

# KEEP THE FOCUS ON FITNESS



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

ITASCA COUNTY FAMILY YMCA

400 River Road, Grand Rapids, MN 55744  
Phone: 218-327-1161  
www.ymcaitasca.org

## 2012 Winter and Spring Events and Programs

### DATES TO REMEMBER:

- January 2 - February 11  
Session 1 Swimming, Judo & Karate
- January 3 - 26  
Kindergarten - 1st Grade Basketball
- January 10 @ 5-7pm  
Cycle Studio Open House
- January 17  
Fitness Jam 4:15 - 5:20pm
- February 20 - March 31  
Session 2
- February 25  
Women's Expo @ ICC
- March 24 & 31  
Prenatal Yoga
- April 9 - May 19  
Session 3
- April 24  
Youth Soccer Begins
- May 19 Noon  
Mother/Daughter Yoga

## WOMEN'S WELLNESS AND LIFESTYLE EXPO

A day for women of all ages to spend some time on themselves. Come learn, participate, shop, visit with friends and have fun. There will be an inspirational keynote speaker, numerous breakout sessions, loads of vendors, and goodie bags for the first 600 attendees. Don't forget our crowd favorite: The Show of Strength Style Show. The admission price is right; it's FREE thanks to many local sponsors! Find out more about the 2012 Women's Lifestyle Expo at [www.italcalfestyleexpo.com](http://www.italcalfestyleexpo.com). February 25, 8:30-3:30pm at Itasca Community College

# FOR HEALTHY LIVING

## PRENATAL YOGA

Looking to stay healthy and prepare your body to give birth, this is the class for you. In this two-session yoga class we will learn a modified yoga practice along with specialized postures for pregnancy and birth. We will also go over different breathing and relaxation techniques. Everyone is welcome, no yoga experience necessary. Registration is required at the YMCA by March 21. (WeeCare babysitting is available). **Dates: March 24 & 31**  
**Time: Noon - 1pm**  
**Y Members: \$10**  
**Community Members: \$20**

## MOTHER & DAUGHTER YOGA

Time to enjoy the relaxing world of yoga with your mother or daughter. With gentle stretches and general yoga postures that benefit the body. No yoga experience is necessary. Class is open to those 8 year and older.

Registration Required by May 16  
**Y Members: \$10 per pair**  
**Community: \$20 per pair**  
**Saturday, May 19th, Noon - 1pm**



## STUDIO CYCLING

Studio Cycle classes are fun, exhilarating indoor cycle journeys built on the foundational principles of outdoor cycling. Enjoy the many benefits of this amazing sport while having a blast in a lively atmosphere set to great, motivating music. This class is multi-level and no outdoor cycling experience is required!  
**FREE for members**  
**\$40 class punch card for non-members**  
**Sign up is required for every class.**

See YMCA Group Fitness Blog for more information:

[www.italcayfitnessclasses.wordpress.com](http://www.italcayfitnessclasses.wordpress.com)



## YMCA PERSONAL TRAINING

Raise the level of your exercise routine or receive a hands on approach to get you started in the right workout direction. Whatever your situation, the YMCA Personal Training Staff can help. Members may sign up for free fitness orientations in our Fitness Center, however there is a fee for personal training sessions. Not sure which is right for you? Call the Fitness Center, at 327-1161 or e-mail: [fitnesscenter@ymcaitasca.org](mailto:fitnesscenter@ymcaitasca.org)

Rates for Personal Training Sessions:

	MEMBERS	COMMUNITY
1 Session:	\$28	\$45
2 Sessions:	\$50	\$85
4 Sessions:	\$100	\$165
6 Sessions:	\$145	\$240

FREE orientations are also available to get you started on the right foot in our Fitness Center.





## WINTER/SPRING SESSION DATES

1: January 2 – February 11

2: February 20– March 31

2: April 9 – May 19

## SWIMMING LESSONS

Cost: YMCA Members - \$20

Community Members - \$45



### Skippers – Ages 3-5

Small class sizes for more one-on-one support and attention.

### Progressives – Ages 6 & Up

For all abilities, from the beginner swimmer to performing front crawl, sidestroke, and more.

Skipper and Progressive Days and Times (1 day per week):

Tuesdays: 3:45 – 4:30

Tuesdays: 4:35 – 5:20

Thursdays: 3:45 – 4:30

Thursdays: 4:35 – 5:20

Saturdays: 10:00 – 10:45

Saturdays: 10:45-11:30

### Water Babies

Swimming Lessons for parents and their children ages 6months-36 months.

Mondays: 10:30 – 11:00

Wednesdays: 6:30-7:00

### Private Swim Lessons

One-on-one swimming instruction is available for children and adults. From the beginning swimmer to the competitive swimmer, we have a teacher for you! Please contact Sue or Leta in the Aquatics Department to set up your lessons.

Members: \$50/five 30 minute lessons

Community: \$75/five 30 minute lessons

## YOUTH BASKETBALL

Kindergarten and 1st grade

Registration Deadline: December 26th

The YMCA youth basketball program focuses on teaching young children the basics of playing basketball. The program is for boys and girls ages 5 - 7 who want to learn how to dribble, shoot and pass as well as learn about positioning, teamwork and sportsmanship. It's all about fun, fitness, cooperation, skill development, family involvement and respect for team, coaches and opponents. Program runs twice a week for four weeks. Parent participation is welcomed and encouraged!



January 3 through January 26

Tuesdays and Thursdays 5:30-6:30pm

Cost: YMCA Members - \$15, Community Members - \$30

Optional reversible jersey can be purchased for \$10

## YOUTH SPORTS

### KARATE AT THE Y

Kids and adults can learn some self-defense, get physically fit and gain confidence by joining in this traditional Japanese Karate class. Beginner class is held on Wednesdays, Intermediate/Advanced on Tuesdays and Thursdays. Wear comfortable clothing or purchase a uniform.

Mondays, 6:30-7:30pm

Intermediates

Wednesdays, 6:30pm - 7:30pm

Beginners

Tues & Thurs, 6:30pm - 8:30pm

Intermediate/Advanced

Free for Y members

\$38/session - Youth ages 15 and under

\$56/session - Ages 16 and up

### JUDO AT THE Y

Everyone from kindergarten through adult is invited to learn this Japanese self-defense sport of Judo. Beginner, intermediate and advanced are welcome to come learn basic holds, throws, break falls, safe falls, injury prevention and balance. There are tournament opportunities as student progresses.

Saturdays 10:15-Noon

Free for Y members

\$20/session - Youth ages 15 & under

\$29/session - Ages 16 & Up

## YOUTH SOCCER

Learn the basic skills of soccer with the YMCA youth soccer program. This program provides an opportunity to build fundamental skills, practice teamwork and good sportsmanship, be guaranteed equal playing time and have FUN in a low-competition environment. It's all about fun, fitness, cooperation, skill development, family involvement and respect for team, coaches and opponents.

Four week program

Practices are on Tuesdays

Games are on Thursdays

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

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

Begins: April 24th - May 17

Cost: YMCA Members - \$15, Community Members - \$30

Optional reversible jersey can be purchased for \$10

Registration Deadline: April 13

Late Registrations: Add \$10 to fee, April 14 - 18

NO REGISTRATIONS AFTER APRIL 18TH

