



SUMMER 2018

Access to Adventure

FERGUS FALLS AREA FAMILY YMCA



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



OUR MISSION

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

CONTACT US!

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WEB: fergusfallsymca.org
FACEBOOK: Fergus Falls YMCA
EMAIL: info@fergusfallsymca.org

YMCA MANAGEMENT STAFF

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WELCOME TO THE FERGUS FALLS AREA FAMILY YMCA

SUMMER BUILDING HOURS

	OPEN	CLOSE
MONDAY-THURSDAY	5AM	9PM
FRIDAY	5AM	8PM
SATURDAY	7AM	3PM
SUNDAY	CLOSED	

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

SUMMER CHILD WATCH HOURS

	OPEN	CLOSE
MONDAY-FRIDAY	8AM	NOON
MONDAY-THURSDAY	4PM	8PM
SATURDAY & SUNDAY	CLOSED	

Maximum per day is two hours per child. \$3/visit or free for Family & Single Parent Family Membership types. Child watch is for children aged 6 weeks through 6 years.

ALWAYS WELCOME IN EVERY COMMUNITY

Your Fergus Falls Area Family YMCA Membership is now welcome Nationwide. Your YMCA membership is now valid at any participating YMCA in the nation. Visit YMCA.net for a list of participating YMCA's.

BOARD OF DIRECTORS

CHRIS MARVEL, President
STEVE SWANSON, Vice President
BRETT LONGTIN, Treasurer
MITCH WELLMAN, Secretary
ROY ANDERSON **RON BURT**
BRENT KLINNERT **JANE McLANDRESS**
NATHAN NOLAND **KURT NYGAARD**
KENDRA OLSON

MEMBERSHIP INFORMATION

MEMBERSHIP RATES

	MONTHLY	ANNUAL
YOUTH (10-14)	\$16	\$182
TEEN (15-18)	\$24	\$274
YOUNG ADULT (19-22)	\$32	\$365
ADULT (23-64)	\$49	\$559
FAMILY	\$75	\$855
SINGLE PARENT FAMILY	\$54	\$616
SENIOR CITIZEN (65 & Up)	\$44	\$502
SENIOR COUPLE (BOTH 65 & Up)	\$64	\$730

DAY PASS RATES

YOUTH (10-14)	\$3
TEEN (15-18)	\$5
YOUNG ADULT (19-22)	\$7
ADULT (23-64)	\$10
FAMILY	\$18
SINGLE PARENT FAMILY	\$18
SENIOR CITIZEN (65 & Up)	\$10
SENIOR COUPLE (BOTH 65 & Up)	\$18

MEMBERSHIP HOLDS

Membership holds may be granted for periods up to 3 months for a fee of \$5 per month. Your membership will automatically re-activate after the hold expires.

MEMBERSHIP CANCELLATIONS

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 cancel 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.

THANK YOU FOR A BETTER US!

Your YMCA membership is the foundation of our ability to serve kids & families with programs that strengthen the fabric of our community.

ENROLLMENT FEE

All new members are charged a \$50 enrollment fee when they sign up. The enrollment fee is only charged once, unless a lapse in membership occurs for more than 30 days. The enrollment fee for youth & teen memberships is waived.

INSURANCE PROGRAMS

Your monthly membership fees may be eligible for insurance reimbursement up to \$20 per eligible adult. Contact your insurance provider to see if your plan qualifies!

FINANCIAL ASSISTANCE

Thanks to the generosity of our friends and neighbors who make contributions to the Youth Patners campaign the Y is accessible to everyone. We are proud to offer membership and programs to everyone regardless of financial situation through our financial assistance program.

YOUTH DEVELOPMENT

Red Cross Learn-to-Swim Level Guide

Level 1: Introduction to Water Skills

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

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

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

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

Level 5: Stroke Refinement

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

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 & fitness will be taught.

YOUTH ALL CITY SWIM LESSONS

YMCA POOL

Session 1: June 11-15

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

Session 2: June 18-22

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

Session 3: June 25-29

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

Session 4: July 9-13

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

Session 5: July 30-August 9

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 BEACH

Session 1: August 6-10

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

All Summer Youth Swim Lessons: \$42 for Members & Potential Members

No one is turned away for the inability to afford Y programs. Ask about the Inga Nelson or Y USA Swim Scholarship for Swim Lessons.

PRESCHOOL SWIM LESSONS

Tuesday/Thursday Mornings

Session 1: June 5-28
Session 2: July 3-26
Session 3: July 31-August 23

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

Preschool Morning Summer Swim Lessons: \$38 for Members & Potential Members

PRIVATE & SEMI-PRIVATE

SWIM LESSONS

Available for individuals 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. Sign up today and let us help you reach your swimming goals.

Four 30 minute sessions:

Private Lessons

Member: \$65

Potential Member: \$85

Semi-Private Lessons

You must form your own group

Member: \$45

Potential Member: \$65



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.

HAVE A QUESTION?
CONTACT Us!
www.fergusfallsymca.org
info@fergusfallsymca.org
218-739-4489
1164 N Friberg Ave
Fergus Falls

YOUTH TRAINING

YMCA Kid Fit Club

Youth Age 12+

This program is designed to familiarize youth with safe and proper use of designated 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.

Sports Performance Training

Ages: 8-17

Are you looking to take your game to the next level? The YMCA Sports Performance Program is a detailed 9 week program designed to challenge and improve any athlete's speed, agility, vertical power, and 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
Contact the Sports Department for more information.

YOUTH SPORTS

Tee-Ball/Coach Pitch Baseball League

(Preschool- 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 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 31
- **Season:** June 5-July 26
- **Tuesday Practices & Thursday Games**
 - K (5-6 yrs) 5:00-5:45pm
 - 1st & 2nd (7-8 yrs) 6:00-6:45pm
- 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.

Preschool Only

Practice/Scrimmage League
Tuesdays 5:00-5:45pm

Members: \$30

Potential Members: \$45

RETURNING THIS FALL:

Itty Bitty Sports
Parent's Night Out
Stay & Play
Home School Gym & Swim
Nerf Night
Flag Football

BIRTHDAYS AT THE Y!

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

Member: \$110

Potential Member: \$150



SCHOOL AGE CHILD CARE PROGRAM

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 is provided. Program runs through end of the school year and is available on non-school/early out days (see School's Out Camp.) **3 day or 5 day weeks available.** Registration fee required as well as weekly fee based on number of days attending.

Monday-Friday 3:00 - 6:00 pm

Registration Fee: \$25/child

Register your child before August 15, 2018 and save \$5 (Registration Fee covers Schools Out Camp/Early Out School Days)

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, field trips, and physical and recreational activities. Participants must bring their own lunch, swimsuit, towel, and dress appropriately for field trips. Snack is provided.

Registration Fee: \$25 (only applies if not already register for SACC)

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 & safe after school program. Space is limited. Participants in School Age Child Care Program will automatically be enrolled.

Registration Fee: \$25 (only applies if not already register for SACC)

ADULT LEAGUES & RECREATION

Adult Pickleball

Pick up games
All skill levels welcome
Main Gym Court #2 or
Athletic Park Courts (weather permitting)

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



Beach Volleyball Tournament

The Y will be hosting a Beach Volleyball Tournament at Delagoon Park on June 9th. Check the Y Facebook page for update information



Adult Basketball

Open Gym Sunday
Evening 5:30-7:00pm
Pick up games
All skill levels welcome
Main Gym Court #1
Monday, Wednesday, & Friday
11:30 am - 1:30 pm



ONLINE REGISTRATION AVAILABLE!

**WWW.FERGUSFALLSYMCA.ORG OR ON THE
FERGUS FALLS YMCA MOBILE APP**

HOOT LAKE TRIATHLON

Join us for the 26th Annual Hoot Lake Triathlon on July 28, 2018!

Our annual triathlon will take place at Hoot Lake. It will start with a 1/4 mile open water swim in Hoot Lake. Then a 15.7 mile bike ride which will include all right hand turns. After which you will finish with a 3.3 mile run. Race registration is limited to 300 participants. Individual and relay race options available.

Registration Deadline is July 24, 2018 (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 shirt and refreshments and are entered into the Grand Prize Drawing for a road bike valued at over \$1000 (provided by Central Lakes Cycle.) Awards will be given as well.

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

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

HEALTHY LIVING



THE HEALTH & WELLNESS DEPARTMENT WELCOMES YOU!

Our health & wellness department cares about you! Our goal is to provide you with a safe, state of the art environment to encourage health and improve fitness. Join us for our group exercise classes – all abilities are welcome. New to group exercise? Let the instructor know and she/he will help provide modifications for you to be successful. Not sure what class to take? Email or call me and I will direct you to a class that would fit for you. The front desk is also able to provide information. If you are looking to be orientated to our exercise equipment, fill out an orientation sheet at the front desk or give me a call/email. I am happy to assist if you are interested in learning more about TRX as well. We are here to assist you in your fitness goals and improved health!

Stacey Vaughn, Health & Wellness Director
stacey@fergusfallsymca.org

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. No equipment or weights are used. Suitable for all levels.

Core De Force

A mixed martial art inspired workout that is high-energy, calorie burning, and core strengthening work while challenging the mind with combinations and coordination efforts. A series of flexibility stretches in the cool down rounds out the class.

Zumba

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

Strong by Zumba®

This is an hour long class that combines body weight, muscle conditioning, cardio, and plyometric training moves. Every squat, every lunge, every burpee is driven by music, helping you make it to that last rep, and maybe even five more!

MIND & BODY

Hatha Yoga

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

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.

Morning Yoga

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

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.** All fitness levels welcome.

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

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 & hand weights to burn fat and sculpt the body into lean muscles. Suitable for all fitness levels.

Yoga Sculpt

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

WATER EXERCISE

Water Fitness Class

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

Early Bird Water Fitness: MWF 8:00-9:00am

Aqua Fun and Fit: MWF 9:00-10:00am

Aqua Energy: T/TH 9:45-10:45am

M/W 5:45-6:45pm (Dates/times subject to change)

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.

Monday-Wednesday-Friday

9:45-11:00am

Lap Swimmers and Triathletes

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

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 support.

Senior YogaFit®

This class is specifically designed for the active aging adult. The class combines a series of posed to increase flexibility, range of motion, strength, posture and body awareness, and will deliver a comprehensive and beneficial workout. This class is easy to follow and appropriate for any fitness level. A chair can be used throughout the entire workout and you will NOT get down on the floor.

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 adult circuit style class includes 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.

PERSONAL TRAINING CONSULTATION

Members: Free 30 minute consultation with our Health & Wellness Director 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.

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.

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 lead running club.

SUMMER YOGA SERIES

Watch for information on our website, mobile app, and Member Services for our upcoming Summer Yoga Series.

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.

Contact Stacey at stacey@fergusfallsymca.org for more information on TRX Training.

ADULT AQUATICS PROGRAMS

Adult Beginner Swim Lessons

Learning the Basics

This program is intended for adults and teens interested in learning the basics of swimming. You will learn the basic aquatic skills and swimming strokes. You will also learn skills needed to stay safe around water and how to help yourself and others in an aquatic emergency. Participants in this class do not need to know any skills prior to the class.

Tuesday/Thursday 5:15-6:00 pm

Session 1: June 5-28

Session 2: July 31-August 23

Member: \$45 Potential Member: \$65

WATER FITNESS AT THE BEACH!

Join us for Aqua Energy at Pebble Beach. This class will be guarded and open to the community.

Please contact the YMCA for upcoming dates/times.

HOOT LAKE SWIM

Swim at Hoot Lake before the Triathlon. Join us for this self-led, non-guarded group swim.

Contact Emily at 218-739-4489 for more information or to sign up.

BUILDING HEALTHY FAMILIES

The Y prides itself on being a multi-generational facility for our community. We truly have something for every age and everyone in the family. Our goal is to bring wellbeing to the whole family.

UP TO 3 YEARS

Interactive Learning Center
Child Watch
Parent/Child Swim Lessons
Open Swim
Open Gym
Open Track
Birthday Parties
Stay & Play
Family Fun Night



6 TO 11 YEARS

Interactive Learning Center
Swim Lessons
Youth Sports
Open Swim
Open Gym
Open Track
Parent's Night Out
Family Fitness
Birthday Parties
Family Fun Night
Summer Day Camp
School Age Child Care
Schools Out Camp



15 AND OLDER

Interactive Learning Center
Water Fitness Classes
Group Fitness Classes
Fitness Center
Free Weight Room
Open Swim
Open Gym
Open Track
Racquetball
Pickle Ball



3 TO 5 YEARS

Interactive Learning Center
Child Watch
Swim Lessons
Itty Bitty Sports
Open Swim
Open Gym
Open Track
Parent's Night Out
Birthday Parties
Stay & Play
Family Fun Night

12 TO 14 YEARS

Interactive Learning Center
Kids Fit Club
Swim Lessons
Youth Sports
Open Swim
Open Gym
Open Track
Parent's Night Out
Family Fitness
Birthday Parties
Family Fun Night
School Age Child Care
Schools Out Camp
Group Fitness Classes

65 AND OLDER

Interactive Learning Center
Water Fitness Classes
Group Fitness Classes
Active Older Adult Classes
Fitness Center
Free Weight Room
Open Swim
Open Gym
Open Track
Racquetball
Pickle Ball
Adult Sports
Y's Folks

JOIN OUR Y FAMILY TODAY!

CELEBRATING

FERGUS FALLS AREA FAMILY YMCA

50 YEARS

1968 - 2018

2018 is an exciting year for
the Fergus Falls Area Family
YMCA...

We are celebrating our 50th
Anniversary!

We are proud of our history
of commitment to Youth
Development, Healthy Living,
and Social Responsibility in our
community.

Thank you for sharing 50 years
with us in 2018!