

Northfield Area Family YMCA



2012 Winter Program Brochure

www.northfieldymca.org (easy registration online plus email notice of weather cancelled programs)
507-645-0088 (main office) 507-664-7349 (Health & Wellness Fitness Center)



Biddy Sports (Ages 2-3)

Biddy Sports consists of drills and games using sports equipment such as bats, balls, cones, goals, etc.

Mon, Jan 9-Feb 6 (5 classes), 9:15 to 9:45 am or

Location: National Guard Armory

Members: Free Nonmembers: \$20

Basketball

(ages 3-5 & K-2nd grade)

Introduce your child to a life long love of Basketball.

Tues, Jan 10-Feb 7 (5 classes)

5:15-6:00 (ages 3-5) and 6:15-7:15 (K-2nd)

Locations: National Guard Armory

Members: \$10 Nonmembers: 35

New!

Drum Making and Group Drumming Class (All ages) Everyone is welcome!

An intergenerational opportunity-partnership with [Laura Baker Services](#). Children under 12 accompanied by an adult.

Sat, Jan 28-Feb 25, 10-11:00 am

Location: Laura Baker Services (Millis Dining Hall)

Fee: \$55 (includes all material and homemade drum!)

Floor Hockey

(ages 3-5 & K-2nd grade)

No Skates required! This is a great chance to get a hockey stick in your child's hands without the pressure of learning how to skate.

Jan 9 – Feb 6 (5 classes)

Mon 5:15-6:00 pm (ages 3-5) or Mon 6:15-7:00 pm (K-2nd)

Locations: National Guard Armory

Members: Free Nonmembers: \$35



And... Daddy Daughter Dance!

Daddy Daughter Dance

(ages 3-12) and father or other male adult

There is nothing more special or important in a young girl's life than her dad. This is your opportunity to show the little girl in your life how important she is to you. An entire evening dedicated to the special relationship you share. This is a young girl's prom night with strobe lights, dancing and cake.

Sat Feb 11th 6-8:30 pm

Location: National Guard Armory

Members: \$20/couple, \$5 ad'l child Nonmembers: \$26/couple, \$8 ad'l child

Winter Programs

(Grades K-12th)

Basketball

(K-2nd grade)

Introduce your child to a life long love of Basketball. Focus is teamwork, sportsmanship and FUN!

Tues, Jan 10-Feb 7 (5 classes)

6:15-7:15 (K-2nd)

Locations: National Guard Armory

Members: \$10 Nonmembers: 35

Floor Hockey

(ages 3-5 & K-2nd grade)

No Skates required! This is a great chance to get a hockey stick in your child's hands without the pressure of learning how to skate.

Focus is on stretching muscles, heart health, teamwork and fun! Equipment is age appropriate (soft sticks and larger pucks for the younger age groups).

Jan 9 – Feb 6 (5 classes)

Mon 6:15-7:00 pm (K-2nd)

Locations: National Guard Armory

Members: Free Nonmembers: \$35

Indoor Soccer

(K-2nd grade)

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.

Tues, Feb 14-Mar 13 (5 classes)

6:15-7:15 (K-2nd)

Locations: National Guard Armory

Members: \$10 Nonmembers: \$35

Indoor T-ball

(K-2nd grade)

Batting, pitching, base running FUN! Kids work on teamwork, sportsmanship and FUN! Excellent way for kids to get some indoor exercise during those colder winter months!

Feb 13-Mar 12 (5 weeks)

Mon 6:15-7:00 (K-2nd)

Location: National Guard Armory

Members: Free Nonmembers: \$35

4-5th grade Boys and Girls Basketball

Dribble, Pass, Shoot Teamwork fun! Join us for a 5 week program of basketball fun.

Feb 16- Mar 15 or Jan 12 – Feb 9

Thurs 5:15 to 6:00

Location: National Guard Armory

Members: \$10 Nonmembers: 35

High School Basketball League

The purpose of this program is to provide high school students who are not currently participating in interscholastic sports with an opportunity to play. Teams of 8-10 players, 6 teams max. This program is in collaboration with the Northfield Basketball Association and the Northfield High School.

Mon 7-8:00 pm, Jan 9 – Mar 12 (10 weeks)

Location: National Guard Armory

Fee: \$10/person

Boxing

(grades 8-12th)

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.

Jan 10 – May 31, Tues & Thurs

4:00-5:00 pm

Location: National Guard Armory

Y Youth In Government Model UN

(grade 8-12th)

This program is a youth-led, experiential learning opportunity that involves students from all over the state. It builds, a sense of responsibility and passion for issues, the desire to make a difference, citizenship skills, and helps to mold character in students with a focus on leadership development and citizenship-building. Sign up in January! For more information please visit our website or call 507-645-0088.

Y School's Out Days

(grades K-3rd)

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 (tennis shoes), 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!

Mon Mar 19 – Super hero Fun

Tue Mar 20 – Greek Greatness

Wed Mar 21 – Outer Space Place

Thur Mar 22 – Barnyard Bash

Fri March 23--Beach Ball Blast

Time: 7:00am-5:00 pm

Location: National Guard Armory

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

Kids Night at the Y

(ages 3-10)

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 themed games, crafts, culture and a whole lot more. Dinner is included in the price of the program and will be served at 5:30 pm. Fridays, 5:00-8:00pm come travel with us!

Jan 20--Pack your bags for Australia

Feb 24--Get ready for Africa

March 16--Off to Greece

April 29--Dancin' to Cuba

Check our website to confirm locations:

Members: \$10 each for first child,

\$5 per ad'l child

Nonmembers: \$15 each for first child,

\$10 per ad'l child

Health & Wellness Fitness Center

\$5 day pass or monthly Membership

(no membership contracts, health insurance reimbursement)

Check our website for a monthly Group Exercise schedule, get a virtual tour of our facility or for facility hours.

Child Watch

(ages 3 months and up)

Tailor-designed with the preschooler in mind, the Y's Child Watch program cares for your child(ren) during your time in the Adult Health & Wellness Fitness Center*. 2 hour limit.

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

Child Watch Hours & Fees:

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

Other members or nonmembers: \$3/visit/
child

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.

Winter Programs

(Preschool-Kindergarten)

Wiggles and Giggles (Ages 0-6)

An open-gym favorite! Children up to age 6 can get their wiggles out on the Y's variety of play equipment, as well as a bounty of balls and a bunch of basketball goals, Mon, starts Jan 9, 10 to 11:30 & 3:30 to 4:30
Wed, starts Jan 4, 10 to 11:30
Thurs, starts Jan 5, 9 to 11:30
Location: National Guard Armory
Members: Free
Nonmembers: \$5 per child per visit

Biddy Sports (NEW) (Ages 2-3)

Biddy Sports consists of drills and games using sports equipment such as bats, balls, cones, goals, etc. Each class includes games and sports designed to teach movement and coordination. 5 classes
Mon, **Jan** 9-Feb 6, 9:15 to 9:45 OR
AND
Mon, **Feb** 13-Mar 12, 9:15 to 9:45 OR
Thurs, **Feb** 16-Mar 15, 9:15 to 9:45
Location: National Guard Armory
Members: Free Nonmembers: \$20

Messy Play/Afternoon Gym Time (Ages 3-6)

First off, preschoolers will do hands-on exploration of art, craft and messy activities Messy Play. After that, preschoolers can get their wiggles out by playing with the Y's play equipment. It's an hour of packed fun!
Tues, **Jan** 10-Feb 7 (5 classes), 1 to 2:00
Location: National Guard Armory
Members: Free Nonmembers: \$35

Music Exploration and Art (NEW) (Ages 3-6)

In this class, participants will explore their creative side through music and art. Children will make homemade instruments, as well as dance and sing. 5 classes
Thurs, **Jan** 12-Feb 9, 1 to 2:00 or
Fri, **Jan** 13-Feb 10, 10:15 to 11:15 AND
Thurs, **Feb** 16-Mar 15, 1 to 2:00 OR
Fri, **Feb** 17-Mar 16, 10:15-11:15
Location: National Guard Armory
Members: \$10 Nonmembers: \$35

Pee Wee Sports (NEW) (Ages 4-6)

Pee Wee Sports focuses on fun, teamwork, skill development and sportsmanship. Everyone plays. Everyone is a winner. Pee Wees will take part in multiple drills & games such as soccer, basketball and football. Each session includes 30 minutes of skill development and 15 minutes of game time.
Fri, **Jan** 13-Feb 10, 9:15 to 10
AND
Fri, **Feb** 17-Mar 16, 9:15 to 10:00
Location: National Guard Armory
Members: Free Nonmembers: \$35

Messy Play (Ages 3-6)

Explore art, craft and messy activities all in one class. It's gooey, messy hands-on fun.
Wed, **Jan** 11-Feb. 8 (5 classes), 9:15 to 9:45
Location: National Guard Armory
Members: Free Nonmembers: \$20

Tales & Creations/Afternoon Gym Time (Ages 3-6)

First off, preschoolers take part in the popular Tales and Creations, in which reading and art are combined for a fun-filled times. After that, preschoolers can get their wiggles out by playing with the Y's play equipment. It's an afternoon of fun packed into one hour.
Tues, **Feb** 14-Mar 13 (5 classes), 1 to 2:00
Location: National Guard Armory
Members: Free Nonmembers: \$35

Tales and Creations (Ages 3-6)

Reading and art are combined in one fun-filled class. Each week, children will listen to one of the Dr. Seuss' classic books, then make a craft based on the featured story.
Wed, **Feb** 15-Mar 14, 9:15 to 9:45
Location: National Guard Armory
Members: Free Nonmembers: \$20

Basketball

(ages 3-5 & K-2nd grade)
Introduce your child to a life long love of Basketball. Teamwork, sportsmanship and FUN!
Tues, **Jan** 10-Feb 7 (5 classes)
5:15-6:00 (ages 3-5)
6:15-7:15 (K-2nd)
Locations: National Guard Armory
Members: \$10 Nonmembers: 35

Floor Hockey

(ages 3-5 & K-2nd grade)
This is a great chance to get a hockey stick in your child's hands without the pressure of learning how to skate. Focus is on stretching muscles, heart health, teamwork and fun!
Equipment is age appropriate (soft sticks and larger pucks for the younger age groups).
Jan 9 – Feb 6 (5 classes)
Mon 5:15-6:00 pm (ages 3-5)
Mon 6:15-7:00 pm (K-2nd)
Locations: National Guard Armory
Members: Free Nonmembers: \$35

Indoor Soccer

(ages 3-5 & K-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.
Feb 14-Mar 13 (5 classes)
Tues 5:15-6:00 (ages 3-5)
Tues 6:15-7:15 (K-1st)
7:15-8:00 (2nd – 3rd)
Locations: National Guard Armory
Members: \$10 Nonmembers: \$35

Indoor T-ball

(ages 3-5 & 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! Excellent way for kids to get some indoor exercise during those colder winter months!
Feb 13-Mar 12 (5 weeks)
Mon 5:15-6:00 (ages 3-5)
Mon 6:15-7:00 (K-2nd)
Location: National Guard Armory
Members: Free Nonmembers: \$35



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.

The Y: We Support for Youth Development, Healthy Living and Social Responsibility

Youth and Family Membership Benefits:

- Free youth programs:
(basketball, floor hockey, preschool programs & more!)
- Discounted programs:
(soccer, t-ball, preschool programs & more)
- Free participation in our Wiggles & Giggles.
- 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: \$56/mo * Adult membership: \$28.50/mo * Youth membership: \$25
(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