



September 2009 - May 2010 Itasca County Family YMCA

Member Benefits Include:

GREAT FACILITY

- State-of-the-art fitness center with a comprehensive range of equipment and free weights, running track, gym, racquetball courts, pool, whirl-pool and sauna

PROGRAMS FOR KIDS AND FAMILIES

- Youth sports at reduced rates for members
- FREE Youth Center and Tutoring Center for ages 8-18
- FREE fitness orientations for kids 14 & Up

FITNESS OPPORTUNITIES

- Membership includes complimentary Fitness Consultations to help define health and fitness goals, and identify the appropriate fitness program tailored to YOU
- Variety of FREE group fitness classes including Yoga, Zumba, Turbo Kick, Muscle Conditioning, CardiLift, Boot Camp, Core Crunch and more.

BRING A GUEST

- Three FREE guest passes for annual & bankdraft adult and family memberships
- First Friday Friend Day — Members may bring a friend along to workout on the first Friday of each month!

YMCAs around the country

- YMCA AWAY program courtesy access to YMCAs throughout the country when you travel (check with the local YMCA for their specific AWAY regulations)

SO MANY OPTIONS IN THE POOL...

- FREE water fitness classes
- Lap Swim times
- Open Swim times for families and kids
- YMCA swim lessons at a discounted rate for members
- Sea Turtles Swim Team
- Whirlpool for a warm soak after your workout
- Sauna

CHILDCARE WHILE YOU WORK OUT

- Children ages 6 weeks to 8 years enjoy up to two hours each visit of safe, fun activity while mom, dad or grandparent is working out
- FREE with membership
- WeeCare Hours:

Monday-Friday

8:00am - Noon

3:30pm - 7:00pm

Saturday

9:00am - 1:00pm

ESPECIALLY FOR THE ACTIVE OLDER ADULT

- Bruce Bauer Senior Center
- Variety of classes and social activities including lunch served on Mondays & Wednesdays
- Group fitness classes such as Water Exercise, Rusty Hinges, SilverSneakers, Stretch and Balance and Senior Strength to boost energy, strengthen bone density and lift spirits

Itasca County Family YMCA

400 River Road

Grand Rapids, MN 55744

Phone: 218-327-1161

Activity line: 218-327-8800

Weefolks Office: 327-2418

Winter Hours:

Labor Day - Memorial Day

M-F 5am-10pm

Sat. 7am-7pm

Sun. 11:30am-6pm

Closed the following Holidays:

Labor Day

Thanksgiving

Christmas Day

New Year's Day

Easter Sunday

Memorial Day

Early closings on:

Christmas Eve 2pm

New Year's Eve 4pm

The Mission of the Itasca County Family YMCA is to strengthen ourselves, families and communities by promoting growth in spirit, mind and body.

Group Fitness Classes



With a variety of formats to choose from, getting healthy has never been more fun. Increase your strength, flexibility and cardiovascular fitness in an enjoyable and motivating environment.

Please pick up a current fitness class schedule at the Y Membership Desk or look online at www.ymcaitasca.org

Classes are free to YMCA members. Not a Y member? Punch cards are available for \$40/10 classes.

Fitness Class Samplers

Tuesday, Sept. 22, 5:15pm
Saturday, Sept. 26, 8:45am
Monday, January 11, 6:30pm
Come and try most of the classes offered this session. Many of the fitness instructors will be here to teach a portion of the time. Schedules will be available prior to the Samplers if you would like to only attend certain classes. Free for members and non-members.

For up to date fitness class info, please visit our blog @:
itascaYfitnessclasses.wordpress.com

Teen Lifting Classes

Teens can come and learn the basics about the benefits of free weights. Learn the proper way to lift safely and effectively. Designed for teens 13-17 years. These classes will give you a total body workout. Sign up, space is limited.

Monday October 5, 6:30pm
Monday February 8, 6:30pm
Y Members: Free, NonMembers: \$6



YMCA fitness



Member Fitness Orientations & Personal Training

Are you stuck and want to raise the level of your exercise routine? Are you brand new to exercise and need a hands on approach to get you started in the right direction?

Whatever your situation, the YMCA Personal Training Staff can help!



Beth Joki - Graduate of U of MN Duluth with Life Science and Physical Education, minor in coaching. Grand Rapids High School volleyball coach. Has coached volleyball, basketball and track for the last 27 years - 19 in Grand Rapids. Completed her Personal Training Certification in 2000. Beth has worked at the Itasca County Family YMCA since 2000 teaching classes and working with individual clients for their personal exercise goals.



Kris Bolin - Group Fitness Coordinator Graduate of Concordia College, Moorhead with Physical Education and Social Work. ACE Group Fitness Certified and has taught group exercise classes for 19 years in many different facilities in Minnesota - 4 years with the YMCA. Kris is currently teaching Step, Yoga and Strength Training classes. She received her Personal Training Certification in May 2008.



Mercedes - Fitness Center Coordinator Our newest addition to the Personal Training program at the YMCA. Mercedes has a personal background in competitive body building in the 80's. She has been an avid runner and participated in many 1/2 marathons. Received certificate in Fitness & Nutrition in 2003 and Personal Training Certification in 2008. Mercedes is currently teaching Cardio Lift and Body Sculpting group fitness classes.



Jenna Hass - Personal Yoga and Reiki Instructor Jenna began teaching fitness classes at the YMCA in 2007. She is a Registered Yoga Teacher and has received specialty trainings in Prenatal, Seniors and Kids Yoga, along with other certifications in Yoga Therapy, Pilates Fit, and Usui Tibetan Reiki. She is available for personal Yoga and Reiki sessions.

***Please Note** Members may sign up for free fitness orientations and starter fitness program, however there is a fee for personal training sessions. Not sure which is right for you? Call our Fitness Staff, at 327-1161 or e-mail: fitnesscenter@ymcaitasca.org

Yoga Workshops

Yoga Instructor, Jenna Hass

Pre-registration is required as space is limited for more personal attention.

YMCA Member: \$8/per workshop
Not Y Member: \$15/per workshop

Core Workshop, October 10, 1-3pm
Chakra Workshop, January 9, 1-3pm
Neck & Shoulders Workshop, February 6, 1-3pm
Heart Opener Workshop, April 3, 1-3pm

Prenatal Yoga Series

Stay healthy and prepare your body for what is to come. In this prenatal yoga class we will learn a modified yoga practice along with specialized postures for pregnancy and birth. We will also go over breathing and relaxation techniques. No yoga experience is necessary. Registration is required. WeeCare babysitting is available during this class.

Saturdays, October 3 thru 24 Noon - 1pm
OR March 6 thru 27 Noon - 1pm
Y Members: \$10/session Non Members: \$20/session

Women's Weight Training Workshops

Learn how to feel "at home" in the Free Weight area. Learn free weight exercise, how to develop a program based on your goals, and learn weight room etiquette and safety. You will learn the "why" as well as the "how" weight lifting. Four sessions offered:

Mondays & Wednesdays 5-6pm
January 11, 13, 18, 20
YMCA Member: \$15/session
Non Member: \$30/session

Specialty Classes

Look for a variety of specialty classes offered in the aerobics studio. From fitness classes to nutrition classes—watch for information at the Y or on our fitness blog at:

itascaYfitnessclasses.wordpress.com.
Mondays 6:30-7:30pm

Adult Fitness

Racquetball

Challenge Court: Meet new players, challenge others to a match. Great chance to pick up new skills for beginner players.
Tuesdays, 5:00-7:00pm

Open Volleyball

Wednesday evenings the nets go up for pick-up volleyball. Please arrive early so teams can be formed! Tuesdays, 6:30-8:30pm

Adult Noon Basketball

Players 18 years of age or older interested in playing some moderately competitive basketball are invited to play at the YMCA. The players on the court organize the games.
Monday through Friday, Noon - 1pm

Adult Lap Swim

Our 5-lane, 25 yard pool is available for lap swim throughout the week.
M-F 5:30am-8:25am and 11am-1pm
Evenings and weekends vary, please check pool schedule.

Childcare Programs

For more information or to register for any of these childcare programs, call or stop into the WeeFolks office 8am-5pm, 327-2418.

WeeFolks Childcare

The YMCA offers care for children ages 6 weeks to 6 years. This state licensed program provides: discovery, learning through play, field trips, intergenerational activities, swimming, gym time and qualified staff trained in positive behavior guidance. Emphasis is placed on developing physical, social, emotional and intellectual selves.

Monday through Friday
6:00am-6:00pm

Educare

Educare is the school-aged branch of our WeeFolks program. Educare is available before and after school for children in area grade schools. Before school care is located at the YMCA beginning at 6am, students are bussed to their school.

After School care is located at Southwest and Forest Lake Elementary Schools until 6pm. Students can be bussed to these locations from Cohasset, Murphy, St. Joseph's, Greenway and Christian Community School.

Fun Club

Similar to our Educare program, however is held on many of the days that District 318 has off. Program held at Forest Lake Elementary, 6am-6pm.

Parent Tot Playtime

During the cold winter months, we invite families to come play together in the YMCA gym. Our staff will set up equipment geared for toddlers and preschool age children. Parent must be present.

Tuesdays and Thursdays
10:30-11:15am
December 1 thru April 1
YMCA Member: Free
Non Y Member: \$30/family

Senior Programs

Senior Week

March 8-12
A fitness and fun-filled week for all Active Older Adults. Activities include Fitness Classes (land and water), Fitness Center Clinics, BINGO, ice cream social, and CPR demonstration. Open for all Y members and non-members at no charge all week.

Friends of the BBSC

"Friends" designates individuals who pledge financial support to the operation of the Bruce Bauer Senior Center. We offer most programs at little or no cost, so contributions supply important income. You can become a "Friend" for \$21/year. Membership includes a monthly newsletter

The BBSC is open at the YMCA Monday through Friday
5:30am - 3:30pm

Lunch at the Y

The Senior Center staff and volunteers offer a substantial and nutritious lunch on Mondays and Wednesdays. Meal price for seniors is \$6, varies for all others.

Water Exercise

Water exercise is truly the WAVE of the future. Classes provide a total body workout using the resistance of the water. Support of the water allows little strain or jarring of the joints. Benefits include cardiovascular endurance, muscle strengthening & flexibility. No swimming skills necessary. **H₂OX** is a high-energy aerobic class, which can be done at your own pace. **Rusty Hinges** is a gentle workout for people with arthritis - American Arthritis Foundation approved. **Deep H₂OX** is held in the deep end of the pool using "noodles" to aid in flotation while treading water. **FIT** is the next level in the American Arthritis Foundation Classes, developed to utilize deep water to help manage pain, stiffness and fatigue.

Free for YMCA Members

\$40 for a 10 visit punch card - available for non members.



Times	Monday	Tuesday	Wednesday	Thursday	Friday
8:30 – 9:25am	H ₂ OX	H ₂ OX	H ₂ OX	H ₂ OX	H ₂ OX
9:30-10:25am	Rusty Hinges		Rusty Hinges		Rusty Hinges
1:00-2:00pm		H ₂ OX		H ₂ OX	
4:00-4:55pm	Deep H ₂ OX		Deep H ₂ OX		
5:20-6:45pm		H ₂ OX F.I.T.		H ₂ OX F.I.T.	

Helping Out

Y Partners

Our annual support campaign is the heart of the YMCA, providing financial assistance to people of all ages who otherwise could not afford YMCA membership or programs. Become a Y Partner. Your gift does make a difference!

Volunteer at the YMCA

You'll find volunteer opportunities in all areas of the YMCA. No matter what your talents, interests and schedule, you can help change someone's life. Contact the department director in the area you are interested.

Youth Programs



Session Dates (Swim Lessons, Karate & Judo):

September 14—October 31

(No lessons October 12—17 for MEA Weekend)

November 2—December 19

(No lessons Nov. 23—28 for Thanksgiving)

January 4 — February 13

February 22 — April 3

April 12 — May 22

YMCA Swim Lessons - Ages 6 months to 12 years

\$20 / session (members) \$45 / session (non-members)

Swim Lessons run once a week for 6 weeks. Choose from days and times below.

Water Babies - Ages 6 months to 3 years

A water adjustment class for children ages 6 months to 3 years with their parent or grandparent. Swim diapers are required for those not completely toilet trained.

Mondays 10:30am-11:00am OR Wednesdays 6:30pm-7:00pm

Skippers - Ages 3-5 years

Swim lessons for children ages 3-5. Small class sizes for more one-on-one support and attention.

Tuesdays 3:45-4:30pm

Thursdays 4:35-5:20pm

Saturdays 10:45-11:30am

Progressives - Ages 6-12 years

Swim lessons for children ages 6 & up. For all abilities, group will be separated by levels. From the beginning swimmer to performing the front crawl, sidestroke, breast stroke.

Tuesdays 4:35-5:20pm

Thursdays 3:45-4:30pm

Saturdays 10:00-10:45am

Private Swim Lessons - Ages 3 to Adult

One on one swimming instruction is available for children and adults. From the beginning swimmer to the competitive swimmer, we have a teacher to help you!

Please contact Sue or Leta in the Aquatics department to set up your lessons.

Cost: Members \$50 Not a Y Member \$75 for five 30 minute lessons.

Karate & Judo

See Fitness Class Schedule for times and days, pick up at the Membership Desk or see online at www.ymcaitasca.org. **Free for YMCA members.**

Non Member:	Karate	Judo
	15 & Under \$38/session	\$20/session
	16 & Up \$56/session	\$29/session

Sea Turtles Swim Team (September 28 - February 14)

Sea Turtles Swim Team is open to swimmers with previous swim lesson experience and ability to swim front crawl and back crawl one length. All new Sea Turtles swimmers will undergo a swim evaluation prior to registering for the team. Coaches will instruct swimmers on proper technique for the 4 competitive swim strokes. Team spirit and unity will be developed while competing with other YMCAs in Minnesota.

Registration Nights: There will be registration nights prior to the season starting, please stop at the YMCA to pick up more information after Labor Day.

Team Fees: All swim team members must have a YMCA membership. \$200 for the first child, \$150 for second child, 3rd child in family is free. Half-season swimmers (from the High School and Middle School teams) may register at half price. Fees may be divided into 2 or 4 monthly payments. Assistance for membership and program fees is available, however please apply early. Children under 8 must be accompanied by an adult before and after practices.

Youth Center

The YMCA Youth Center is a place for kids ages 8-18 to come and hang out, relax, play games and more. YMCA staff supervise the center. It's free - no membership is required.

Winter Hours:

Monday - Friday 3:30-8:30pm

Call for hours on no school days!

Tutoring Center

The YMCA offers FREE tutoring and homework help for students ages 8-18 during the after school hours. Students can take the bus from their school to the Y! Tutoring volunteers are available to help with homework, papers and projects. If you are interested in getting your student involved, please call Melissa, 327-8818.

Begins October 5 and runs through May 20, 2010

After School, Monday - Thursday 3:30-5:30pm

Physical Education for Home School Students

A great way for students ages 6-12 to participate in a gym class and socialize with other home school students. Classes will include a variety of games, individual fitness activities, some swimming and participants may also qualify for the Healthy Lifestyle Award. Held on Tuesdays & Thursdays - 2:00-3:00pm

Fall Session: September 22 through December 17

No classes: October 15, November 19 & 26

Winter/Spring Session: January 12 through April 13

No classes: February 16 & March 30

Cost: Y Members: \$40 first child,
\$30 for each sibling after

Not Y Members: \$65 first child
\$45 for each sibling after

Youth Basketball (ages 5-7)

Basketball program designed to teach Kindergarten through 1st Grade students the fundamentals of basketball and teamwork.

January 5th - January 28

Tuesday and Thursday evenings 5:30-6:30pm

\$15/YMCA member \$30/Not Y Member

Optional YMCA Jersey \$10 (can be used for other Y sports)



Youth Soccer (grades K-5)

Fun, fitness, coordination, skill development, family involvement and respect for team members, coaches and opponents.

April 20 - May 13

Tuesday and Thursday evenings

K & 1st: 4:00-5:00pm

2nd-5th: 5:15-6:15pm

\$15/YMCA member \$30/Not Y Member

Optional Jersey \$10 (can be used for other Y sports)

