



Running Club

Experienced, novice, or new to running? No matter what your level of experience, we invite you to join the YMCA Running Club. Find support, camaraderie, and make new friends. Meets weekly in the lobby every Friday at 6:15am. This is a group led running club.



Healthy Living



Fitness Center Orientations

Our YMCA offers a wide variety of new cardio equipment, such as treadmills, bikes, ellipticals, free weights, Paramount strength training stations, and more. A Wellness Center Coach will guide you through the fitness center and show you how to operate various pieces of equipment. Free for Y Members. Please complete an orientation form and turn it into member services.



Personal Training Consultation

Members: Free 30 minute consultation with one of our nationally certified personal fitness trainers to assess your health and wellness goals and to make a safe and realistic fitness plan.



Personal Training

Train one-on-one or with friends. Our trainers will help you reach your fitness goals and potential. Personal training is a great option for everyone from athletes to beginning exercisers looking to gain knowledge, motivation, and skills.

Our package options are reserved for members only.

Private 30 Minute Training:

Single Session Member:	\$26
Single Session Potential Member:	\$36.50
6 Sessions Member:	\$144

2 Person 45 Minute Training:

Single Session Members:	\$22/Person
6 Sessions Members:	\$121/Person

3-5 Person 45 Minute Training:

Single Session Members:	\$18/Person
6 Sessions Members:	\$98.50/Person

Are you a Frequent Y'er?

Pick up a Frequent Y'er Punch Card at the beginning of each month. We will punch it for you each time you come in. When you get 12 punches, drop your card in our Frequent Y'er bowl & you are automatically entered into a drawing for a FREE month membership!

TRX Suspension Training

Born in the Navy Seals, suspension training bodyweight exercise develops strength, balance, flexibility, and core stability simultaneously. Our 30 minute classes deliver a fast and effective total body workout. We will coach you on how to modify, unload, or add intensity to fit your personal fitness level. This class benefits anyone from athletes to seniors. TRX is a fee based class that runs in monthly sessions. Fees vary based on total days in session.



Adult Leagues & Recreation

Adult Pickleball

Pick up games

All skill levels welcome

Main Gym Court #2 or Athletic Park Courts
(weather permitting)

Tuesdays & Thursdays: 9:00am-11:00am

Saturday: 1:00pm-3:00pm

Adult Aquatics Programs

Adult Private Swim Lessons

This program is for any adults who are interested in becoming more proficient swimmers. Lessons will be taught on a private or semi-private basis and are geared towards your specific goals

Four 30 Minute Sessions:

Private

Member: \$65

Potential Member: \$85

Semi-Private: You must create your own group of similar skill level

Member: \$45

Potential Member: \$65

Have you downloaded our Mobile App yet?



Download now for access to the latest class schedules, mobile membership card, & program registrations.

Available in your phone's App Store by searching Fergus Falls YMCA



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25TH ANNUAL



Hoot Lake Triathlon
July 29, 2017

Join us for the 25th Annual Hoot Lake Triathlon on July 29th!

Our annual triathlon will take place at Hoot Lake. The race starts with a 1/4 mile open water swim in Hoot Lake followed by a 15.7 mile bike ride (all right hand turns) and a 3.3 mile run. Race registration is limited to 300 participants. Individual and relay race options available!

Registration Deadline is July 25th, 2017 (No day of race registration)

Participants can register online at Active.com or by dropping off or sending in race brochure.

Fees: Individual \$65 Relay: \$100

All participants receive a race shirts & refreshments as well as entry into the Grand Prize Raffle for a road bike valued at over \$1000 (provided by Central Lakes Cylce.) Awards will be given to the top 3 finishers in each age group, relays, and overall.

Questions? Contact the YMCA at 218-739-4489 or email info@fergusfallsymca.org

Interesting in being a part of the event but don't want to race?
Volunteer to help by contacting Samantha at samantha@fergusfallsymca.org