

Northfield Area Family YMCA

Program Guide Spring Session 2010



At the YMCA, we provide programs that strengthen the family, support youth development and champion life-long good health and wellness!

Healthy Kids Day

Fire Truck, Ambulance, Police & Sheriff cars, National Guard Inflatable Obstacle Course, Youth Sport Galore, Bicycle raffle and Much More. Join over a half-million people and celebrate the nation's largest health day for kids-YMCA Healthy Kids Day! It's a free, fun-filled morning in support of Northfield area families. At the Y, we're working to help families play more and embrace healthy, safe choices so join us for a morning of good fun & education!

Sat morning, April 24

9:00-noon

Location: High School

Free Community Event

Family Track & Field Day

(all ages)

Everyone gets a chance to play! Hurdles, 50m run, field events, long jumps, shot put, relays, this program is designed to bring the family together for fun and enjoy healthy exercise. Learn some basic skills of Track & Field and enjoy hours of smiles, giggles and laughter. Nothing pulls a family together than teamwork and fun! Life-long memories will be created! Families can be any size.

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Sat May 8th 1:00- 2:30 pm

Location: Middle School Track

Each Family (nonmembers): \$15

Each Family (with at least one member a YMCA member): Free

Spring Programs

(Grades K-12th)

Spring Fever Young Scientists

(ages 6-10)

Will it ever be green again? Let's experience and learn about the wonders of spring through science and nature by playing games, doing experiments and art projects. Discover some of the amazing characteristics of Spring right in your own backyard. Wear weather appropriate clothing as we will try to spend at least part of each session outdoors.

Sun Apr 11-May 9 (5 classes)

4:00-5:15 pm (ages 6-8)

5:30-6:45 pm (ages 9-10)

Location: Emmaus Church & Greendale Nature Area (GLONA)

Members: Free Nonmembers: \$35

Indoor Soccer

(K-1st and 2-3rd grade)

Need your soccer fix while you're waiting for the fields to thaw? Come to the YMCA and join us for some running, kicking, goal teamwork fun! We'll stretch muscles, work on good heart health and focus on soccer skills.

K-1st grade: Mon 6:00-6:45 pm

2-3rd grade: Mon 7:00-7:45 pm

Apr 5-May 3 (5 weeks)

Locations: National Guard Armory

Members: \$10 Nonmembers: \$35

Nutz for Kickball

(K-1st and 2-3rd 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!

Apr 7-May 5 (5 classes)

K-1st grade: 5:00-5:45 pm

2-3rd grade: 6:00-6:45 pm

Locations: Sechlar Park (cold weather location: Armory)

Members: Free Nonmembers: \$35

Kids Night at the Y

(ages 3-10)

Kids get their own special night away from parents and parents get a night without kids. Dinner is included Fridays 6:00-9:00 pm Friday Apr 9 and Friday Apr 30

Location: National Guard Armory

Members: \$10 each for first 2 children, \$5 per ad'l child

Nonmembers: \$15 each for first 2 children, \$10 per ad'l child

Y School's Out Days

Swimming! Build a Garden! Spring Cooking! MN Zoo! Bowling, lots of exercise outside and so much more. We're working to get kids outside exploring, exercising and having fun! (grades K-3rd)

Mar 29, 30, 31, Apr 1, 2, and Monday the 5th

Time: 7:00-4:30

Location: National Guard Armory

Members: \$25/visit Nonmembers: \$30/visit



Y Junior Jumpers

(K-1st grade)

Y Junior Rollers

(2-3rd grade)

Tumbling and mat exercises to include handstands, bridge, cartwheels, backbends, bridge kickovers, one handed cartwheels and running round-off with rebound. Program is for boys and girls! Excellent entry or beginning program for your young gymnast. No skill required. This program is in collaboration with the Gymnastics Association.

Y Junior Jumpers:

Mon 6:00-6:45 Apr 10-May 7

Y Junior Rollers

Mon 7:00-7:45 Apr 10-May 7

Location: National Guard Armory

Members: \$10 Nonmembers: \$35



3-5th Grade Girl's Volleyball

Serve, Set, Bump, Spike! This once-a-week, clinic for girls in grades 3rd - 5th will provide kids with the skills necessary to play well, exercise their bodies and have fun.

Tue 6:15-7:30 pm

Apr 6-May 11 (6 classes)

Location: National Guard Armory

Members: \$10 Nonmembers: \$35

Frisbee Golf (2-3rd grade) Wed eve

Frisbee or Disc Golf is a game in which players throw a flying disc into a basket or at a target. The object of the game is to complete the course with the fewest number of throws. No experience necessary.

Wed 6:30-7:15

May 12-Jun 9 (5 classes)

Location: Carleton College Frisbee Golf Course

Members: Free Nonmembers: \$35

K-2nd Grade T-ball

(K-2nd grade)

Batting, pitching, base running FUN! We focus on skills and less on competition so your child can enjoy simply playing the game! Kids work on teamwork, sportsmanship and FUN! Spring Fever – join us for some outdoor fun. Kids should dress appropriately for the weather.

K-2nd grade: Mon 6:30-7:15

May 13-June 10 (5 weeks)

Location: Sechlar Park

Members: Free Nonmembers: \$35

Boxing

(grades 8-12)

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 One-on-one coaching available.

Tues and/or Wed 4:00-5:00 Apr 6-May 26

Location: National Guard Armory

Members/Nonmembers: \$15 per month (unlimited visits per month)

Financial scholarships available.

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.

Spring Programs

(Preschool - Kindergarten)

Her Royal Highness in Training

(ages 4-6)

Nothing is too good for your little royalty. Girls explore life filled with imagination – as a princess, queen or duchess! Exercise, crafts, dance, games, songs and much more.

Wed 6:00-7:15 pm

Apr 7-28

Location: National Guard Armory

Members: \$15 Nonmembers: \$40

Spring Fever Young Scientists

(ages 4-K)

Will it ever be green again? Discover some of the amazing characteristics of Spring right in your own backyard. Wear weather appropriate clothing as we will try to spend at least part of each session outdoors.

Sun Apr 11-May 9 (5 classes)

3:00-3:45 pm (ages 4-K)

Location: Emmaus Church & Green-vale Nature Area (GLONA)

Members: Free Nonmembers: \$35

Wee Super Sports

(ages 3-K)

Soft balls, scooters, the parachutes, cone relays, kicking, catching, running Fun! This class is high energy fun great for first sport classes for your little ones.

Apr 6-May 4 (5 classes)

Tue 5:00-5:45 pm

Location: National Guard Armory

Members: Free Nonmembers: \$35

Wee Indoor Soccer

(ages 3-5)

Need your soccer fix while you're waiting for the fields to thaw? Come to the YMCA and join us for some running, kicking, goal teamwork fun! We'll stretch muscles, work on good heart health soccer fun.

Wee Indoor Soccer: Mon 5:00-5:45 pm

Apr 5-May 3 (5 weeks)

Locations: National Guard Armory

Members: \$10 Nonmembers: \$35

Music & Movement

(age 2-Kindergarten)

Dance, sing, and explore music with musical instruments. These activities focus on listening and self expression, stretching the muscles and musical fun! Parents/guardians/youth class.

Apr 9-May 7

Fri 9:15 – 10:00 am (5 classes)

Location: YMCA Health & Wellness Center

Members: Free Nonmembers: \$35

Wee Tumbleweeds

(ages 3-4)

Children love running over and through the obstacle course and playing fun parachute games! This is a basics of tumbling program with an emphasis on confidence, following direction, listening & cooperation. Let your toddler explore movement in a safe, nurturing environment. This program is in collaboration with the Gymnastics Association.

Thur 9:30-10:00 Apr 8-May 6

Mon 4:15-4:45 May 10-June 7

Location: National Guard Armory

Members: \$5 Nonmembers: \$20

Live Y'sers

(ages 4-5)

Designed for the young gymnast, we work on pencil rolls, forward and backward rolls, tucks, jumps, and proper posture. Basics and simple tumbling with emphasis on confidence, following direction, listening & cooperation. Focuses on the rudimentary skills of tumbling.

This program is in collaboration with the Gymnastics Association.

Thur 10:15-11:00 Apr 8-May 6

Mon 5:00-5:45 May 10-June 7

Location: National Guard Armory

Members: \$10 Nonmembers: \$35

Y Wee Spanish Fun

(ages 3-6)

Join us in engaging in a fun-filled spanish environment. Children will gain spanish skills while having fun with arts and crafts, physical activities, songs, stories and much more. The class will be taught in spanish and is geared towards children with minimal to no spanish skills. Children should be potty trained.

Tues 9:15-10:30 am

Or

Tues 5:15-6:30 pm

May 11-Jun 8 (5 classes)

Location: YMCA Health & Wellness Center

Members: \$16 Nonmembers: \$40

Preschoolers in the Park

(ages 0-5)

Loads of entertainment for your preschooler. Lots of fun and activities for mom, dad, guardian or grandparent and your little one! Come for a while or stay the entire hour and half!

Date

Theme

May 12

Spring! Spring!

May 19

Giggles & Wiggles

May 26

Bugs and More Little Bugs

June 2

Flowers & Veggies

Wed 9:30-11:00 am

Location: Oddfellows Park

Members: Free Nonmembers: \$5 per visit

Young Artists

(ages 3-K)

Rembrandt, Warhol or Monet – maybe your little one is the next famous artist! This class is an entry level, easy, unique class. Program allows kids to be creative and have fun.

Parents/guardians: Join us.

Mon 9:00-9:30 am (ages 3-4)

Mon 9:45-10:30 (ages 4-K)

Apr 5-May 3 (5 classes)

Location: National Guard Armory

Members: Free Nonmembers: \$20 (30 min class)

Members: Free Nonmembers: \$35 (45 min class)



Coming!

YMCA SUMMER CAMP!

Prairie & Wood 1/2 Day Camp!

Y Navigator's Camp!

Wee Camp (3-5 year olds)!

Teen Adventure Camp (Middle School Youth)!

And our **NEW Spanish Camp!**

Wee (Outdoor) T-ball

(ages 4-5)

Batting, pitching, base running FUN! We focus on skills and less on competition so your child can enjoy simply playing the game!

Kids work on teamwork, sportsmanship and FUN! Spring Fever – join us for some outdoor fun. Kids should dress appropriately for the weather.

Wee T-ball: Thur 5:30-6:15

May 13-June 10 (5 weeks)

Location: Sechlors Park

Members: Free Nonmembers: \$35

Leap'n Preschoolers

(ages 3-5)

Goofy, silly, funny fun! We'll jump, roll, balance, crawl and walk our way through hours of giggles. This class will absolutely delight while working on important motor skills. If the weather is nice – we'll bring the program to Washington Park (City Hall).

Thurs May 13-June 3 (4 classes)

9:45-11:00 am

Location: National Guard Armory

Members: Free Nonmembers: \$30

Wiggles & Giggles

(ages 0-5)

We fill the Armory gym with mats, gym equipment and loads of games. This is an open gym program for parents and adults. Kids can slide, bounce balls, run, ride and so much more. Join us for some family fun!

Wed 9:45-11:15 am (ends Apr 28)

Thur 3:30-5:00 pm

Fri 9:45-11:15 am

Location: National Guard Armory

Members: Free Nonmembers: \$5 per visit

The Y is a Place Where Everyone Can Belong!

Youth and Family Membership Benefits:

- Free youth programs:
(T-ball, Young Scientists, Music & Movement, Young Artists, Leap'n Preschoolers, Wee Super Sports, Frisbee Golf and more!)
- Discounted specialty programs:
(Soccer, Volleyball, Tumbling, Kids night at the Y, Spanish camp, School's Out Days 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.

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