

# Itasca County Family YMCA Frequently Asked Questions

The Itasca County Family YMCA is **your** community center. It is a place for people of all faiths, races, ages, abilities and incomes. Come be a part of something special.

## What should I wear when I come to work out at the Y?

When working out in the Health & Fitness Center, the Aerobic Studio, or playing in the gym or racquetball courts, comfortable clothing and tennis shoes are the most important items. You want to be able to move freely. Some people prefer shorts, while others like sweatpants, light weight exercise pants, or loose fitting pants. Sweat shirts, T-shirts or tanks are the most popular tops.

When working out in the aquatic center most women prefer one-piece, tank style swimsuits. Most men wear "shorts style" swim trunks. We ask that no cut-offs be worn in the pool or whirlpool.

## Do I need to bring a lock?

We encourage everyone to lock their items in a locker while they are in the facility. Even though one of our core values is "honesty" and we work to instill that value in all people, we do encounter theft. Never leave valuables unlocked. The Itasca County Family YMCA is not responsible for lost or stolen items.

There are lockers available for daily use in the locker rooms and directly outside the Health & Fitness Center.

## Do you have showers?

There are showers available in each of the locker rooms. We also have a locker room designed specifically for families with small children or individuals with disabilities.

## What are the least busy days/hours in the Health & Fitness Center?

It tends to be that Tuesdays and Thursdays are less busy than Mondays and Wednesdays. On weekdays, the times of day that are least busy are: 7:30 – 8:30am, 10:30 – 11:30am, 1:30 – 3:30pm, and after 7:00pm.

## Is there someone to show me around?

If you would like a tour of the facility, stop by when it is convenient for you, or call ahead and make an appointment.

Our Health & Fitness Center is staffed during the peak hours of each day. During those times, staff is available to answer your questions. If you would like an orientation to learn to use the machines in the Health & Fitness center, call 327-1161 or stop by the Member Service Desk to make an appointment that fits your schedule.

## What are your hours?

### Fall/Winter Hours:

#### Labor Day through Fishing Opener

Mon. – Fri: 5:00am – 10:00pm

Saturdays: 7:00am – 7:00pm

Sundays: 11:30am – 6:00pm

### Summer Hours:

#### Fishing Opener through Labor Day

Mon. – Fri: 5:00am – 9:00pm

Saturdays: 7:00am – 1:00pm

Sundays: 5:00pm – 9:00pm (pool closed)

## Do you have a child watch program while I work out?

We have a program called WeeCare where children between the ages of 6 weeks and 12 years of age can be cared for while their parent is in the YMCA facility. There is a 2 hour time limit.

### WeeCare Hours:

#### Fall/Winter Hours:

#### Labor Day through Fishing Opener

Mon. – Fri: 8:00am – 12:00pm & 3:30pm – 7:00pm

Saturdays: 9:00am – 1:00pm

#### Summer Hours:

#### Fishing Opener through Labor Day

Mon. – Fri: 8:00am – 12:00pm & 3:30pm – 5:45pm

Saturdays: 9:00am – 12:00pm

## What fitness classes do you offer?

We have a complete schedule of fitness classes for people of all abilities. Classes include: yoga, group strength training, intervals, cardio-kick, pilates, bootcamp, step, hi/lo, beginner fitness, stability ball, classes geared specifically to senior citizens, water exercise, karate, judo and mixed martial arts. Classes start as early as 5:40am. For a complete schedule, call 327-116 1 or check out our website at [www.ymcaitasca.org](http://www.ymcaitasca.org).

## Do you participate in any insurance discount programs?

The YMCA participates in the following insurance wellness programs: Blue Cross Blue Shield Blue Print for Health, Medica Fit Choices, Health Partners Frequent Fitness Program, U-Care for Seniors and Medica or Humana Silver Sneakers. Most of these programs offer those who are eligible rebates for working out. Present your insurance member ID card at the member service desk and fill out the required forms.