DEVELOPING COMMUNITY AND FRIENDSHIP

Fergus Falls Area Family YMCA

Winter 2020

www.fergusfallsymca.org • 218.739.4489
OUR MISSION
To put Christian principles into practice through programs that build healthy spirit, mind, and body for all.

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BOARD OF DIRECTORS
STEVE SWANSON, PRESIDENT
JANE MCLANDRESS, VICE PRESIDENT
BRETT LONGTIN, TREASURER
KURT NYGAARD, SECRETARY
RON BURT
CHRIS MARVEL
KENDRA OLSON
TONY REINHARDT

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YOUR FERGUS FALLS AREA FAMILY YMCA

Open Close
Monday–Friday  5AM 9PM
Saturday  6AM 6PM
Sunday  12PM 7PM

Closed: Easter Day, Sunday before Memorial Day, Memorial Day

CHILD WATCH HOURS
Open Close
Monday–Saturday 8AM 12PM
Monday–Thursday 4PM 8PM
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 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.

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.
## Membership Information

### Membership Rates

<table>
<thead>
<tr>
<th>Category</th>
<th>Monthly</th>
<th>Annual</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Youth (10-14)</strong></td>
<td>$18</td>
<td>$205</td>
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<tr>
<td><strong>Teen (15-18)</strong></td>
<td>$26</td>
<td>$296</td>
</tr>
<tr>
<td><strong>Young Adult (19-25)</strong></td>
<td>$32</td>
<td>$365</td>
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<tr>
<td><strong>Adult (26-64)</strong></td>
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<td>$581</td>
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<tr>
<td><strong>Family</strong></td>
<td>$75</td>
<td>$855</td>
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<tr>
<td><strong>Single Parent Family</strong></td>
<td>$56</td>
<td>$638</td>
</tr>
<tr>
<td><strong>Senior Citizen (65 &amp; Up)</strong></td>
<td>$45</td>
<td>$513</td>
</tr>
<tr>
<td><strong>Senior Couple (Both 65 &amp; Up)</strong></td>
<td>$65</td>
<td>$741</td>
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</tbody>
</table>

*In order to enroll in insurance reimbursement programs, membership must be paid by monthly bank draft.

**Family** - Any two adults or any two adults and children age 19 and younger or full-time college student age 25 and younger living in the same household.

***Single Parent Family** - Any one adult and children age 19 and younger or full-time college student age 25 and younger living in the same household.

### Guest Pass Rates

<table>
<thead>
<tr>
<th>Category</th>
<th>Day</th>
<th>Week***</th>
</tr>
</thead>
<tbody>
<tr>
<td>Children under 5</td>
<td>Free</td>
<td></td>
</tr>
<tr>
<td>Youth (5-18)</td>
<td>$5</td>
<td></td>
</tr>
<tr>
<td>College Student*</td>
<td>$7</td>
<td></td>
</tr>
<tr>
<td>Adult (19+)</td>
<td>$12</td>
<td>$36</td>
</tr>
<tr>
<td>Family**</td>
<td>$20</td>
<td>$45</td>
</tr>
</tbody>
</table>

*Full Time Student with Student ID

**One or two adults with or without children age 25 and younger living in the same household.

***Week pass is valid for 7 calendar days from date of issue

### 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.

### 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 you plan qualifies!

### Financial Assistance

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

### Contact Us!

Phone: 218-739-4489  
Web: fergusfallsymca.org  
Facebook: Fergus Falls YMCA  
Email: info@fergusfallsymca.org
**Youth Development**

**Youth Swim Lessons**

**Tuesday/Thursday Lessons**
- Session 1: February 4-27
- Session 2: March 3-26
- Session 3: April 7-30
- Session 4: May 5-28

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

Member: $38  
Potential Member: $58

**Saturday Lessons**
- Session 1: April 4 - May 9
  - 9:00-9:30 am  Levels 1 & 2
  - 9:30-10:00 am  Levels 1 & 3
  - 10:00-10:30 am  Levels 3 & 4
  - 10:30-10:00 am  Levels 2, 5 & 6

Member: $30  
Potential Member: $45

**Preschool Swim Lessons**

**Tuesday/Thursday Lessons**
- Session 1: February 4-27
- Session 2: March 3-26
- Session 3: April 7-30
- Session 4: May 5-28

- Preschool 1: 8:45-9:10 am
- Preschool 2: 9:10-9:30 am
- Preschool Combo: 6:00-6:30 pm

Member: $38  
Potential Member: $58

**Saturday Lessons**
- Session 1: April 4- May 9
  - Preschool Combo: 9:30-10:00 am
  - Preschool Combo: 10:00-10:30 am

Member: $30  
Potential Member: $45

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**Red Cross Learn to Swim Levels**

**Parent/Child:** The goal in this 30 min class is to develop trust around water. Quality time with parent and teacher. Parents learn tools to help and hold their child in the water.

**Preschool 1:** Learn water adjustment skills, front and back float. Children will become familiar with the water and putting their face in.

**Preschool 2:** Ideal for children who can float on front and back. Learn to move in the water on their front and back with face in the water.

**Preschool Combo:** Learn water adjustment skills, front and back float and start moving in the water. This class is a combination of Preschool 1 and 2. Class skills are determined by ability of participants.

**Level 1:** For the beginner who is comfortable in the water. Swimmers learn basics of swimming: bobbing, going underwater, supported front and back floating, supported rolling over from front to back and back to front, supported gliding, supported flutter kick, supported front crawl arms and jumping in.

**Level 2:** Swimmers should already be able to float on front and back and put their head underwater. Swimmers will work on: independent front and back floating, independent rolling over from front to back and back to front, independent front and back glides, front crawl arms and kicks, back crawl arms and kicks, retrieving underwater objects, and jumping into water over their head.

**Level 3:** Swimmers should already be comfortable swimming front stroke and swimming on their back. Swimmers will work on: gliding, freestyle with side breathing, backstroke, breaststroke, and dolphin kicks, retrieving objects in deeper water, treading water, jumping into deep water.

**Level 4:** Swimmers should already be able to: swim front and back crawl 25 yards. Swimmers will work on: rotary breathing, freestyle, backstroke, elementary backstroke, scissors kick and sidestroke, whip kick and breaststroke, intro to turning at the wall, treading water with modified scissors.

**Level 5:** Swimmers should already be able to: swim freestyle, breaststroke and backstroke 25 yards, scissors kick, whip kick, treading water. Swimmers will work on: alternate breathing, stride jump, refinement of freestyle, backstroke, elementary backstroke, sidestroke, breaststroke, dolphin kick and butterfly, open turn on front and back, feet-first surface dive, and treading water.

**Level 6:** Swimmers should already be able to: swim front and back crawl 50 yards, elementary backstroke 25 yards, breaststroke 25 yards, butterfly 25 yards, sidestroke 10 yards, tread water for 3 minutes. Swimmers will work on: All six strokes, front and back crawl flip turn, breaststroke turn, breaststroke speed turn and pullout, butterfly turn, sidestroke turn, pike and tuck, tread water for five minutes, and basic water rescue.
**Parent/Child Swim Lessons**

**Tuesday/Thursday Lessons**
6:00–6:30 pm
- Session 1: February 4–27 (6 months -1.5 yrs)
- Session 2: March 3–26 (1.5 yrs - 3 yrs)
- Session 3: April 7–30 (6 months -1.5 yrs)
- Session 4: May 5–28 (1.5 yrs - 3 yrs)

Member: $38
Potential Member: $58

**Saturday Lessons**
9:00–9:30 am
- Session 1: April 4–May 9

Member: $30
Potential Member: $45

**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 up to 3 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: $68
  - Potential Member: $88
- **Semi-Private Lessons**
  *You must form your own group of similar skill level participants.
  - Member: $48
  - Potential Member: $68

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

**Homeschool Gym & Swim**

Bring the kids in for some physical activity as we play structured games in the gymnasium such as basketball, soccer, football, and combine that with swim time. They will have 40 minutes in the gym from 2:00–2:40 pm and then 45 minutes in the pool from 2:45–3:30.

**When:**
Fridays 2:00–3:30 PM

**Ages:**
5–17 Years Old

**Cost:** (Per 8 week session)
- Member (Ind): $25
- Member (Family 3+): $65
- Potential Member (Ind): $40
- Potential Member (Family 3+): $95

**Session 2:** December 6 – January 31
**Session 3:** February 7– March 27

**Family Fun at the Pool**
Make every day a family fun day at the pool! This fall the pool has open swim times every day! See our mobile app or website for open swim times!

**Schools Out Open Swim**
- January 1–3, 17, 20
- February 17, 27, 28
- March 27, April 10
- May 25, 28, 29

Open swim starts at 1:00pm
Youth Sports

Youth Spring Volleyball Clinic (Kindergarten- 4th Grade)
At the YMCA every child plays, every child has fun, and every child learns. Weekly sessions will include volleyball skills and drills. Volunteer coaches and Y staff teach values like team work, sportsmanship, and core values of caring, honesty, respect, and responsibilty. Participants will receive a YMCA reversible jersey to wear each week.

- **Registration Deadline:** February
- **Season:** March 10- April 7
- **Practices:** Fergus Falls YMCA
  - Tuesdays
  - 5:30-6:30pm K-2nd grade
  - 6:30-7:30pm 3rd-4th grade

Members: $45
Potential Members: $60
* $10 discount for returning Y sports participants with reversible jersey.

Winter Youth Basketball
Preschool (age 3)-4th Grade
Basketball is an exciting sports, combining team play and individual skills. This league will teach skills and game strategy. Y staff and volunteers will teach values such as teamwork, sportsmanship, and our core values: caring, honesty, respect, and responsibility.

Registration: January 4th
Season: January 14- March 7th
Practices: Tuesdays or Thursdays
  - 5:30-6:25pm: PreK-1st grade
  - 6:30-7:25pm: 2nd-4th grade
Games/Scrimmages: Saturdays 8:00am-Noon
Fee: $45 YMCA member, $60 potential member

$10 discount for returning Y Sports participants with reversible jersey.

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.

Mondays: 6:00-6:45 pm
January: Developmental Football
February: Developmental Floor Hockey
March: Sports Sampler
April: Tee Ball

Members: $20
Potential Members: $35

(If school closes due to inclement weather, the SACC program will be closed.)
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 School 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, physical and recreational activities. Participants must bring their own lunch, swim suit, towel, and dress appropriately for field trips. Snack is provided.
Registration Fee: $25 (only applies if not already registered for SACC)
   Members: $30/day per child
   Potential Members: $40/day per child

School Out School Dates:
January 2, 3
February 17, 27, 28
March 27
April 10

Summer Day Camp 2020
The Fergus Falls Area Family YMCA offers a great place for your children to spend the summer. Open Monday-Friday 7:00am-6:00pm
- Staff with experience and education in child care
- Healthy Snacks
- Flexible scheduling option to fit your family’s lifestyle
- Weekly themes and field trips
- Arts & Crafts, Sports, Games, & Enrichment Activities
- All activities and field trips are included in the weekly price

Registration Opens in March.
Register Early! Limited Enrollment

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

Birthday Packages available, please call for pricing and detail.

Parent’s Night Out
Looking for someone great to watch your children while you have a night out? Look no further. Drop your children off at the Y and enjoy an evening out! Your children will have an exciting, safe, and enjoyable night that will include dinner, arts & crafts, swimming, and more. Let our trained staff take care of your kids at an affordable price.

Ages: 3-12 (Child must be potty trained)
6:00-9:00 pm
February 14
April 17

$20 First Child and $5 for each additional child

Toddler Open Gym
Moms & Dads join us Friday mornings, November through February, from 10:00-11:30 am to meet and visit with other parents while your children play nearby in our bounce house. It is a great time to gather and visit while the kids play and burn off energy! Kids need gym shoes for games and socks for the bounce house.

Member: Free
Potential Member: Day Pass
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. Not sure what class to take? Email or call me and I will direct you to a class that would fit for you. We are here to assist you in your fitness goals and improved health!

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

Tai Ji Quan: Moving for Better Balance

Tai Ji Quan: Moving for Better Balance is a set of eight coordinated movements, practiced in a slow, flowing motion. These movements help older adults gain good body alignment, improve their balance, and reduce the likelihood of falling. Research show that people who complete the program are half as likely to fall and are less fearful of falling.

If you are an older adult, able to walk, canes and walkers are OK, and are interested in improving balance, flexibility, and strength, please join us in improving your balance while practicing the relaxing, fun art of Tai Ji Quan!

Contact Stacey for more information! Register at YMCA front desk.

First Session: February 4–April 23
Tues/Thurs 10am–11am
Second Session*: February 3–April 22
Mon/Wed 10am–11am
*Must have completed first session

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. 201 anytime the day of the class. 5:15am & Saturday participants may reserve their bike anytime after 2pm the day before the class.

Living Well with Diabetes
Living well with diabetes is designed to help people with type 2 diabetes learn how to live well. Topics include: techniques to deal with the symptoms of diabetes, fatigue, pain, hyper/hypoglycemia, stress, depression, anger, fear and frustration; appropriate exercise for maintaining and improving strength and endurance; healthy eating, appropriate use of medication; and working with healthcare providers.

Living Well with Chronic Conditions
Living well with chronic conditions is designed to improve the self-management skills of people living with ongoing health issues. Conditions like arthritis, mental health conditions, chronic pain, cancer, or diabetes can cause those affected to lose physical conditioning and suffer health problems over many years. This program teaches new strategies that will give participants the confidence, motivation, and skills needed to manage living with a chronic health condition.
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.

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

Restorative Yoga
An extremely relaxing, meditative yoga class to gently stretch muscles while staying completely supported through the use of blocks, blankets, and towels. Relaxation can reduce stress, calm the mind, increase focus, and restore our mind to a calm and focused state. This is a class to benefit both mind and body! Note: Feel free to bring personal pillows, towels, blankets or bolsters to make this the best experience for you.

Pranayama
A 15 minute class focuses on way to use our breath to manage stress, relax, and focus. Learning to be mindful about our breathing may help us to see physical benefits such as reduced stress, decreased blood pressure, improved digestion, improved focus, and better circulation.

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 poses 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.

Functional Fitness
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
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. Contact Stacey to get started today!

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 as well as assess your health and wellness goals to make a safe and realistic fitness plan. Free for Y Members. Please complete an orientation form and turn it into member services.

TRX Suspension Training NOW FREE!
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 and class times.

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.

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 – 9:00 AM
Aqua Fun and Fit: MWF 9:00 –10:00 AM
Aqua Energy: T/TH 9:45 – 10:45 AM
M/W 5:45 – 6:45 PM
(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

ADULT AQUATICS PROGRAMS
Adult Swim Challenge
Are you looking to challenge yourself in 2020? Join the 100 Mile Swim Challenge and see how far you can go! Contact Taylor for more information. Challenge begins March 1st, 2020. Register at the YMCA. Members: $30
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
Wednesdays: (Beginner)
9:00am-11:00am
Saturdays:
2:00pm-4:00pm

3 on 3 Adult Basketball Tournament
Friday, March 6 at 6:00pm
Register by February 28
Fee: $60/team
All players must sign waiver.
Max of 6 players per team.

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

Adult Raquetball
Contact Emily if you are interested in playing with a group.
emily@fergusfallsymca.org

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.

Download our Fergus Falls YMCA app called DAXKO.

Get the latest class schedules, sign up for programs, and the most up to date information! Make sure to turn on notifications!
Healthy Kids Days
April 24 from 4:30–6:30pm

All kids and parents in Fergus Falls and the surrounding communities are invited to come to the Y for a free play date and commit to being active every day.

Healthy Kids Day is the Y’s largest national initiative, providing education, activities, and experiences that inspire children and families to stay physically and intellectually active all summer.

Cook Well Series
Come and learn healthy cooking tips and techniques from our local experts! These are hands-on classes led by chefs from local restaurants and delis who are partners with the Eat Well healthy restaurant initiative led by PartnerSHIP 4 Health. Register at the YMCA.

January 13—Service Foods
May 11—Union Pizza

All CookWell Classes will be from 5:30–7:00PM at the YMCA.

YOUTH PARTNERS CAMPAIGN

The Fergus Falls Area Family YMCA counts on the community for its support through time and monetary donations. Through our Youth Partners Campaign, funds are raised to help support Financial Assistance for membership, summer camp, and after-school programming. All donations raised stay in the Fergus Falls community to help kids and families in our area.

If you would like to donate to our Youth Partners Campaign, you may stop at the YMCA or contact us via email at info@fergusfallsymca.org. Thank you for your support!

INTERACTIVE LEARNING CENTER

SOCIAL RESPONSIBILITY
**DIABETES PREVENTION PROGRAM**

Have you ever been told by a health care professional that you:

- Are at risk for getting diabetes?
- Have pre-diabetes?
- Have borderline diabetes?
- Have high blood sugar or glucose?
- Had gestational diabetes?

The Center for Disease Control and Prevention-led National Diabetes Prevention Program can help you make a change for life. This program can help you learn how to change your lifestyle to prevent type 2 diabetes. The groups meet for 16 weekly sessions with a trained Lifestyle Coach.

Next session begins January 8 - April 22.

Mondays 10:30-11:30am

Contact Stacey at stacey@fergusfallsymca.org for more information on Diabetes Prevention.

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**NERF NIGHTS**

Do your kids like Nerf battles? Bring them to the Y on Nerf night! Children 6 - 12 will battle it out for an hour and a half. We will separate children out into teams and a course will be created in the gym using cardboard boxes and other similar materials as obstacles for cover. While the program is targeted for kids, we would love to have parents join the fun. We will supply the darts and safety goggles, children bring their own Nerf guns. Bring a friend for even more fun!

**NERF**

6:30-8:00 pm

February 28  Kids Nerf Night
April 3  Family Nerf Night
May 8  Kids Nerf Night

Must sign up ahead of time, limited spots available. Call for pricing & more details.

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**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 visit. 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!

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**Y’S FOLKS SALAD LUNCHEON**

Save the date for the Annual Y’s Folks Salad Luncheon! This year’s salad luncheon is Friday, May 1st. Come to the Y and enjoy a variety of salads and support a wonderful cause.
**Building Heathy 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

### 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

### 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

### 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

### 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

### 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
Classes to Try
1. 
2. 
3. 
4. 
5. 

Programs to Try
1. 
2. 
3. 
4. 
5. 

Y Notes


Fitness Goals


JOIN OUR Y FAMILY TODAY!