

BE A BETTER YOU

Summer 2019 Programs & Events NORTHFIELD AREA FAMILY YMCA

OUR MISSION & FOCUS

At the Northfield Area Family YMCA, we've made it our mission to build strong kids, strong families, and a strong community. Everyone is welcome to participate in our programs or visit our community center, whether you're a Y Member or a Community Member. We focus on programs that promote wellness, reduce the risk of disease, and help people reclaim their health. The Y also supports youth by cultivating the values, skills, and relationships that lead to positive behavior, better health, and educational achievement. **See you soon!**



THINGS TO KNOW

- Summer program registration is open; please register early so we can best prepare for your participation.
- To register for programs, go to www.northfieldymca.org and click View All Programs. Or, call us at **507.645.0088**.
- The Y participates in a nationwide reciprocity program: having a Northfield Y membership entitles you to use of YMCAs all over the country. Ask for details!
- We believe our Y is for everyone and raise funds annually through our Y Scholarship Drive so that everyone has access. Please let us know if you could benefit from a financial scholarship; applying is easy and confidential.
- **NO CONTRACTS.** Joiner's fee of \$25. Interested in health insurance reimbursement? We can help!
- **Guest day passes are just \$5 for youth, \$7 for adults, and \$12 for a family. Come see what the Y has to offer YOU!**



MEMBERSHIP INFORMATION

Come be a part of the Y Community!

Y Members benefit from discounted programs, an indoor pool, an entire floor of our facility dedicated to fitness, 40+ group & aqua exercise classes every week, free Child Watch (drop-in childcare), and so much more. **Find what matters to you at the Y!** To join, visit Member Services or call 507.645.0088.

- **Youth Membership \$28.50 / month**
- **Adult Membership \$48 / month**
- **Family Membership \$76 / month**
- **Family Plus Membership \$96 / month**

SUMMER HOURS (June - August)

MON-THURS	5a - 9p
FRIDAY	5a - 7p
SATURDAY	7a - 4p
SUNDAY	9a - 4p

For updated group exercise, pool, program & facility calendars, please visit northfieldymca.org

TEEN & ADULT PROGRAMS

WOMEN ON WEIGHTS

(ages 15+) Beginner Level. Intimidated by the idea of strength training? Do you want to learn but don't know where to start? This female-focused class will introduce you to weight lifting techniques that will help you meet your specific goals. Great training option to pair with a cardio workout!

June 1 - July 6

Sat, 9-10a

» Y Wellness Center

Northfield Y Members: \$25

All Others: \$40

WOMEN ON WEIGHTS II

(ages 15+) Previous weight lifting experience required. Are you ready to move on from Women on Weights 1 or do you have a weight lifting program and need new ideas? This female-focused class will add additional weight lifting techniques that will help you meet your specific training goals.

July 20-Aug 24

Sat, 9-10a

» Y Wellness Center

Northfield Y Members: \$25

All Others: \$40

GROUP & AQUA EXERCISE

Our Y offers over 40+ awesome group or water exercise classes per week with a variety of formats: stretch, strength, cardio and high-intensity for all fitness levels. We have some of the best known instructors in Northfield. Join us for fitness fun; whether this is your first class or your hundredth, all are welcome.

» Y Group Exercise Studio / Y Pool

Northfield Y Members: Free

All Others: \$7 (daily guest pass fee)

PERSONAL TRAINING

Want to get more fit but not sure how to go about it? Personal training offers you one on one experience working with a Certified Personal Trainer. You will receive workouts based on you and your goals. The schedule is completely based on what works for you and your trainer. We are here to motivate and help you succeed!

Available all year (packages available)

» Y Wellness Center

Packages start at: \$27 per ½ hour, \$42 per 1 hour

Free Consultations

MONTHLY CHALLENGE CALENDARS

(all ages) Stop in and grab a challenge calendar! Each day gives you something to try. Works great in addition to an existing workout routine, or is a great way to get started!

June 1-Aug 31

» Y Wellness Center

Free

TRAIN TO FINISH A 5K-WALK OR RUN

(all ages) Beginner level. This program will start at a level that everyone can participate in! Work with a running coach to train at YOUR level. Come ready to run or walk, and by the end of the session, you will feel confident and excited to finish a 5k (3.1 miles)!

June 15-July 20

Sat, 8-9a

» Northfield Y

Northfield Y Member: \$25

All Others: \$40

TRAIN TO FINISH A HALF-MARATHON-WALK OR RUN

(ages 15+) Running experience preferred. Does the idea of participating in a half-marathon intrigue you but you don't know how to train for one? Our running coach will help you safely build up and train for a half-marathon. Whether you want a run/walk or running plan, you will have the guidance you need to go the 13.1 mile distance!

June 15-Aug 17

Sat, 8-9:30a

» Northfield Y

Northfield Y Member: \$35

All Others: \$45

WARRIOR WORKOUT

(ages 13+) Our instructor will take participants through an array of strength and cardiovascular challenges in a variety of settings that are sure to get you in shape! You don't need to be training for an obstacle course or adventure race to get the fun and fitness out of this program!

June 12-July 17

Wed, 7:15-8:15p

» Y Wellness Center

Northfield Y Members: \$25

All Others: \$40

12-WEEKS TO A STRONGER YOU FITNESS PROGRAM

(ages 10+) Just joined the YMCA and not sure where to start? Meet with a fitness professional to learn about fitness and create goals. Over a 12 week period you will check in every 3 weeks to monitor your progress and receive standardized workouts. You will receive an initial and final fitness assessment.

Available all year

» Y Wellness Center

Y Members: \$10 • All Others: \$20 + facility fee

MONTHLY FITNESS CHALLENGES

(all ages) Download our FREE MOBILE APP and challenge yourself with our monthly fitness challenge. Goals change on a monthly basis, so you will stay motivated and challenged throughout the year. Choose your preferred level and see what you can do!

Free!

ADULT CO-ED DROP IN VOLLEYBALL

(ages 18+) Each week teams will be formed from those who are in attendance and games are played. Locker room facilities are available to all participants.

May 27-Aug 28

Mondays, 6:30-8p

Wednesdays, 5:30-7p

» Northfield Y Gym

Northfield Y Members: Free

All Others: \$3/visit

MEN'S DROP IN BASKETBALL

(ages 18+) Each week pick-up teams will be formed from those who are in attendance and games are played. Locker room facilities are available to all participants.

May 28-Aug 31

Tuesdays; 7:45-9:15p

Saturdays; 7:15-8:15a

» Northfield Y Gym

Northfield Y Members:

Free

All Others: \$3/visit

ADULT DROP IN PICKLEBALL

(ages 18+) Join others in playing a round (or two, or five!) of this addicting sport each week.

Newcomers welcome!

Equipment provided.

Locker room facilities are available to all participants.

May 27-Aug 28

Mondays & Wednesdays

8-9:45a

» Northfield Y Gym

Northfield Y Members: Free

All Others: \$3/visit

NEW! BRAZILIAN JIU JITSU

(ages 13+) Brazilian Jiu Jitsu is a grappling based martial art that emphasizes takedowns, ground fighting and submissions. The beauty of this art is in utilizing ones own body as a self defense and anti-bullying system. Participants will learn effective self-defense, self discipline and humility while developing strong bonds with their fellow training partners!

June 5-July 12

July 24-Aug 30

Wednesdays & Fridays

7-8a

» Northfield Y

Northfield Y Members: \$35

All Others: \$45



The Y is for everyone!

BIRTHDAY PARTIES

Birthday parties are a big hit at the Y! Kids celebrate their special day with us and we'll coordinate the games and activities. We offer both pool and gym parties. For more information, contact birthdays@northfieldymca.org or call 507-645-0088.

SWIMMING STROKE CLINIC FOR ADULTS

(ages 18+) Work with a swimming specialist to get you moving in the water, whatever level you are at! Learn to swim or perfect your stroke. It is never too late!

June 6-July 11

Thurs, 9-10a

Northfield Y Members: \$40 • All Others: \$55

FAMILY YOGA IN THE GRASS

(all ages) A one-hour all levels Hatha Yoga class for the whole family to enjoy! This class will explore standing poses, sun salutations, breathing and relaxation techniques, as well as fun interactive yoga games. It's an opportunity for bonding with the family and sharing the health and well being that yoga brings.

Sat, June 22, 9-10a

Sat, July 20, 9-10a

» Meet in Northfield Y Community Room

THERE'S ALWAYS SOMETHING FUN HAPPENING AT THE Y!



10TH ANNUAL Y KIDS TRI

(ages 6-14) The Y Kids Tri is a fun, non-competitive triathlon that's all about getting kids excited to get fit! Youth 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.

Sat, June 22

Old Memorial Pool, Northfield MN



SWIM CLASS DESCRIPTIONS

Water Discovery A Introduces infants & toddlers to the aquatic environment

Northfield Y Members: Free • All Others: \$17

Water Discovery B Focuses on exploring body positions, blowing bubbles, and fundamental safety and aquatic skills

Northfield Y Members: \$12 • All Others: \$35

Stage 1: Water Acclimation Increases comfort with underwater exploration & introduces basic self-rescue skills performed with assistance

Stage 2: Water Movement Encourages forward movement in water and basic self-rescue skills performed independently

Stage 3: Water Stamina Develops intermediate self-rescue skills performed at longer distances than in previous stages

Stage 4: Stroke Introduction Introduces basic stroke technique in front crawl and back crawl and reinforces water safety through treading water and elementary backstroke

Stage 5: Stroke Development Introduces breaststroke, butterfly, and reinforces water safety through treading water and sidestroke

Stroke 6: Stroke Mechanics Refines stroke technique on all major competitive strokes and encourages swimming as part of a healthy lifestyle

Northfield Y Members: \$35 • All Others: \$52

LEARN TO SWIM AT THE Y!

SESSION ONE

Mon/Wed

June 3-26

4:30-5:00 Parent/Child Water

Discovery A

4:30-5:00 Parent/Child Water

Discovery B

5:05-5:35 Pre-K Stage 1

5:05-5:35 Pre-K Stage 2

5:40-6:10 School Age Stage 1

5:40-6:10 School Age Stage 2

Tues/Thurs

June 4-27

4:30-5:00 Parent/Child Water

Discovery A

4:30-5:00 Parent/Child Water

Discovery B

5:05-5:35 Pre-K Stage 1

5:05-5:35 Pre-K Stage 2

5:40-6:10 School Age Stage 1

5:40-6:10 School Age Stage 2

SESSION TWO

Mon/Wed

July 8-31

4:30-5:00 Parent/Child Water

Discovery A

4:30-5:00 Parent/Child Water

Discovery B

5:05-5:35 Pre-K Stage 1

5:05-5:35 Pre-K Stage 2

5:40-6:10 School Age Stage 1

5:40-6:10 School Age Stage 2

Tues/Thurs

July 9-Aug 1

4:30-5:00 Pre-K Stage 3

4:30-5:00 Pre-K Stage 4

5:05-5:35 School Age Stage 3

5:05-5:35 School Age Stage 4

5:40-6:10 School Age Stage 5

5:40-6:10 School Age Stage 6

SESSION THREE

Mon/Wed

Aug 12-Sept 4

4:30-5:00 Parent/Child Water

Discovery A

4:30-5:00 Parent/Child Water

Discovery B

5:05-5:35 Pre-K Stage 1

5:05-5:35 Pre-K Stage 2

5:40-6:10 School Age Stage 1

5:40-6:10 School Age Stage 2

Tues/Thurs

Aug 13-Sept 5

4:30-5:00 Pre-K Stage 3

4:30-5:00 Pre-K Stage 4

5:05-5:35 School Age Stage 3

5:05-5:35 School Age Stage 4

5:40-6:10 School Age Stage 5

5:40-6:10 School Age Stage 6

PRIVATE SWIMMING LESSONS

(all ages, youth and adult) Classes are tailored to your needs! Introduce or refine skills ranging from basic water comfort to adult basic swimming strokes, introduction to swimming more advanced strokes, or lap swimming. All private lessons are by appointment. Lessons can be purchased individually or in packages of 6.

PRIVATE INDIVIDUAL LESSONS

(Six-30 minute sessions)

Northfield Y Members: \$60, All Others: \$72

(Six-60 minute sessions)

Northfield Y Members: \$120, All Others: \$144

SINGLE SESSIONS

Northfield Y Members: \$12 (30 minute session)

All Others: \$15 (30 minute session)

Northfield Y Members: \$20 (1 hour session)

All Others: \$24 (1 hour session)

PRESCHOOL AND YOUTH PROGRAMS



PRESCHOOLERS IN THE PARK (PIP) (Ages 0-6)

Gym time moves outside! Games, arts and crafts, swings and slides – what isn't there to like? Preschoolers in the Park offers fun for kids and grown-ups alike.

June 10, 12, 14 - Preschool Olympics
 June 17, 19, 21 - Under the Big Top
 June 24, 26, 28 - Day at the Beach
 July 1, 3, 5 - Celebration Central
 July 8, 10, 12 - It's a Jungle Out There!
 July 15, 17, 19 - Around the World
 July 22, 24, 26 - Snow Day in July
 July 29, 31, Aug 2 - Curious Colors
 Aug 5, 7, 9 - Water Play
 Aug 12, 14, 16 - Slimy Stuff
Mondays @ Dundas Memorial Park
Wednesdays @ Odd Fellows Park
Fridays @ Dundas Mill Park
10-11:30a

Northfield Y Members:
Free with Family Membership
All Others: \$5/child each visit

DUNDAS DUKES GRADESCHOOLERS IN THE GRASS (DUKES GIG)

(ages 7-10)

This is a wonderful opportunity to make friends, play games, and learn new skills! We'll play sports, goofy games and team-building activities and simply get out and enjoy the summer sunshine. Weekly drop-in program.

Join us when you can for the fun!

June 25 & 28 - Kickball
 July 2 & 5 - Soccer
 July 9 & 12 - Tons of Tag
 July 16 & 19 - Parachutes
 July 23 & 26 - Tball
 July 30 & Aug 2 - Capture the Flag
 Aug 6 & 9 - Spikeball
 Aug 13 & 16 - Summer Olympics
Tuesdays @ Dundas Memorial Park
Fridays @ Dundas Mill Park
10-11:30a

FREE for all
(sponsored by the Dundas Dukes)

T-BALL

Kids will experience batting, teamwork, pitching, and base-running fun. We focus on stretching muscles, teamwork, and heart-healthy fun. The class is designed for kids at all skill levels, so sign up and enjoy America's favorite pastime.

June 17-20

Mon-Thurs

Ages 3-5

9:15-9:45a or 6:15-6:45p

Grades K-5

10-10:45a or 7-7:45p

» Sechler Park (grassy area by playground)

Northfield Y Members: Free

All Others: \$40

GOLF

Come join us outside this summer! Kids will learn the basic skills of putting, chipping, and driving. Practices are designed for kids at all skill levels.

June 24-27

Mon-Thurs

Ages 3-5

9:15-9:45a or 6:15-6:45p

Grades K-5

10-10:45a or 7-7:45p

» Twin Oaks Driving Range

Northfield Y Members: \$10

All Others: \$40



TENNIS

This is an awesome opportunity for your child to participate in a life-long sport. Kids will learn the basic skills of serving, receiving, holding a racket, balance and controlling power. Practices are designed for kids at all skill levels.

July 8-11

Mon-Thurs

Ages 3-5

9:15-9:45a or 6:15-6:45p

Grades K-5

10-10:45a or 7-7:45p

» High School Tennis Courts

Northfield Y Members: Free

All Others: \$40

PUNT, PASS & KICK FOOTBALL CLINIC

Down, Set, Hut! Introduction to the skills needed to get ready for football season or just for fun! Focus will be on fundamental skills. Groups will be split according to age.

Aug 5-7

Mon-Wed

Ages 3-5

9:15-9:45a or 6:15-6:45p

Grades K-5

10-10:45a or 7-7:45p

» Sechler Park (grassy area by the playground)

Northfield Y Members: Free

All Others: \$35

NEW! KIDS KARATE

(ages 8-12) This 6-week session will introduce your child to Shotokan-Style Karate, where they will learn confidence, self-defense, and self-discipline in fun, non-contact classes.

June 3-July 8

July 15-Aug 19

Mon, 4:30-5:15p

» Northfield Y

Northfield Y Members: \$20

All Others: \$35

MAKE THIS THEIR BEST SUMMER EVER!

The Y has awesome summer camp options: half-day preschool and grade school camps, full-day camps for youth entering grades K-6, and a Counselor in Training (CIT) program for grades 8-10.

- Enroll in any 3, 4, or 5 days a week

- Choose just one week or all summer

- Register early! Space is limited



Summer Camp Brochures are available online at northfieldymca.org or at Member Services.