



## NEW THIS SESSION!

### Pickleball 101

Tuesdays (2 Sessions)

April 23 – May 7 and May 21 – June 4

6:30 – 7:45 PM

\$25 Members / \$50 Non-Member

In this 3-week class, learn the basics of America’s fastest growing sport, from equipment and rules to drills and skills that can improve your pickleball game.

### Pickleball Ladder League

Thursdays

5:45 – 8:00 PM

\$35 Members / \$50 Non-Member

Ladder play consists of matches for 5 players at a similar skill level. Register as either Beginner or Intermediate/Competitive to be grouped with similar play experience and level. The more you win, the more challenging the competition gets! Paddles available for use.



**REGISTER ONLINE**  
**REGISTRATION OPENS**  
**APRIL 8**

### Coming Next Session

**FATHER DAUGHTER BALL**  
**JUNE 14**

**SUMMER DAY CAMP**  
**JUNE 10 – AUGUST 30**

**CONTACT US NOW!**  
**507-645-0088**

### More Information

[www.northfieldymca.org](http://www.northfieldymca.org)

**Northfield Area Family YMCA**  
1501 Honeylocust Dr. Northfield, MN 55057

**Spring Session**  
**April 22 – June 7**

**Adult & Family Wellness**  
**Programming**



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## Adult Sports

### Co-Ed Pickleball

**Mondays**

8:30 - 10:00 AM (Half Gym reserved)

**Wednesdays**

5:00 - 7:00 AM (Full Gym reserved)

**Fridays**

5:00 - 6:30 AM (Half Gym reserved)

Free for Members

Day Pass required for Non-Members

### Co-Ed Basketball

**Tuesdays**

5:30 - 7:00 AM (Half Court reserved)

**Saturdays**

7:15 - 8:45 AM (Full Court reserved)

Free for Members

Day Pass required for Non-Members

### Co-Ed Volleyball

**Wednesdays**

6:00 - 7:30 PM (Full Gym reserved)

**Sundays**

11:30 - 1:30 PM (Half gym reserved)

Free for Members

Day Pass required for Non-Members

## Wellness Programs

### Tread and Shred

**Tuesdays**

5:00 - 6:00 PM

\$40 Members / \$80 Non-Member

### Foundations of Yoga

**Tuesdays**

6:45 - 7:45 PM

\$40 Members / \$80 Non-Member

### Coffee & Conversation

**Wednesdays, April 24 & May 29**

10:30 - 11:30 AM

FREE

### Personal Training

**By Appointment Only**

30 & 60 Minute Session Packages

See website for information

## Aquatics Programs

### 100 Mile Swim Club

**Through December 31**

\$15 Members & Non-Member

### Adult Group Swim Lessons

**Wednesdays**

5:30 - 6:15 PM

\$65 Members / \$90 Non-Member

## American Red Cross Adult & Pediatric CPR/AED/First Aid Blended Learning

**Saturday, April 27**

7:00 - 10:00 PM

**Tuesday, May 14**

7:00 - 10:00 PM

**Saturday, May 25**

7:00 - 10:00 PM

**\$75 Members & Non-Members**