

# Northfield Area Family YMCA

## Fall 2010 Program Guide



**At the Y,  
We Support Healthy Living,  
Youth Development &  
Social Responsibility!**



### **Youth In Government Model Assembly (grade 7-12<sup>th</sup>)**

YMCA Minnesota Youth in Government is a statewide youth civic education and leadership development program that provides unique, hands-on, opportunities for young people to learn about their government. Participants sharpen their leadership skills and improve their critical thinking while they become more skillful at debate and public speaking. Preparation begins in September for a 4 day event in January 2011. For more information please visit our website or call 507-645-0088.

### **Healthy Champs (licensed daycares):**

Fall and Winter exercise opportunities for the kids in your care. We load the Armory gym with games, balls, mats and climbing equipment and create a healthy environment for providers to network and further create a healthy. Participation in these sessions counts toward ongoing licensure with Rice County. The goal of this program is to provide safe, quality physical activity for children enrolled in in-home licensed daycares. **This program is a partnership with the United Providers Association (UPA), Rice County Public Health and EcoTrans with transportation support from WINGS.**

Tuesdays, 9:00 – 11:30 am (check our website for specific dates)

Location: National Guard Armory

Fee: Providers w/ 6+ children: \$25 week

Providers w/ 3-5 children: \$15 week

Providers w/high rate county assistance or less than 3 children: \$10 week

### **YMCA Fall 5K Run/Walk Classic & Kids Fun Run & Obstacle Course!**

A great event for the entire family! Run or Walk a 5K route along the beautiful Cannon River (under Hwy 3, over the new pedestrian bridge and along the Mill Towns State Trail (and back). Grab friends, family, your parents and your kids for an excellent morning of exercise and social wellness. Run or walk your first 5k! Strollers welcome! Pumpkins for the kids!

All proceeds for Y Teen Programming (ages 11-14).

Saturday Oct 16<sup>th</sup>

8:00 -9:00 am Registration

9:00 5K Race Time

10:15 Kids Fun Pumpkin Obstacle Course Run (Free)

Location: Riverside/Lions Park Pavilion (Veterans Memorial)

5K Early Bird before Oct 12: \$15

5K Late Bird after Oct 12: \$18

# Fall Programs

## (Grades K-5th)

### Flag Football

(K-1<sup>st</sup> grade)

Learn basic offense and defense skills and practice drills including catching, passing, punting and tee kicking. Program is twice a week for 4 weeks.

Sept 14 – Oct 7 (8 classes)

Tue & Thur 6:30-7:15

Locations: Sechler Park

Members: \$10 Nonmembers: \$38

### Nutz for Kickball

(1<sup>st</sup>-3<sup>rd</sup> grade)

All kids enjoy kickball! Kick, catch and run! This is a fun, energetic, laughter-filled program. We focus on teamwork, sportsmanship, healthy exercise and laughter! Dress for the fall weather.

Sept 15 – Oct 13 (5 classes)

Wed, 6:00-6:45 pm (ages 5-1<sup>st</sup> grade)

Wed, 7:00-7:45 pm (2-3<sup>rd</sup> grade)

Locations: Washington Park (City Hall)

Members: Free Nonmembers: \$35

### Basketball

(grades K-2<sup>nd</sup>)

Introduce your child to a life-long love of Basketball!. We focus on skills and less on competition so your child can enjoy simply playing the game! Focus is teamwork, sportsmanship and FUN!

Oct 19 – Nov 11 (8 classes)

Tue & Thur 6:15-7:00

Locations: National Guard Armory

Members: \$10 Nonmembers: \$38

### Indoor Tennis

(1-2<sup>nd</sup> grade)

Introduce your child to the fun of tennis! Learn basic tennis skills such as proper forehand and backhand swings, serving, anticipating the ball, and basic play strategies. Practice those skills on the court and learn the rules of the game. Focus is on teamwork, fun, and entry level tennis. We provide all the equipment.

Oct 20 – Nov 17 (5 classes)

Wed, 7:00-7:45 pm

Locations: National Guard Armory

Members: Free Nonmembers: \$35

### 3-5<sup>th</sup> Grade Girl's Volleyball

Serve, Set, Bump, Spike! This clinic for girls in grades 3<sup>rd</sup> - 5<sup>th</sup> will work with skills, good exercise and fun. First session is two times a week and the second is one time a week.

Participants should bring knee pads and a water bottle. Parents-have you played volleyball? We'd love to include you in this program - staff or volunteer!

Sept 20 – Oct 13 (Mon & Wed)

6:00-7:15 pm (8 classes)

Members: \$15 Nonmembers: \$45

Oct 25 – Nov 29 (Mon)

6:00-7:15 pm (5 classes)

Members: Free Nonmembers: \$30

Location: National Guard Armory

### Boxing

(grades 8-12<sup>th</sup>)

Learn the ABC's of the sweet science of boxing. Boxing does much more than simply build muscle and heart health. Learn self discipline, concentration, quick thinking and enjoy the physical fitness of a growing sport for youth- by former professional boxers Gordon Marino and Charlie Meyer.

Equipment provided.

Sept 15-Nov 23 Tues & Thurs

4:00-5:00 pm

Location: National Guard Armory

Fee: \$15 per month (\$7 for Sept)

### Kids Night at the Y

(ages 3-10)

**REDUCED FEE!** Kids get their own special night away from parents and parents get a night without kids. This evening of fun activities includes all sorts of games, crafts and much more. Dinner is included in the price of the program and will be served at 6:30 pm.

#### Fridays, 6:00-9:00 pm

Sept 17: Backward Adventure

Oct 29: Halloween Fright Night

Nov 12: Gamesapalooza

Dec 10: Superhero Fun

Members: \$10 each for first child  
\$5 per ad'l child

Nonmembers: \$15 each for first child,  
\$10 per ad'l child

### Y School's Out Days

(grades K-3<sup>rd</sup>)

This full day program is offered when local schools are not in session. Enroll your child for a fun filled day of games, crafts, activities, friends and MORE! Dress to be active, bring a bag lunch. Trips every day! Costs includes all costs to include field trip, admission, 2 snacks a day and all program supplies. Program is small by design so join us for some YMCA fun!

Oct 21: Apple Orchard

Oct 22: Apple Baking

Dec 20: Olympic Games

Dec 21: Community Giving

Dec 22: Underwater World at MoM or an Indoor Water Park

Dec 23: Winter Hike at River Bend Nature Center

Dec 27: Oopy Goopy Day

Dec 28: Y Go Green

Dec 29: Pirate Treasure (geo-caching at Big Woods)

Dec 30: 4th of July in December

Dec 31: Pajama Day/New Year's Eve Celebration

Time: 7:00-5:00 pm

Location: National Guard Armory

Members: \$25/day

Nonmembers: \$30/day



Thanks to the generosity of our community and donors, the YMCA will not turn anyone away from its membership or programs because of an inability to pay. Please let us know if we may assist you in this way.

# Fall Programs

## (Preschool - Kindergarten)

### Wed Preschoolers in the Park

(ages 0-5)

Themed activities with loads of fun for you and your preschooler. We add a little crafts, a little physical activity and lots of giggles. This program is designed for adults & children. It's often a first program for your little-ones so join us for some fall fun.

Date Theme

Sept 8 Camping Adventure

Sept 15 Hungry Caterpillar

Sept 22 The Mixed up Chameleon

Sept 29 Brown Bear Brown Bear

Wed 10-11:30 am

Location: Oddfellows Park

Members: Free Nonmembers: \$5 per visit

### Wiggles & Giggles

(ages 0-5)

NEW TIMES! We fill the Armory gym with mats, gym equipment and loads of games.

This is an open gym program for parents/guardians and kids under 6.

Mon 2:00 -3:30 pm (Sept 13- Nov 29)

Wed 9:45-11:15 am (Oct 6-Nov 17)

Thur 9:45 - 11:15 am (Sept 16-Nov 18)

Location: National Guard Armory

Members: Free Nonmembers: \$5 per visit

## Health & Wellness Fitness Center

### Child Watch

(ages 3 months and up)

Tailor-designed with the preschooler in mind, the YMCA Child Watch Area cares for your child(ren) during your time in the Adult Health & Wellness Fitness Center\*. Child Watch offers crafts, reading time, imagination play, puzzles and more. Each month, our trained staff offer new activities, while keeping the YMCA principles: Caring, Respect, Honesty and Responsibility as our foundation. 2 hour limit.

**\*Our Fitness Center is located at 900 Cannon Valley Drive, on the campus of the Northfield Retirement Center.**

Mon-Fri 8:30-11:00 am

Mon-Thur 5:00-7:30 pm

Sat 8:00-1:00 pm and Sun 3:00-6:00 pm

Fee: Family Memberships: Free

All other members or non members: \$3/visit

### Wee Jammin Gym Games

(ages 2-Kindergarten)

Soft balls, scooters, the parachute, cone relays, kicking, catching, running fun! This class is small by design and great for a first sports class for your little ones. Parents choice for 3 year-olds.

Sept 13 – Oct 11 (5 classes)

Mon 9:20-9:50 (ages 2-3)

Mon 10:00-10:30 (ages 3-Kind)

Location: National Guard Armory

Members: Free Nonmembers: \$20

### Music & Movement

(age 2-Kindergarten)

Children and adults sing, dance, and have fun exploring music and movement with various props and musical instruments. Each week will feature music from a different part of the world. These activities focus on listening, self expression and stretching the muscles with musical fun! Parents/guardians – please join us in class.

Mon, Sept 20 – Oct 18, 9:00 – 9:45 am or

Fri, Sept 24 – Oct 22, 9:00 – 9:45 am

### And

Mon, Nov 1 – Nov 29, 9:00 – 9:45 am or

Fri, Nov 5 – Dec 10, 9:00 – 9:45 am

(no class Nov 26)

Location: Y's Health & Wellness Center

Members: Free Nonmembers: \$35

### Young Artists

(ages 2-Kindergarten)

Rembrandt, Warhol or Monet – maybe your little one is the next household name! This class is an entry level, easy, and unique class. Parents/guardians of younger kids, please join us for this class.

Sept 13 - Oct 11 (5 classes)

Mon 4:20-4:50 (ages 2-3)

Mon 5:00-5:30 (ages 3-Kind)

Location: National Guard Armory

Members: Free Nonmembers: \$20

### Wee Flag Football

(ages 3-5 (K-1st also avail)

Down, Set, Hut! – we have it all. 4 weeks, twice a week filled with healthy exercise, laughter and fun with Flag Football. Focus is on stretching muscles, taking direction, teamwork and heart healthy FUN!

Sept 14– Oct 7 (8 classes)

Tue & Thur 5:30-6:15

Locations: Sechler Park

Members: \$10 Nonmembers: \$38

### Nutz for Kickball

(age 5-1<sup>st</sup> grade)

All kids enjoy kickball! Kick, catch and run! This is a fun, energetic, laughter-filled program. Focus on teamwork, healthy exercise and laughter!

Dress for the fall weather.

Sept 15 – Oct 13 (5 classes)

Wed, 6:00-6:45 pm (ages 5-1<sup>st</sup> grade)

Locations: Washington Park (City Hall)

Members: Free Nonmembers: \$35

### Messy Play

(ages 2-Kindergarten)

Explore art, craft and messy activities all in one class. It's gooey, messy hands-on fun and we do all the clean-up! Family fun!

Oct 18 – Nov 15 (5 classes)

Mon 9:20-9:50 am (ages 2-3)

Mon 10:00-10:30 am (ages 4-Kind)

Location: National Guard Armory

Members: Free Nonmembers: \$20

### Wee Jungle Games

(ages 2-Kindergarten)

Soft balls, scooters, the parachute, cone relays, kicking, catching, running fun! This class is small by design and great for a first sports class for your little ones.

Oct 18 – Nov 15 (5 classes)

Mon 4:20-4:50 (ages 2-3)

Mon 5:00-5:30 (ages 3-K)

Location: National Guard Armory

Members: Free Nonmembers: \$20

### Wee Basketball

(ages 3-5)

Introduce your child to a life long love of Basketball. This twice a week program, focuses on skills and less on competition so your child can enjoy simply playing ball!

Oct 19 – Nov 11 (8 classes)

Tue & Thur 5:15-6:00

Locations: National Guard Armory

Members: \$10 Nonmembers: \$38

### Wee Indoor Tennis

(age 4-K)

Introduce your child to the fun of tennis! Kids learn the basics of tennis, get some great exercise and social experience. Everybody plays and everybody wins. We provide all the equipment, specially sized for your preschooler.

Oct 20 – Nov 17 (5 classes)

**WED**, 6:00-6:45 pm

Locations: National Guard Armory

Members: Free Nonmembers: \$35

# The Y is a Place Where Everyone Can Belong!

## Youth and Family Membership Benefits:

- Free youth programs:  
(Tennis, Golf, T-ball, Flag Football, Young Scientists, Leap'n Preschoolers, and more!)
- Discounted specialty programs:  
(Kids Triathlon, Spanish camps and more!)
- Free participation in our Wiggles & Giggles, and Preschoolers in the Park programs.
- Open Swim and Aqua Fitness Classes available
- Deep discounts on all summer camps.
- Free Family Swim time at the Northfield Senior Center

## Adult and Family Membership Benefits:

- Safe and comfortable, wellness fitness center, trained staff, friendly, atmosphere designed for comfort and ease..
- State-of-the-art fitness equipment (treadmills, ellipticals & bikes)
- Child Watch area available free to Family members and only \$3/2 hours for Adult members and nonmembers.
- Free group exercise classes (pilates, Zumba, Turbo Kick & more (updated schedule on our website).
- Open Swim and Aqua Fitness Classes available
- Complimentary adult fitness consultation.

Family membership: \$55/mo \* Adult membership: \$28/mo \* Youth membership: \$24  
(no contracts, month-to-month membership, \$25 one-time Joiners fee, Health Insurance reimbursement)

Northfield Area Family YMCA—Health & Wellness Fitness Center is located on the campus of the Northfield Retirement Community  
900 Cannon Valley Drive (near Greenvale Elementary) 507-664-7349

## Northfield Area Family YMCA Registration Form

*The YMCA periodically takes pictures of YMCA members and persons participating in Y programs to use for promotional purposes and programming materials including the YMCA website. If you do not want pictures of yourself or your family used in this way, please let us know.*

Participant First Name, Last Name	Gender	Birthdate	Program Name and Day(s)/Times	Fee

Parent/Guardian Name: \_\_\_\_\_ Birthdate: \_\_\_\_\_  
 Street Address: \_\_\_\_\_ Apt#: \_\_\_\_\_  
 City, State, Zip: \_\_\_\_\_  
 Home phone: \_\_\_\_\_ Cell phone: \_\_\_\_\_  
 Email address: \_\_\_\_\_  
 Emergency contact name: \_\_\_\_\_  
 Emergency contact relationship: \_\_\_\_\_  
 I am paying by       Cash       Check       Visa     Mastercard     AmEx       Discover  
 Credit card#: \_\_\_\_\_ Expiration date (mo/yr): \_\_\_\_\_  
 I am interested in a scholarship.

My signature indicates my understanding that the Northfield Area Family YMCA assumes no responsibility for injuries or illnesses sustained as a result of any physical condition or resulting from participation in any YMCA program or activity. I expressly acknowledge on behalf of my minor children and family members and heirs that I assume the risk for any and all injuries and illnesses that may result in participation in these activities. I hereby release and discharge the YMCA, it's officers, directors, employees and volunteers fro any and all claims for accident, injuries, death, loss of damage which I or my family may suffer as a result of participating in these activities. I also hereby authorize the YMCA to secure first aid and medical attention in the event of an emergency, including transportation to an emergency facility.

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Date

Northfield Area Family YMCA | 519 Division Street, Northfield MN 55057 | 507-645-0088 | 507-645-8188  
 info@northfieldymca.org | www.northfieldymca.org