

## NEW THIS SESSION!

### Summer Athlete - Peak Performance Camp

Age 13-18

Mondays & Wednesdays

June 10 - August 7

12:30 - 2:00 PM

(Min. of 10 participants, Max. of 24)

Join us this summer and elevate your game to new heights! Don't miss this opportunity to train with NASM Certified Trainers, Anna & Trevor, and other dedicated athletes and push yourself to reach your full potential. Our program is designed to help you improve your strength, speed, agility, and endurance so you can perform at your best when the sports season rolls around.

Member Rate - \$200

Includes:

Program Registration

Non-Member Rate - \$296

Includes:

Program Registration

Youth Membership (June - August)



REGISTER ONLINE

Coming Next Session

PICKLEBALL  
LADDER  
LEAGUE

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



Summer Session  
June - August

Adult & Family Wellness  
Programming



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## Adult Sports

Ages 18+

### 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

## Small Group Specialty Training

### Hypertrophy Training

Ages 15+

**Fridays (June 4-June 28)**

8:00 - 9:00 AM

Instructor: Trevor, NASM Certified Personal Trainer

\$100 Members / \$150 Non-Member

### Women on Weights

Ages 13+

**Wednesdays (July 10-July 31)**

9:15 - 10:15 AM

Instructor: Lori, NETA Certified Personal Trainer

\$100 Members / \$150 Non-Member

### Strength Training for Weight Loss

Ages 13+

**Wednesdays (Aug 7-Aug 28)**

6:00 - 7:00 AM

Instructor: Trevor, NASM Certified Personal Trainer

\$100 Members / \$150 Non-Member

### Personal Training - All Ages

**By Appointment Only**

30 & 60 Minute Session Packages

See website for information

## Aquatics Programs

Ages 13+

### 100 Mile Swim Club

**Through December 31**

\$15 Members & Non-Member

### Adult Group Swim Lessons

**Wednesdays (June 12-July 31)**

5:30 - 6:15 PM (No lessons July 3)

\$65 Members / \$90 Non-Member

### Coffee & Conversation

**Last Wednesday of each month**

10:30 - 11:30 AM

FREE - No registration required

### Summer Sweat Bingo

**June 1-30**

Pick up your Bingo card at the Member Services Desk.

### Personal Safety & Self

**Defense** (stand-alone sessions)

**June 15, June 29 and July 20**

12:00 - 2:00 PM

\$15 Member / \$30 Non-Member