

Northfield Area Family YMCA

Summer Program Guide



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

Family Track & Field

(families with kids ages 5 and up)

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.

Wednesdays June 30 - July 14 (3 weeks)

and/or

Mondays July 19 - Aug 2 (3 weeks)

6:30-7:45 pm

Middle School Track

Each Family (nonmembers): \$30

Each Family (with at least one member a YMCA member): \$15

Y Kids Tri

(ages 6-14)

The new **Y Kids Tri** is a fun, non-competitive triathlon that's all about getting kids excited to get fit! Kids will experience a morning of encouragement, cheers and satisfaction of completing the swim, bike and run event. There's nothing like the excitement of crossing a finish line! No experience is necessary! Kids are encouraged to train during the summer, so it's a great way for family to get fit together. If you want to learn even more, look for the optional YMCA Kids Triathlon class offered in July as an additional, fun way to prepare and learn about what to expect on the event day. All participants will receive a **Y Kids Tri** t-shirt and swim cap

Saturday, August 7th Check-in: 7 AM, Event begins at 8 AM

Starting location: Northfield Old Memorial Park Pool area

Cost: \$25 Members/ \$30 Non-Members

Registrations must be received by Friday, July 31st.

More details on our website.

Summer Programs

(Grades K-5th)

K-1st Grade Flag Football

Quarterback, wide receiver or center – we have it all. 5 weeks of exercise, laughter and fun with Flag Football. Programs focuses on stretching muscles, taking direction, teamwork and heart healthy FUN!

Monday June 14 – July 12th 6:00-6:45 **or**

Tuesday June 15 – July 13th 10:00-10:45

Location: Tyler Park

Members: Free Nonmembers: \$35

K-3rd Grade Golf

Awesome opportunity for your child to participate in a life-long sport. Kids will learn the basic skills of putting, chipping, driving and being outdoors and exercising!

Mon & Wed, July 5 – 21st :

K-1st Grade Golf, 9:00 – 9:45 am **or**

Tue & Thur July 6 – 22nd :

K-1st Grade Golf, 6:45 – 7:30 pm

2-3rd Grade Golf , 7:40-8:25 pm

Location: Twin Oaks Driving Range

Members: Free Nonmembers: \$40

Kids' Triathlon Class (ages 6-14)

Triathlon Fun! Each session focuses on one of the following: swimming, biking and running. The last session is the art of the transition & will give kids a chance to experience how the race comes together! Great time for **all** kids, and is especially helpful for kids who plan to participate in the August 7th **Y Kids Tri**. Non-competitive, great confidence builder and fun!

Mon & Wed, July 12 – 21st

Ages 6-10 meet 9:15-10:10 AM

Ages 11-14 meet 10:15-11:10 AM

Locations TBD. (check our website)

Members: \$10 Nonmembers: \$28

Young Environmental Scientists

(ages 6-8)

Explore marsh, prairie and watering ponds for butterflies. Learn about and discover rocks and trees such as silver & sugar maples, ash, black walnut and black cherry. Each month we'll explore a different nature preserve in Northfield – all located at our elementary schools!

June 19 & 26, 10:00-11:30 am:

Location: Bridgewater Elem Nature Preserve

July 10 & 17, 10:00-11:30 am:

Location: Greenvale Elem Nature Preserve

Aug 7 & 14, 10:00-11:30 am:

Location: Sibley Elem Nature Preserve

Members: \$5/school Nonmemb \$16/school

K-1st Grade T-ball/Baseball

Batting, teamwork, pitching and base running fun. Focus is on stretching muscles, heart healthy and FUN. Class is designed for all kids at all skill levels so sign up and enjoy America's favorite past time!

Monday July 26 – Aug 23rd 6:00-6:45 **or**

Tuesday July 27 – Aug 24th 10:00-10:45

Location: Sechler Park

Members: Free Nonmembers: \$35

K-3rd Grade Tennis

Awesome opportunity for your child to participate in a life-long sport. Kids will learn the basic skills of serving, returning, holding a racket, balance and controlling power. Maybe you have a Venus Williams in the family!

Mon & Wed, Aug 2 – 18th :

K-1st Grade Tennis, 9:00 – 9:45 am **or**

Tue & Thur Aug 3 – 19th :

K-1st Grade Tennis, 6:45 – 7:30 pm

2-3rd Grade Tennis, 7:40 – 8:25 pm

Location: Middle School Tennis Courts

Members: Free Nonmembers: \$40

Punt, Pass & Kick Football Clinic

(ages 6-9)

Down, Set Hut! Introduction to the skills needed to get ready for football season (even if you are a spectator!). Focus on fundamental skills, and will introduce new aspects of the game but most of all be FUN! Groups will be split into appropriate ages.

Mon, Tues, & Wed

Aug 2-4th 9:30 – 11:30,

Location: Washington Park (City Hall)

Members: \$10 Nonmembers: \$40

Hospital Family Walk

Help celebrate Northfield Hospital & Clinics centennial with a commemorative family walk.. We'll start at the site of the original hospital; walk to Way Park, the site of the 1939 hospital; and then proceed to the new hospital at 2000 North Avenue. Three miles covers 100 years of medical service. Fun for the whole family.

Saturday, Aug. 14, 8:30 am

Location: Eighth & Water Street

3-5th Grade Fall Spanish Camp

3-5th graders! Brush-up your Spanish before the school year. Mixture of lesson and activity base refresher. The last week is all activities based-immersion!

3rd grade: Aug 2-5, 9:00 - noon

4th grade: Aug 2-5, 12:30 - 3:30

5th grade: Aug 9-12, 9:00 - noon

3-5th Immersion: Aug 9-12, 12:30 - 3:30

Members: \$35 Nonmembers: \$45

\$15 per week deposit to guarantee spot.

Location: TBD (check our website)

Prairie & Wood ½ Day Camp

(ages 5-12)

Explore the Carleton Arboretum! Prairie, woodland, bog, marsh, lake and river! Learn about rocks, trees and animals, our environment and so much more. Each week themed. See our Camp brochure or website for details.

Weekly, Mon-Fri

5-7 year olds: 8:30-11:30 am

8-12 year olds: 1:00-4:00 pm

Members: 88 Nonmemb: \$95

Location: Carleton College Farm House

Y Navigator Camp

(K-5th grade)

Flexible 3, 4 or 5 day a week program. Kids will enjoy trips to local and not-so-local destinations all designed to strengthen their imaginations and stretch their bodies. Join us at Read's Goat & Cheese Farm, Wolf Creek Dairy Farm, Lorences Berry Farm, Fireside Orchard and Gardens, Open Hands Farm, STOGROW, Rice County Fair, Big Woods, and weekly swimming at the Northfield outdoor pool! For complete schedule our website in May.

Weekly, Mon-Fri

Available 6:45 am – 6:00 pm

3 days - Memb: \$95, Non: \$98

4 days - Memb: \$119, Non: \$126

5 days - Memb: \$141, Non: \$148

Location: National Guard Armory

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 AND Teens)

Wee & U4 Soccer (ages 3-4)

What's more fun than soccer and preschoolers? Two separate programs will be offered for 3 year olds and for U4. This is a collaboration with the Northfield Soccer Association. Practice and Games will be held Tuesday and Thursday.

Wee 3 Soccer (3 year olds)

U4 Soccer (4 year olds)

June 15 – July 29 (14 sessions)

Tue & Thur 5:30-6:15 pm

Location: Sibley Elem Soccer Fields

Members: \$35 Nonmembers: \$60

Wee Flag Football (ages 3-4)

5 weeks of exercise, laughter and fun with Flag Football. Programs focus on stretching muscles, taking direction, teamwork and heart healthy FUN!

Monday June 14 – July 12th 5:00-5:45 pm or

Tuesday June 15 – July 13th 9:00-9:45 am

Location: Tyler City Park

Members: Free 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!

Fridays June 18 – July 9, 9:15 – 9:10 am

Saturdays June 19 – July 10, 11:45 – 12:30m

Location: YMCA Health & Wellness Center

Members: Free Nonmembers: \$28

Golf (ages 4- 5)

Get started in a life-long sport. Kids will learn the basic skills of putting, chipping, driving and being outdoors and exercising!

Mon & Wed, July 5 – 21st:

Wee Golf (ages 4-5), 9:00 – 9:45 am or

Tue & Thur July 6 – 22rd:

Wee Golf (ages 4-5), 6:45 – 7:30 pm

Location: Twin Oaks Driving Range

Members: Free Nonmembers: \$40



We build strong kids, strong families, strong communities.

Teen Cuisine Camp (Jun 28-Jul 1) & (Jul 26-29)
Organic food, cooking & eating, visit local farms (Open Hands Farm, STOGROW, Goat & Berry Farms, etc), purchase food at Just Food Co-op and cook a delicious meal-

*Middle School Youth
Monday-Thursday*

Preschoolers in the Park (ages 0-5)

Themed activities will provide loads of entertainment for your prek. This is a parent/child program. Lots of fun and activities for mom, dad, guardian or grandparents! Mark your calendar for some great fun in the park. Come for a short while or stay the entire hour and half!

Date	Theme
June 23	Animal Mansions
June 30	Fabulous Food
July 7	Treasures in the Woods
July 14	Scavenger Hunt
July 21	Flower Frenzy
July 28	Jump, Bounce & Twist
Aug 4	My Family
Aug 11	Wet & Wild
Aug 18	Wheels & Circles
Aug 25	Let's Go Camping

Wed 9:30-11:00 am

Location: Oddfellows City Park

Members: Free Nonmembers: \$5 per visit

Leap'n Preschoolers (ages 3-5)

Goofy golf, sticker tag, comet ball and water fun! We'll jump, roll, balance, crawl and walk our way through hours of giggles. This Friday morning class will absolutely delight your preschooler while working on important motor skills. Each session is a unique!

Fridays June 25-July 16th (4 weeks) or

Fridays Aug 6-27 (4 weeks)

10:00 – 10:45 am

Location: Washington Park (City Hall)

Members: Free Nonmembers: \$28

Wee T-ball (ages 3-5)

Batting, teamwork, pitching and base running fun. Focus is on stretching muscles, heart healthy and FUN. Class is designed for all kids at all skill levels so sign up and enjoy America's favorite past time!

Monday July 26 – Aug 23rd 5:00-5:45 pm or

Tuesday July 27 – Aug 24th 9:00-9:45 am

Location: Sechler Park

Members: Free Nonmembers: \$35

Tennis (ages 4-5)

Kids love tennis! Kids will learn the basic skills of serving, returning, holding a racket, balance and controlling power. Maybe you have a Venus Williams in the family!

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Wee Tennis (ages 4-5), 9:00 – 9:45 am or

Tue & Thur Aug 3 – 19th:

Wee Tennis (ages 4-5), 6:45 – 7:30 pm

Location: Middle School Tennis Courts

Members: Free Nonmembers: \$40

Punt, Pass & Kick Football Clinic (ages 4-5)

Down, Set Hut! Introduction to the skills needed to get ready for football season (even if you are a spectator!). Silly Football fun!

Mon, Tues & Wed

Aug 2– 4th, 9:30 – 11:30

Location: Washington Park (City Hall)

Members: \$10 Nonmembers: \$40

Wee Camp (ages 3-5)

Dance with the ants, crazy bug crafts, camping fun, build a tent, learning about butterflies, and cows, go on hikes, treasure and scavenger hunts, and summer fun games of all sorts.

June 21-24 Farm House Voyage

July 5-8 Bugs & Butterflies

July 19-22 I'm Going Camping!

Aug 2-5 Under My Feet

Aug 9-12 Treasure Hunt

Aug 23-26 Crazy Farm Animals

Mon-Thur, 9-11:30 am

Members: \$55 Nonmembers: \$65

Location: Rick & Kris Estenson's farm

Prairie & Wood ½ Day Camp (ages 5-7)

Explore the Carleton Arboretum! Prairie, woodland, bog, marsh, lake and river! Learn about rocks, trees and animals, our environment and so much more. Each week themed. See our Camp brochure or website for details. Weekly, Mon-Fri

5-7 year olds: 8:30-11:30 am

Members: 88 Nonmemb: \$95

Location: Carleton College Farm House

Teen Media Camp (Jul 12-15)

Write a newspaper article for the Northfield News, radio work at KYMN, journal writing, photo essays or scrapbooking, publish your work, write a novel or music!

1:00-5:00 pm

Location: Based at the National Guard Armory

Teen Outdoor Camp (Aug 9-12)

Orienteering, examine nature, canoe the Cannon River, go fishing and swimming. Check out local species, the arboretum and discover our ecosystem!

Members: 110 Nonmembers: \$125
\$40 deposit to guarantee spot (each week)

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
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