



BE HAPPY BE HEALTHY BELONG

**MANKATO FAMILY YMCA SPRING/SUMMER 2016
MEMBERSHIP & PROGRAM GUIDE**

MANKATO FAMILY YMCA
1401 S. Riverfront Drive
Mankato MN, 56001
P 507.387.8255
www.mankatoymca.org

THE Y. SO MUCH MORE™



SCHEELS presents:

10KATO RUNSTRONG



Memorial Day: Monday, May 30. Races start at 8:30 a.m.

The 10kato is back! This legendary race has joined with Scheels and the LiveSTRONG program at the YMCA to form an even more exciting and memorable experience! The 10kato Runstrong race is designed to strengthen our community by uniting runners and walkers in an event to support local cancer survivors at every stage of their diagnosis. Proceeds from the race benefit the LiveSTRONG program; a twelve-week, small group program designed for adult cancer survivors that puts the focus on the individual's health and not just the disease.

The course for the 10k race is the traditional 10kato route, taking you on a scenic run around beautiful Mankato. The 2+ mile walk/run has its own course this year through Bethany Lutheran College and surrounding area. Awards will be presented for the top 3 finishers, male and female, from each age group.

From running and walking to volunteering and cheering, the 10kato Runstrong race provides everyone an opportunity to exercise their body and spirit of generosity!

Registration Fees for the 2+ Mile and the 10k race:

Before April 1st	\$20.00 (early bird discount)
After April 1st	\$25.00
Race Day, May 30th	\$30.00

Check in by calling the hotline: 507-476-0267 or watch as the race unfolds by following us on Facebook: www.facebook.com/10kato or www.facebook.com/livestrongatthemankatofamilyymca

Questions? Call Teresa Langworthy at 507-387-8255 EXT 234 or email livestrong@mankatoymca.org



MONDAY, JUNE 20

NORTH LINKS GOLF COURSE | SHOTGUN AT 1:00 p.m.

**SAVE THE
DATE**

**MANKATO FAMILY YMCA
GOLF TOURNAMENT**



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

You may know the Y for our pools, classes, gyms, basketball courts or summer camps, but the Mankato Family YMCA is so much more. We also offer transformative programs in teen leadership, afterschool learning, STRIDE program for young men, LiveStrong for those living with cancer, and Brother/Sister Mentoring program for youth in our community.

All of it free or at low cost for those who need it most.

That's where you come in. Help us make the Mankato Area stronger as we reach people of all ages and all backgrounds. When you volunteer or give, you're building a stronger community.

With your help we can do so much more.

The Y. So Much More™

Please give today.
mankatoymca.org



MANKATO FAMILY YMCA DIRECTORY

YMCA Board of Directors

Steve Hatkin – President
David Jones – Vice President
John Kanyusik – Secretary/Treasurer

Board Members

Mymique Baxter	Tom Lentz	Beth Serrill
Gwen Donev	Stephanie Loeffler	Joe Spear
Matt Durose	Mike Mitchell	Heather Theilges
Mark Esch	Kyle Mrozek	Colleen Van Blarcom
Molly Fox	Nathan Mullikin	Julie Vetter
John Harrenstein	Brandon Scheel	Paul Vogel
Fr. John Kunz	Jacqueline Scroggs	

Direct Dial Directory

General Information.....	387-8255
Facility Hours/Gym & Pool Schedules.....	386-4928
Racquetball Court Reservations.....	387-1877
Memberships.....	387-8255
Financial Assistance Membership.....	387-8255
Aerobics.....	345-9813
Life Center/Personal Training.....	345-9814
Worksite Wellness.....	345-9813
After School Adventures Program.....	345-9808
Aquatics.....	345-9804
Birthday Parties/Facility Rental.....	345-9805
Brother/Sister Program.....	345-9815
Preschool Programs.....	345-9805
Youth Sports.....	345-9808
Youth Leadership Programs.....	345-9809
Volunteering at The YMCA.....	345-9809
Service-Learning at The YMCA.....	345-9817

YMCA Staff

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Program Staff

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**CONTACT US
AND STAY
CONNECTED**

Phone: 507-387-8255
Web: www.mankatoymca.org
Facebook: www.facebook.com/mankatoymca

SPRING/SUMMER REGISTRATION DATES

Our goal is to offer you premier programs and the highest quality service. A signup deadline allows us to ensure you the best Y experience possible.

- YMCA Member registration begins Monday, February 22, for all programs and sessions listed in this Program Guide.
- Non-Member registration begins Thursday, February 25, for all programs and sessions listed in this Program Guide.

SEE INDIVIDUAL PROGRAM FOR REGISTRATION DEADLINES

LATE FEE: \$8 pending available spaces with program director approval.

**Online begins
@ 5:00 a.m.**

WHY THE Y

We know first hand how difficult it can be to find balance in life. That's why we're here with you every day. We want to make sure that you, your family and our community have the resources and support needed to learn, grow and thrive. With a focus on developing the potential of kids, improving health and well-being, giving back and supporting our neighbors, your participation will not just bring about meaningful change in yourself, but in your community too. Here are some of the ways you can get involved:

MEMBERSHIP

Join the Mankato Family YMCA and become part of a community committed to helping you and your kids learn, grow and thrive. Y members receive full access to the facility's fitness center, gym, pool and locker rooms. Members also receive priority registration for classes and programs with a fee.

Membership funds enable the YMCA to grow and develop our facilities and programs. New members and those that let their membership lapse over 30 days pay a Joiner's Fee: \$30.00 per Adult & Senior Adult Membership type, \$60.00 per Family & Senior Couple Membership type.

SUPPORTING THE HEALTH OF LOCAL BUSINESS

The Mankato Family YMCA is proud to provide membership incentives for local companies that communicate our goals of youth development, healthy living, and social responsibility. By making YMCA memberships accessible, these companies enhance and enrich the lives of their employees and families by opening the doors to the many programs offered at the YMCA. If your group, business or organization is interested in membership incentives at the Y, please call Kelly Agre at 345-9818.

HEALTH INCENTIVE PROGRAMS

- Blue Print for Health (BCBS) (ND)
- Fit Choices (Medica)
- UCare
- Vitality
- Frequent Fitness (Health Partners)
- Silver Sneakers
- PreferredOne
- Silver&Fit

CHILDWATCH

Do you need someone to look after your child (ages 6 months+) while you work out? We're here for you! You may bring your child to the YMCA Child Watch Program. Kids will enjoy creative play in a fun, safe environment with responsible YMCA staff members.

VOLUNTEER

When you volunteer at the Y, you take an active role in bringing about meaningful, enduring change right in your own neighborhood. As a program volunteer, board member or Strong Kids Campaign fundraiser, you can make a difference for our Y and the community as a whole.

FINANCIAL ASSISTANCE

The Mankato Family YMCA makes every effort to provide membership services to all who wish to participate. The YMCA's financial assistance, supported in part through contributions to the Strong Kids Campaign and the United Way, provides membership assistance for those in need within our available resources. Those individuals or families not able to pay the full member fee may be awarded a partial rate reduction as determined by our guidelines. All requests for financial assistance must meet certain guidelines. To download an application, visit www.mankatoyymca.org. For additional information, please call 387-8255.



CURRENT RATES FOR 2016

Membership Types	Monthly Rates
Youth	\$12.75 (no joiner's fee)
College Student*	\$42.50/Monthly (no joiner's fee)
College Students must provide a current class schedule with student I.D. to waive joiner's fee	
Adult* (18 - 61)	\$42.50/Monthly
Senior* (62+)	\$34/Monthly
Senior Couple* (62+)	\$51.50/Monthly
Family*	\$60/Monthly

*TOWEL/KIT SERVICE can be added for any FULL PAYING ADULT MEMBER for an additional fee of \$8.25 per month. Youth cannot have a towel/kit package.

If you do not remain a member for the duration of any programming, you will be billed for the Non-Member rate of any programs registered for.

Memberships are continuous. Full-time students 23 years of age & under can be part of their family's membership.

ANNUAL RATES ADJUSTMENT

- Annual rate changes (if any) occur each September.
- Rates are adjusted one time for members regardless of when they joined the Y.
- Only those members that pay in full for an annual membership receive a renewal invoice.
- Memberships are continuous until the member requests the membership be canceled.
- Members receiving financial assistance must reapply annually for assistance in the cost of their membership fees.

GUEST PASSES

Non-members can purchase a daily user pass (Maximum of 2 per year). We are a membership organization; we depend on members to support our mission.

\$10.00 per day Youth
\$15.00 per day Adult
\$20.00 per day Family



Here at the Mankato Family YMCA, we strive to provide opportunities to learn, grow and thrive. The Y can be a wonderful family experience.

We hope your entire family is taking full advantage of everything the Mankato Family Y has to offer.

So get comfortable. We have opportunities for you to fit right in.



We're a Gathering Place

Members have access to two pools, a water slide, steam rooms, sauna, whirlpool, indoor walking track, Just Kids jungle gym, two full size basketball gyms, two racquetball and handball courts, Pepsi cube game room, Life Center, free weight room, member-only leagues, member program rates, five newly renovated locker rooms, the daily newspapers and coffee.



FREE Group Classes

The Mankato Family YMCA offers the latest in group exercise and fitness programs under the leadership of certified instructors. Free Classes Include: Water Aerobics, H.I.I.T, Silver Sneakers, Tai Chi, LES MILLS, R.I.P.P.E.D, Y-Fit, ZUMBA, and many more!



Convenient Child Watch

Child Watch is a safe, cheerful, and engaging environment for children to enjoy while their parents spend time at the Y. Child Watch is available free of charge for the first 90 minutes for children six months and older. A responsible adult must be in the facility at all times.



FREE Fitness Incentives

Exercise programs can be intimidating. Whether you feel like a fitness failure or a fearful first-timer, relax; we'll be with you every step of the way. There are several options for Y members including our Fit4You Program, Know your Fitness Numbers, or take a Fast Track orientation.



FREE Activities for Youth

Youth can enjoy open gyms, open pool time, our Pepsi Cube recreational room, and open family activities and events throughout the year. Use our app or website for gym and pool schedules.



Priority Class Registration & Personal Training

Mankato YMCA Members are granted priority registration three days in advance of general registration. Personal training sessions are reserved for members only.



Stay Connected

The Mankato Y uses many different ways to help members stay connected to the latest news, events and programming. Friend us on Facebook, sign up for our monthly e-newsletter, browse our website, and download our mobile app.



Y Member Discounts at Mount Kato

Mount Kato has partnered with the Y to offer discount rates to current members. With Y Member nights, Y Family nights, and tubing nights you can enjoy winter up close and personal.



A.W.A.Y. Visiting from other YMCAs

A.W.A.Y. stands for Always Welcome at Y's. Members of other YMCAs may use our facility free of charge up to 12 times per year. Visitors must present a current membership card and photo ID.

MY Y IS NOW EVERY Y IN MN

We want to encourage members to utilize the Y as often as they can. Sometimes, it's more convenient for members to utilize a Y in a different location when traveling, near a workplace or in another region. Now, full facility/full privilege YMCA members have the flexibility to use other Y facilities throughout the state, at no extra charge.

HOW IT WORKS

Simply present your active YMCA membership card and photo ID at any participating YMCA and enjoy free access. See complete Program Details below.

FIND YOUR Ys

For a complete list of participating YMCAs and complete details, visit your local Welcome Center or visit mn-y.org on the web.

RECIPROCAL MEMBERSHIP PROGRAM DETAILS

- The Reciprocal Membership Program is valid for YMCA full facility/full privilege members only. Program-only participants may upgrade to a full membership at any time to qualify. Silver Sneakers® members may use other Silver Sneakers® locations only.
- Visitors to other Ys must present a valid YMCA membership card and photo ID upon their first visit and complete a visiting member waiver or standard membership application form with liability waiver.
- YMCA full facility/full privilege members must use their home branch at least 50% of the time. Program discounts do not apply. Participating YMCAs reserve the right to restrict facility or program access. Other restrictions may apply.



Another great reason to belong to the YMCA

JOINING THE CAUSE

MEMBERSHIP INFORMATION

MISSION

To put Christian principles into practice through programs and services that build a healthy spirit, mind, body and social well-being for all.

PASSES AND POLICIES

Day passes

Non-members can purchase a daily pass two times per year.

Guests of members are \$2.00 per day (limited).

- Only adult members of the Mankato YMCA, 18 and older may bring guests to the Y.
- Members are responsible for their guest.
- Guests must be at least 18 or with an adult member.
- Members are not allowed to bring in groups of guests.
- The Y reserves the right to limit guest passes.
- Guests need to register at the front desk before admission.
- Photo IDs are required. Desk staff will photocopy IDs.
- An individual can be a guest at the Y twice a year.
- Visiting Y members (From other YMCA's) cannot bring in guests.
- Y guests cannot bring in guests.
- Youth membership types are not allowed to bring in guests.

Rent the Y

The YMCA is available for rent on an hourly basis or by the evening. Areas available for rent include two swimming pools with lifeguards, two gyms (along with equipment for most gym games) and two racquetball/handball courts. The Y also offers overnight "lock-ins." Contact 345-9805.

A.W.A.Y. Visiting from other YMCAs

A.W.A.Y. stands for Always Welcome at Y's. Members of other YMCAs may use the Mankato Family YMCA free of charge up to 12 visits per year. More than 12 visits in a year would result in a user fee charge. Visitors must present a current YMCA membership card along with a photo ID. We will confirm your Y status with your home Y.

The Mankato Family YMCA requires members to be photographed for safety and security purposes. These photos are stored in the database and are displayed on the computer monitor each time the member enters the facility.

MN Y RECIPROCITY

We want to encourage members to utilize the Y as often as they can. Sometimes, it's more convenient for members to utilize a Y in a different location when traveling, near a workplace or in another region. Now, full facility/full privilege YMCA members have the flexibility to use other Y facilities throughout the state, at no extra cost. Simply present your active YMCA membership card and photo ID at any participating YMCA and enjoy free access.

REGISTRATION

Members receive early registration privileges for YMCA programs three days prior to open registration. Registration can be done in person, online or by mail. Early registration is recommended as classes are limited in size.

Registration is available during the Y's regular hours and online at any time. Certain registrations are not accepted over the phone or online. Class minimums must be met or a program may be cancelled.

The Y publishes a complete program catalog three times a year. These guides are available at the facility or online at mankatoymca.org.

CANCELLATIONS

When the Y cancels

The Y may cancel any activity due to insufficient enrollment. When this happens, we will make every effort to contact registrants 48 hours before the scheduled start and complete refunds will be given.

When you cancel

Those who wish to withdraw their registration for an activity must do so no later than two (2) business days before the activity is scheduled to start. Program-specific policies regarding refunds apply to YMCA Preschool, After School Adventures, YIG or Marlins Swim Team programs. Late fees will not be returned. No refunds will be given after the two (2) business day policy prior to the start of an activity. If you are registered for a program and you cancel your membership you will be billed for the non-member rate of the program. Member rate on programming is a benefit for members.

Emergency closings

In the event of severe weather, call the Y at 507-387-8255 or check the website at mankatoymca.org. Local radio stations including KTOE 1420 AM will broadcast closing announcements. If class is canceled because of severe weather or for other reasons beyond the YMCA's control, and classes cannot be made up, no refund will be given.

MEMBERSHIP INFORMATION

FACILITY

Facility Hours

Mon-Thurs:	5:00 a.m. – 10:00 p.m.
Fridays:	5:00 a.m. – 9:00 p.m.
Saturdays:	6:00 a.m. – 7:00 p.m.
Sundays:	10:00 a.m. – 7:00 p.m.

Hours for Y Youth

(unless child is actively participating in a program)

- All youth 9 years of age and under must always be accompanied by an Adult*

- One (1) hour prior to the YMCA closing, youth 15 years of age or younger are not to be in the facility unless accompanied by an Adult*

Supervising Adult* is 18 years of age or older.

- Youth are welcome in the Y when schools are not in session.

Holidays

Closed on Easter, Memorial Day, Fourth of July, Labor Day, Thanksgiving and Christmas. Hours vary on Christmas Eve, New Year's Eve and New Year's Day. We will have these hours posted online, at the front desk and in our seasonal program catalogs.

CHILD WATCH

Childwatch is a safe, cheerful and engaging environment for children to enjoy while their parents spend time at the Y. The program is for children six months and older, and is only to be used while parents are at the Y.

Childwatch Hours:

Monday-Friday:	8:00 a.m. – 8:15 p.m.
Saturday:	8:00 a.m. – noon

Summer Hours:

Monday-Friday 8:00 a.m. – 1:30 p.m. and 4:00 p.m. – 8:15 p.m.

Member rates: The first 90 minutes, once per day, per child, is free to members (the children must be members). 50 cents per child will be charged per 15-minute increments beyond the first 90 minutes.

Non-member rates: \$2 first hour, first child, \$1.75 first hour each additional child, 75 cents each child per 15-minute increment.

NEW CHILD WATCH POLICY: The maximum length of stay for children in the Child Watch Room is two hours.

PEPSI CUBE

Open to ages 10 and older. 8 and 9 year olds must have an adult in the building. 7 year olds and under must be accompanied by an adult.

Pepsi Cube Hours:

Monday-Friday:	3:00 p.m. – 8:00 p.m.
Saturday:	10:00 a.m. – 5:00 p.m.
Sunday:	12:00 p.m. – 5:00 p.m.

The Pepsi Cube opens at noon on District 77's non-school days.

PHOTOGRAPHY AND EMAILS

Photo policy: The YMCA reserves the right to take photographs of adults and children participating in YMCA programs to be used in promotional materials, including YMCA websites. If you do not wish to be included please inform the photographer.

E-mail collection: The purpose for collecting e-mail addresses of our membership is strictly for YMCA use. The intent is to keep our membership better informed of current and upcoming events. E-mails are also required for online registrations. No personal information, including e-mail addresses, will be sold or provided to third parties.

Security cameras: The Y has security cameras placed throughout the public areas of the facility and grounds. These cameras are recording and viewing various locations and can be directed and viewed from various Y directors' computers. This system allows us to deter theft and review incidents that warrant law enforcement or internal investigations.

Cell phones: The use of cameras and video recording devices, including cameras or cell phones, is prohibited in the locker rooms and rest rooms.

AGE POLICY

All children 9 years of age and under must be registered and participating in an activity or under the immediate care of a supervising adult while in the Y. No loitering is allowed. Children are not allowed in the adult activity areas. One (1) hour prior to the YMCA closing, youth 15 years of age or younger are not to be in the facility unless accompanied by an Adult (Supervising Adult is 18 years of age & older).



ALL ABOUT MEMBERSHIPS

BENEFIT:

Membership gives you access to a welcoming facility open seven days a week with three floors' worth of activity. It gives you access to the support and guidance from professionally trained staff. It gives you a place to go for quality family time, personal time or interaction with friends and fellow members.

Free to members:

- Two full-size gyms
- Walking and running track
- Pepsi Cube, a youth arcade-style room with video games, billiards, air hockey, and more
- "Kid's gym" with ball pit
- Locker rooms with showers, sauna and steam
- Two swimming pools including water slide and whirlpool
- Cardio equipment
- Free weight room
- Aerobics studio
- Three handball/racquetball courts
- WiFi
- Coffee and daily newspapers
- Member only programming
- Pickup basketball
- Free Aerobic classes
- Wellness coaching
- Pickleball
- Y-Fit Gym

Members also receive reduced rates on all Mankato Family YMCA programs.

MEMBERSHIP TYPES:

Membership to the YMCA includes access to the Life Center, locker rooms, gyms, pools, track, courts, whirlpool and sauna, free group fitness classes, reduced rates and priority registration for programs.

We offer these memberships:

Youth membership. For youth from infants through high school (some areas of the Y are age-restrictive).

- Because a member is responsible for their guest – minors are not allowed to bring a guest.

College membership. For single students out of high school. Eligibility is determined with a copy of current school ID and a current class schedule or fee statement.

Adult membership. For individuals 18 and older.

Family membership. For no more than two adults and their dependents sharing the same household and expenses. Dependents under 24 can be part of this membership if attending school.

Senior membership. For a single adult 62 and over.

Senior couple membership. For two adults, one of whom is 62 or older.

Towel and kit locker package. Bath-size towels and a designated, private locker for toiletries, etc., are available to adult members for an additional charge. The kit locker is the only overnight storage locker.

MEMBERSHIP RATES:

Membership rates are approved by the YMCA Board of Directors and are calculated to cover operating, maintenance and improvement expenses. Annual rate changes take place for all members in September. Members are not asked to sign an annual agreement. Members who choose an auto payment plan are continuous members until they request that their membership be canceled. Members who pay in full for the year receive an invoice to renew their membership for the upcoming year.

Corporate Rates

The Y has a corporate rate to encourage area businesses to maintain a healthy workforce. A minimum of three employees joining the Y is all that's needed to be eligible for the corporate rates. For more information, call Membership Services at 507-345-9818.

Note: Corporate Memberships do not receive renewal notices.

JOINERS FEE:

A one-time joiner's fee is applied to each new membership at the rates of \$30 per individual and \$60 per family membership (including senior couples). No joiner's fee is required for college or youth memberships or with a qualifying health incentive program. If a membership lapses 30 days or more, the fee will be charged again.

PAYMENT PLANS:

Auto-pay (bank or credit card). Monthly fee is drawn from a checking, savings or credit/debit card account on the 20th of each month and are continuous. If an increase is announced, the Y will give four (4) weeks advance notice, but all drafts will increase in the month the increase goes into effect. If a check or a draft is not honored by your bank for any reason, there is a \$15 return draft fee. The Y will terminate your membership for non-payment..

Payroll deduction (only certain companies allow this plan). Your employer draws the monthly fee from your paycheck and forwards the payment to the Y.

Full pay. You pay the full year up front. We accept cash, check and all major credit cards.

Members receiving financial assistance have the option of making quarterly payments.

Annual -Annual memberships are good for one year and are renewable. Annually paid dues will not be increased during the 12 month term. Renewals are subject to current rates. Annual payments can be made by check, cash, money order or credit card.

CANCELLATIONS:

Memberships are continuous until a written request is given for termination. Members must provide thirty days written notice prior to the next draft. If you stop using the facility it is your responsibility to sign a termination agreement. Cancellation requests can be emailed to Kelly Agre at kagre@mankatoymca.org

FINANCIAL ASSISTANCE:

The Mankato Family YMCA strives to make membership available to anyone. With support from the Greater Mankato United Way and with funds raised through our annual Strong Kids Campaign, individuals and families are provided assistance when they cannot afford the full rate.

Financial assistance applications are available online at mankatoymca.org or at the front desk. Applications need to be completed in full and proof of income must be provided in order to process the application. Reduced rates are determined on a case-by-case basis. Most applications take 7 to 10 business days to process. Members receiving financial aid must reapply annually for continued assistance.

Note: Financial Assistance Memberships do not receive renewal notices.

ADDITIONAL INFORMATION:

Identification Cards: The Mankato Family YMCA requires members to be photographed for safety and security purposes. These photos are stored in the database and are displayed on the computer monitor each time the member enters the facility.

Please use your membership card each time you visit the Y for access to the facility. ID cards are nontransferable and remain the property of the Y. Replacement cards are \$2.

Members participating in a health insurance incentive plan are responsible for scanning their own cards at the gate. Staff are not allowed to add visits for missed days. Contact membership services with any questions.

Lockers: All locker rooms have lockers available for daily use. Lockers do not have locks, so bringing your own lock is encouraged. Padlocks are available for sale at the front desk. The Y is not responsible or liable for articles damaged, lost or stolen. For lost and found questions, inquire at the front desk.

Tours: Members and non-members can request a tour at any time. No appointment is necessary. Just stop at the front desk and request a tour. We'd love to show you around.

SAFETY FIRST

ZERO TOLERANCE POLICY

TO ALL PARENTS/GUARDIANS OF YMCA PARTICIPANTS:

Our goal for each child is to receive positive reinforcement, attain success, gain exposure to a role model, and have a safe experience. To help ensure a safe experience, the YMCA maintains a "Zero Tolerance for Abuse" philosophy.

The "Zero Tolerance for Abuse" philosophy compels the YMCA to make every effort to prevent child abuse that includes but is not limited to:

- Conducting quarterly predatory offender registration checks using our membership database.
- Conducting staff background checks.
- Training staff and volunteers in Child Abuse Prevention.
- Taking allegations of suspicions of child abuse seriously and reporting to the police or governmental agencies for investigation.
- Continual evaluation of programs and facilities to ensure a safe environment.

As a parent of a child who is participating in a YMCA program, we ask that you help in keeping your child safe by:

- Knowing where and when your child is participating.
- Visiting and participating at any program site your child is attending.
- Talking to your child about the importance of telling you if someone does or says something that makes them feel uncomfortable. Emphasize that adults should not ask them to keep secrets from you.
- Explaining to the child that they have a basic right to privacy and that no one should touch them inappropriately or compel them to touch someone else inappropriately.
- Talking to your child about the activities they participated in after each event.
- Being concerned if your child suddenly becomes withdrawn or balks at attending certain activities or being around a volunteer or staff member. Tactfully seek a reason for the behavior.
- Reporting actions by staff or volunteers that you deem inappropriate to the YMCA Executive Director who in turn will launch an immediate investigation.



GROWING TOGETHER

PRESCHOOL/YOUTH PROGRAMS

Kids create memories, learn skills and build confidence as they explore new interests and passions at the Mankato Family YMCA. We're committed to helping all kids and teens be their best selves—through programs focused on sports, arts, leadership and family fun.

YMCA PRESCHOOL PROGRAM

Ages 33 months to 5 years old

The YMCA Preschool provides a child with opportunities to explore the wonders of their world, giving them experiences that help them grow and develop into confident, caring, happy individuals. Our preschool is designed with developmentally appropriate activities that stimulate a child's intellectual, social, emotional and physical growth. The YMCA Preschool is a State Licensed program and offers class options for children 33 months to 5 years of age.

Contact Cheryl Ballard or Margo Dietz for registration and information about current openings and the 2016-17 school year classes.

CORE CONTENT AREAS

Literacy	Mathematics
Science	Social Studies
Arts	Technology
Healthy Habits	Body, Mind & Spirit

ENRICHMENT CLASSES AND PROGRAM HIGHLIGHTS

Youth Sports Classes	Fit Kids Classes
Family Events	Field Trips
Splash Time or Swim Lessons	Parent/Teacher Conferences
Christmas Program	Spring Program or PreK Graduation

3-4 YEARS OLD

Days	Time
Tues/Thurs	8:30-11:00 a.m.
Tues/Thurs	9:30-12:00 p.m.

3-5 YEARS OLD

Days	Time
Tues/Thurs	12:15-2:45 p.m.

Pre-K: 4-5 YEARS OLD

Days	Time
Mon/Wed/Fri	8:30-11:00 a.m.
Mon/Wed/Fri	9:30-12:00 p.m.
Mon/Wed/Fri	12:15-2:45 p.m.
Mon-Fri	9:00-11:30 a.m.
Mon-Fri	12:30-3:00 p.m.

EXTENDED CHILD CARE AVAILABLE

7:45 - 9:30 a.m. | 11:00 - 12:30 p.m. | 2:45 p.m. - 4:00 p.m.

Teachers are hired with education and experience in the early childhood field. They provide a warm and caring environment in which children are encouraged to explore and grow, while feeling safe and secure.



PRESCHOOL HEALTH/FITNESS

Sessions	Dates	Registration Deadline
Summer Session 1	June 13-July 16	June 9
Summer Session 2	July 18-Aug 20	July 14

LITTLE YOGA

Ages 3, 4, and 5 years old

Kids are natural yogis; come and experience our playful approach to yoga. This active class helps develop better body awareness, self control, flexibility and coordination in a fun and healthy way through storytelling, songs and yoga games.

Summer Session 1 and 2

Day	Time	Location
Wed	10:30-11:00 a.m.	Studio C

Fee:

Member	Non-Member
\$15	\$48

Minimum class size of 6

PRESCHOOL SPORTS

Sessions	Dates	Registration Deadline
Spring Session	April 11-May 16	April 4
Summer Session 1	June 6-July 11	May 30
Summer Session 2	July 25-30	July 17

SPORTS SAMPLER

Ages 3, 4, and 5 years old

Each participant will learn basic fundamental skills involved in a variety of sports including T-ball, basketball, floor hockey, soccer and football.

Spring Session, Summer Session 1 and 2

Day	Time	Location
Mon	6:15-7:00 p.m.	Blue Gym

Fee:

Member	Non-Member
\$26	\$48

Minimum class size of 12

MINI SPORTS

Ages 3, 4, and 5 years old

Players will develop an appreciation for sports and physical activity along with practicing skills, learning about sportsmanship and being a team player. Each session is a new sport, register for one or for all.

Spring Session

Day	Time	Location	Sport
Tues	6:15-7:00 p.m.	Blue Gym	T-ball

Summer Session 1

Day	Time	Location	Sport
Tues	6:15-7:00 p.m.	Blue Gym	Soccer

Summer Session 2

Day	Time	Location	Sport
Tues	6:15-7:00 p.m.	Blue Gym	Flag Football

Fee:

Member	Non-Member
\$26	\$48

Minimum class size of 12

The Youth Sports program at the Mankato Family YMCA gives boys and girls the opportunity to learn sport skills in a supervised, low-competitive environment. We believe that participating in sports should be FUN and that every player should have an EQUAL OPPORTUNITY to play. The emphasis of our practices is on the DEVELOPMENT OF SKILLS. We want to take the pressure off the kids and let them enjoy sports. This is done by de-emphasizing winning at all costs and playing only the few best players. Parent SUPPORT is encouraged as opposed to parent PRESSURE on the kids to be perfect.

SCHOOL-AGE SPORTS

ALL SPORTS JERSEY FOR SCHOOL-AGE SPORTS

An All Sports Jersey will be used for school-age sports programs unless otherwise noted. These jerseys are available at Play It Again Sports or Scheels. Play It Again Sports will be selling new jerseys as well as buying and selling used jerseys. Sports participants will purchase the All Sports Jersey on their own and they will be good for all sports year-round.

INDOOR SOCCER

Boys and Girls – Grades K-4

Soccer is a fun and recreational program for boys and girls. Teams will be formed according to grade. The first 20 minutes will be instructional and skill development and the next 40 minutes will be game play! The program is on Saturday mornings at the YMCA. Each player must provide his or her own All Sports Jersey.

Saturdays 9:00 a.m.

Registration Deadline: Monday, February 22

Practice Begins	Last Game
Sat. March 5	Sat. April 2

Fee:

Member	Non-Member
\$27	\$49

NOTE: A late fee of \$8.00 will be charged after registration deadlines pending available space

OUTDOOR SOCCER

Boys and Girls – Grades K-6

Unlike most soccer leagues, the Y has no tryouts. All youth can experience soccer in a friendly, level playing field that allows them to appreciate sports and physical activity. Teams will practice once a week on weeknights between 5:00 p.m. and 8:00 p.m. at local parks. Games will be held on Saturday mornings at Busher Park. Each player must provide his or her own All Sports Jersey.

Registration Deadline: Monday, April 4

Practice Begins	Last Game
Week of April 10	Sat. May 21

Fee:

Member	Non-Member
\$27	\$49

NOTE: A late fee of \$8.00 will be charged after registration deadlines pending available space

GOLF LESSONS AT NORTH LINKS GOLF COURSE

Boys and Girls – Age 7-12

6 hours of instruction and play. Instructional lessons designed to introduce youth to the game of golf. Each class covers the basics of putting, chipping, iron play, use of woods, golf etiquette, rules, safety and sportsmanship. Please bring equipment. Instructed by golf professional Jerry Mosca and staff. **Children should be dropped off at North Links Golf Course at 8:45 a.m. and picked up at 11:00 a.m.**

In case of inclement weather, please call North Links Golf Course at 507-947-3355 one hour prior to start time.

Session 1: June 13-15

Days	Time	Location
Mon/Tues/Wed	9:00-11:00 a.m.	North Links Golf Course

Session 2: July 11-13

Days	Time	Location
Mon/Tues/Wed	9:00-11:00 a.m.	North Links Golf Course

Fee:

Member	Non-Member
\$39	\$59

KICKBALL LEAGUE

Boys & Girls entering grade K-4 in the Fall of 2016

- Kindergarten Division
- 1st-2nd Grade Division
- 3rd-4th Grade Division

Does your child enjoy both soccer and baseball? Then we have the sport for them! This 3-week league is a great transition from outdoor soccer to t-ball, as it improves kicking skills as well as incorporates the rules of t-ball. A lot of feet and big kicks for all – the joy of recess lives on with our Youth Kickball League. Kids enjoy this action-packed fun game while bonding with teammates and developing friendships. Teams will practice once a week on week nights at local parks and schools. Games will be held for 1 hour on Saturdays between 8:00 am and 12:00 pm. Each player must provide his or her own All Sports Jersey.

Registration Deadline: Monday, May 23

Practice Begins	Last Game
Week of June 6	Sat. June 25

Fee:

Member	Non-Member
\$17	\$39

T-BALL & COACH PITCH

Boys & Girls entering grade K-3 in the Fall of 2016

Teams will practice once a week on week nights at local parks and schools. Games will be held for 1 hour on Saturdays between 8:00 am and 12:00 pm. One or two games may be held during the week for make-up games. Each player must provide his or her own All Sports Jersey.

T-BALL is a fun recreational program for any boy or girl entering K-1 in the fall of 2016. Teams will be formed according to grade. Children entering kindergarten will be in one league and children entering 1st grade will be in another. Low participation may result in combining them together.

COACH PITCH is a program for the players entering 2nd-3rd grade. The coaches will pitch the ball to the players following the same rules as t-ball.

VOLUNTEER COACHES AND ASSISTANTS NEEDED:

We need 3-4 coaches per team. Contact Karri Olmanson at the YMCA if you are interested, or provide information on registration form. Our volunteers make this program a success!

SPONSORS NEEDED:

People or businesses interested in sponsoring a team are needed. Sponsor fees are \$150.00 and are used for purchasing the player's caps and scholarships for children. The sponsor's logo will be printed on player's caps.

Contact Karri Olmanson at the YMCA at 345-9808.

Registration Deadline: Monday, June 13

Practice Begins	Last Game
Week of June 27	Sat. August 6

*No games on July 4th

Fee:

Member	Non-Member
\$27	\$49

FLAG FOOTBALL

Boys & Girls entering grade K-4 in the Fall of 2016

- Kindergarten Division
- 1st-2nd Grade Division
- 3rd-4th Grade Division

Teams in all divisions will practice once a week on weeknights at local fields. Teams will be formed according to school. An attempt will be made to place participants on a team that practices as close to home as possible. Games will be held for 1 hour on Saturdays between 8:00 a.m. and 2:00 p.m. Parents and interested adults are encouraged to coach or assist a team coach. If interested in coaching, contact Sarah Wiens at the YMCA, or provide information on registration form. We need your help to make this program a success. Each player must provide his or her own All Sports Jersey.

Registration Deadline: Monday, August 1

Practice Begins	Last Game
Week of August 15	Sat. Sept 24

Fee:

Member	Non-Member
\$27	\$49

SCHOOL-AGE PROGRAMS

AFTER SCHOOL EXPRESS TRANSPORTATION

An After School Express transportation program for our members, which will aid children in obtaining safe transportation from their school to the YMCA. Upon arrival, children will be brought in to the YMCA to go to their class or participate in non-supervised activities. Applications are available at the YMCA front desk.

FEE: Vary depending on number of school days per month.

For more information contact: Karri Olmanson at kolmanson@mankatoymca.org

3RD-6TH GRADE SOCIALS EVERY MONTH

Mark your calendars for this exciting night on the third Saturday of the month. Bring your friends to enjoy a themed night with games, crafts, swimming, snacks, music and much more! **Permission slips are required** for this event and may be downloaded from www.mankatoymca.org or obtained from the Y's lobby or front desk. Pre-registration is preferred, but same night registration is available.

Youth must be picked up promptly by 9:30 p.m. by a parent or guardian.

Date	Time	Highlight
Sat. Feb 20	7:15-9:30 p.m.	Scavenger Hunt w/ Young Einstein
Sat. Mar 19	7:15-9:30 p.m.	In the News
Sat. April 16	7:15-9:30 p.m.	A Night at the Movies
Sat. May 21	7:15-9:30 p.m.	Record Breakers

Fee:

Member	Non-Member
\$6	\$6

SCHOOLS OUT! DAY CAMPS

For boys and girls grades K-5.

Swimming, Field Trips, Gym Games, Arts & Crafts and more!

Hours 8:00 a.m.-5:00 p.m.

Parents can begin dropping off at 7:30 a.m. and pick up their children at the Y before 5:30 p.m.

Permission slip required for admittance.

Information flyers will be distributed to local elementary schools with more details on specific activities. Activities may be cancelled if minimum registration is not met.

Program Dates:

Fri., March 11
Wed., March 23
Thurs., March 24
Fri., March 25

Field Trips:

Nickelodeon Universe
Bounce World
MN Science Museum
Sky Zone

Fee	Member	Non-Member
First Child	\$33	\$48
Each add'l child per family	\$28	\$43

STRIDE & STRIDE Too

For boys grades 3-5 and grades 6-8.

Success, Teamwork, Respect, Inspiration, Determination = Excellence in Character

STRIDE is a 10-week interactive program that provides lessons on leadership, character development, healthy choices, goal-setting and cooperation, all within the framework of a fitness & running plan designed to boost performance in school, sports, community and at home. Classes meet twice per week and work toward participation in an end of season 5k run.

STRIDE Too offers a more advanced curriculum, continuing character development with strength, conditioning and running workouts for 6th-8th grade boys.

Classes start in September. Registration will be open in August.

For more information, visit our website at www.mankatoymca.org or contact Amy Luethmers at aluethmers@mankatoymca.org



BUILDING CONFIDENCE

PRESCHOOL/YOUTH/TEEN AQUATIC PROGRAMS

Here at the Y, we know that a child who learns how to swim builds confidence with every stroke. YMCA swim lesson participants learn proper technique and safety skills, but they also develop the foundation that will enable them to enjoy aquatic activities throughout their lives. This is a progressive program that gives each participant a solid foundation to build a lifelong love of aquatic wellness activities. Classes are subject to change or be canceled based on enrollment. For more information please contact Jose Rosales Yepez, Aquatics Director, at 507-345-9804 or jrosalesyepez@mankatoyymca.org

SWIM SAFELY

**Everyone's safety is important to us, especially children.
We ask that all abide by our pool guidelines.**

1. Street shoes are not allowed on the pool deck
2. Do Not enter the pool if you suspect you have or have a communicable disease or an open cut or blisters, band aids are not allowed in the water
3. Wear family appropriate and clean swim attire only*
4. Shower using warm water and soap before entering the pool or after use of the toilet facilities
5. Children in Diapers or newly potty trained children under 3 must wear disposable swim diapers or a re-usable plastic pant with snug elasticized legs and waistband
6. No extended breath-holding or hyperventilation allowed
7. Only U.S. Coast guard approved lifejackets allowed. Users must remain within arm's reach of an adult
8. Goggles/ Masks that cover the nose are prohibited on person's less than 18 years of age
9. Do not run or engage in rough play in the pool area or locker-rooms
10. Diving is prohibited in water less than 9 feet in depth
11. Spitting, spouting water from mouth or blowing nose in the pool is prohibited
12. Diaper changing in the pool area is prohibited. Please use locker-rooms
13. Do not bring domestic animals into the pool area
14. Do not bring food, drink, or gum into the pool area
15. Glass and shatterable items are prohibited in the pool area

Swim Attire Guidelines*

1. Clothing may be worn over a swimsuit if it is clean and family appropriate. We recommend lightweight tighter fitting clean clothing.
2. Clothing must be rinsed off thoroughly in the shower before entering the pool.
3. Please see Aquatic staff for details about water depth restrictions when wearing clothing in water.
4. Children in Diapers or newly potty trained children under 3 years old must wear disposable swim diapers or a re-usable plastic pant with snug elasticized legs and waistband.



PRESCHOOL SWIM LESSONS

CHILD WITH PARENT: Ages 6 Months – 36 Months

SKIPS

The first class in our preschool progressive swim program is SKIPS Water Adjustment Class. This class is for infants 6-36 months (parent accompanied).

PREREQUISITES: No swimming skills; tight-fitting plastic pants or Little Swimmers disposable swim diapers only; NO CLOTH OR DISPOSABLE DIAPERS. Swim diapers available at the front desk for \$1.00.

SKILLS/ACTIVITIES: Parents will accompany their child in the water while an instructor guides parents in teaching their children fundamental safety & aquatic skills.

NEXT LEVEL OPTION: PIKE if at least 3; toilet trained; comfortable without a parent.

Spring Session: April 5 – May 5

Registration Deadline: March 31

Days	Time
Tues/Thurs	5:50-6:20 p.m.

Summer Session A: June 6-16

Registration Deadline: May 26

Days	Time
Mon-Thurs	5:30-6:00 p.m.

Summer Session B: June 20-30

Registration Deadline: June 9

Days	Time
Mon-Thurs	5:30-6:00 p.m.

Summer Session C: July 5-14

Registration Deadline: June 30

Days	Time
Mon-Thurs	5:30-6:00 p.m.

Summer Session D: July 18-28

Registration Deadline: July 14

Days	Time
Mon-Thurs	5:30-6:00 p.m.

Summer Session E: Aug 8-18

Registration Deadline: Aug 4

Days	Time
Mon-Thurs	5:30-6:00 p.m.

Fee:

Member	Non-Member
\$40	\$65

NOTE: A late fee of \$8.00 will be charged after registration deadlines pending available space.



CHILD WITHOUT A PARENT: Ages 3 – 5 Years

Must be comfortable without parent in water

PIKE – Preschool level 1

PREREQUISITES: No swimming skills; toilet trained, comfortable without parent.

SKILLS/ACTIVITIES: Swimmers develop safe pool habits, adjust to the water, and learn basic paddle stroke. To progress, child must feel comfortable holding face in water while blowing bubbles, and must be able to float on his/her back.

NEXT LEVEL OPTION: EEL if under 6 yrs. old.

EEL – Preschool level 2

PREREQUISITES: Pike skills.

SKILLS/ACTIVITIES: Child is comfortable in the water. Swimmer is taught to kick, dive, float and paddle stroke. To progress, child must swim across the pool with little to no assistance with face in the water.

NEXT LEVEL OPTION: RAY if under 6 yrs. old; POLLIWOG if 6 yrs. old.

RAY – Preschool level 3

PREREQUISITES: Eel skills.

SKILLS/ACTIVITIES: Child can swim independently without a floatation device. Child improves stroke skills, builds endurance, and treads water. Child can swim on his/her front and back without assistance.

NEXT LEVEL OPTION: GUPPY1 if 6yrs old.

Spring Session: April 4 – May 7

Registration Deadline: March 31

Days	Time	Class
Mon/Wed	4:00-4:40 p.m.	Pike/Eel
Tues/Thurs	6:30-7:10 p.m.	Pike/Eel
Tues/Thurs	7:20-8:00 p.m.	Eel/Ray
Saturdays	9:00-9:50 a.m.	Pike/Eel
Saturdays	10:00-10:50 a.m.	Pike/Eel/Ray

Summer Session A: June 6-16

Registration Deadline: May 26

Days	Time	Class
Mon-Thurs	8:00-8:50 a.m.	Pike/Eel
Mon-Thurs	9:00-9:50 a.m.	Pike/Eel/Ray
Mon-Thurs	6:10-7:00 p.m.	Pike/Eel

Summer Session B: June 20-30

Registration Deadline: June 9

Days	Time	Class
Mon-Thurs	8:00-8:50 a.m.	Pike/Eel
Mon-Thurs	9:00-9:50 a.m.	Pike/Eel
Mon-Thurs	6:10-7:00 p.m.	Pike/Eel/Ray

Summer Session C: July 5-14

Registration Deadline: June 30

Days	Time	Class
Mon-Thurs	8:00-8:50 a.m.	Pike/Eel
Mon-Thurs	9:00-9:50 a.m.	Pike/Eel/Ray
Mon-Thurs	6:10-7:00 p.m.	Pike/Eel

Summer Session D: July 18-28

Registration Deadline: July 14

Days	Time	Class
Mon-Thurs	8:00-8:50 a.m.	Pike/Eel
Mon-Thurs	9:00-9:50 a.m.	Pike/Eel
Mon-Thurs	6:10-7:00 p.m.	Pike/Eel/Ray

Summer Session E: Aug 8-18

Registration Deadline: Aug 4

Days	Time	Class
Mon-Thurs	8:00-8:50 a.m.	Pike/Eel
Mon-Thurs	9:00-9:50 a.m.	Pike/Eel/Ray
Mon-Thurs	6:10-7:00 p.m.	Pike/Eel

Fee:

	Member	Non-Member
Weekdays	\$40	\$65
Saturdays	\$35	\$55

NOTE: A late fee of \$8.00 will be charged after registration deadlines pending available space.

YOUTH SWIM LESSONS

Ages 6+ Years

Polliwog – Youth Level 1

(American Red Cross Levels 1 & 2)

PREREQUISITES: Must be at least 6 yrs. old; no swim skills necessary.

SKILLS/ACTIVITIES: Students will become familiar with the water, flotation devices, and pool rules. Students will learn the front paddle, side and back paddle. To move to the next level they will need to swim a length of the pool without assistance with their face in the water.

Guppy 1 – Youth Level 2

(American Red Cross Levels 2 & 3)

PREREQUISITES: Ray or Polliwog skills.

SKILLS/ACTIVITIES: Students are introduced to essential strokes: front and back crawl, sidestroke, breaststroke, and elementary backstroke. The goal of this level is to gain fundamental skills before moving on to the lap pool to achieve endurance. Before moving on, students must swim the length of the pool without assistance.

Guppy 2 – Youth Level 3

(American Red Cross Levels 2 & 3)

PREREQUISITES: Guppy 1 skills.

SKILLS/ACTIVITIES: Students are beginning to master essential strokes: front and back crawl, sidestroke, breaststroke, and elementary backstroke. The students will gain endurance by working on proper stroke techniques and gaining distance. Before moving on, students must swim the length of the pool without assistance.

Minnow – Youth Level 4

(American Red Cross Level 4)

PREREQUISITES: Guppy 2 skills.

SKILLS/ACTIVITIES: Students further refine the essential strokes: front and back crawl, sidestroke, breaststroke, and elementary backstroke. To move to the next level, they need to be comfortable swimming all strokes 25 yards.

Fish – Youth Level 5

(American Red Cross Level 5)

PREREQUISITES: Minnow skills.

SKILLS/ACTIVITIES: Students work to perform the crawl stroke, elementary backstroke, back crawl stroke, and sidestroke with turns. They are introduced to butterfly stroke. To advance, students must be able to swim all strokes 50 yards without stopping.

Flying Fish – Youth Level 6

(American Red Cross Level 5/6)

PREREQUISITES: Fish skills.

SKILLS/ACTIVITIES: Perform the front crawl, backstroke, elementary backstroke, sidestroke, & breaststroke; to advance, student must tread water for three minutes with combination kicks, plus swim all strokes 100 yards.

Shark – Youth Level 7

(American Red Cross Level 6)

PREREQUISITES: Flying fish skills.

SKILLS/ACTIVITIES: Swimmers focus on perfecting strokes and increasing endurance with open and flip turns. Students also learn advanced skills in safety and rescues. Perform front crawl, breaststroke, elementary backstroke, & sidestroke with open turns; perform the butterfly.

Spring Session: April 4 – May 7

Registration Deadline: March 31

Days	Time	Class
Mon/Wed	4:00-4:40 p.m.	Polliwog/Guppy 1/Guppy 2/Minnow
Tues/Thurs	6:30-7:10 p.m.	Polliwog/Guppy 1/Guppy 2/Minnow
Tues/Thurs	7:20-8:00 p.m.	Polliwog/Guppy 2/Fish/Flying Fish/Shark
Saturdays	9:00-9:50 a.m.	Polliwog/Guppy 1/Guppy 2
Saturdays	10:00-10:50 a.m.	Polliwog/Minnow/Fish/Flying Fish/Shark

Summer Session A: June 6-16

Registration Deadline: May 26

Days	Time	Class
Mon-Thurs	8:00-8:50 a.m.	Polliwog/Guppy 1/Guppy 2/Minnow
Mon-Thurs	9:00-9:50 a.m.	Polliwog/Guppy 2/Fish/Flying Fish/Shark
Mon-Thurs	6:10-7:00 p.m.	Polliwog/Guppy 1/Guppy 2/Flying Fish/Shark

Summer Session B: June 20-30

Registration Deadline: June 9

Days	Time	Class
Mon-Thurs	8:00-8:50 a.m.	Polliwog/Guppy 2/Fish/Flying Fish/Shark
Mon-Thurs	9:00-9:50 a.m.	Polliwog/Guppy 1/Guppy 2/Minnow
Mon-Thurs	6:10-7:00 p.m.	Polliwog/Guppy 2/Minnow/Flying Fish/Shark

Summer Session C: July 5-14

Registration Deadline: June 30

Days	Time	Class
Mon-Thurs	8:00-8:50 a.m.	Polliwog/Guppy 1/Guppy 2/Minnow
Mon-Thurs	9:00-9:50 a.m.	Polliwog/Guppy 2/Fish/Flying Fish/Shark
Mon-Thurs	6:10-7:00 p.m.	Polliwog/Guppy 1/Guppy 2/Flying Fish/Shark

Summer Session D: July 18-28

Registration Deadline: July 14

Days	Time	Class
Mon-Thurs	8:00-8:50 a.m.	Polliwog/Guppy 2/Fish/Flying Fish/Shark
Mon-Thurs	9:00-9:50 a.m.	Polliwog/Guppy 1/Guppy 2/Minnow
Mon-Thurs	6:10-7:00 p.m.	Polliwog/Guppy 2/Minnow/Flying Fish/Shark

Summer Session E: Aug 8-18

Registration Deadline: Aug 4

Days	Time	Class
Mon-Thurs	8:00-8:50 a.m.	Polliwog/Guppy 1/Guppy 2/Minnow
Mon-Thurs	9:00-9:50 a.m.	Polliwog/Guppy 2/Fish/Flying Fish/Shark
Mon-Thurs	6:10-7:00 p.m.	Polliwog/Guppy 1/Guppy 2/Flying Fish/Shark

Fee:

	Member	Non-Member
Weekdays	\$40	\$65
Saturdays	\$35	\$55

NOTE: A late fee of \$8.00 will be charged after registration deadlines pending available space.



MINI MARLINS SWIM ACADEMY

PREREQUISITES: Must be able to swim 25 yards, 1 length of our indoor Lap Pool comfortably.

Not sure if you are ready to compete on the swim team? Do you want to train and stay in shape? Then this program is for you! The five-week session is conducted by our Marlins Swim Team coaches. The instruction will focus on the following aspects of competitive swimming:

- Proper technique for each of the four competitive strokes: freestyle, breaststroke, backstroke and butterfly
- Proper technique for starts, turns and finishes
- Improving fitness level through dry land and water workouts
- Developing a positive, winning attitude
- Social Skills that complement YMCA core values
- Our goal will be to gain endurance

Spring Session: April 4 – May 4

Registration Deadline: March 31

Days	Time	Class
Mon/Wed	4:00–5:00 p.m.	Mini Marlins

Summer Session 1: May 30 – June 29

Registration Deadline: May 26

Days	Time	Class
Mon/Wed	4:00–5:00 p.m.	Mini Marlins

Summer Session 2: July 11 – August 10

Registration Deadline: June 30

Days	Time	Class
Mon/Wed	4:00–5:00 p.m.	Mini Marlins

Fee:

Member	Non-Member
\$76	\$127

NOTE: A late fee of \$8.00 will be charged after registration deadlines pending available space.

PRIVATE/SEMI PRIVATE SWIM LESSONS

No age limit

AVAILABLE BY APPOINTMENT: Please call Jose Rosales Yopez for more information or to schedule your lesson at 507-345-9804 or jrosalesyopez@mankatoymca.org

1-on-1 Private Lessons

Sessions	Member	Non-Member
1-30 minute session	\$25	\$35
3-30 minute sessions	\$65	\$95
5-30 minute sessions	\$110	\$160

Semi-Private Lessons

Sessions	# of Swimmers	Member	Non-Member
1-40 minute session	2 Swimmers	\$20 each	\$25 each
1-40 minute session	3 Swimmers	\$18 each	\$23 each

*40 minutes can be combined or divided into 20 minutes each

SUMMER MARLINS SWIM TEAM AT TOURTELLOTTE

Ages 6–18

The YMCA Marlins are going outdoors again this summer. This team is for youth interested in being involved on a competitive summer swim team. The team focuses on team unity, the YMCA core values, and critiquing and refining the 4 competitive strokes and racing components. Participants need to have completed YMCA Minnow level or Red Cross Level 4 and be able to swim 50 meters or 1 length of the Tourtellotte pool comfortably.

Summer season will begin on June 6 and run through mid-August. Practices will be held Monday through Friday at Tourtellotte Pool from 10:00 a.m.–12:00 p.m.

For more information please contact: 507-387-8255

AMERICAN RED CROSS LIFEGUARD TRAINING

EARN YOUR WHISTLE!

Ages 15 & up

Learn the skills and knowledge required to become a lifeguard, including how to recognize, prevent, and respond quickly to aquatic emergencies. Learn CPR for the Professional Rescuer, AED, and First Aid. Participants will receive certifications after attending all class sessions, and passing all written exams and water skills tests. Course materials included in fee.

Certifications received upon completion of course objectives and passing with a score of at least 80 percent correct on course final written exam.

- Lifeguard, First Aid, and CPR/AED certification is valid for two years.

Spring Session: April 30–May 1, May 7–8

Registration Deadline: April 28

Days	Time	Class
Sat/Sun	10:00–5:00 p.m.	American Red Cross Life Guard Training

***MUST ATTEND ALL 4 CLASS SESSIONS**

Fee:

Member	Non-Member
\$170	\$190

NOTE: A late fee of \$8.00 will be charged after registration deadlines pending available space.



OUTDOOR POOLS

Off Site Facilities

TOURTELLOTTE OUTDOOR POOL

507-387-7946 • 300 WEST MABEL ST. • MANKATO

2016 SUMMER SEASON DATES: MAY 28 – AUGUST 26

HOURS: open daily (weather permitting): Lap Swim 12 – 1:00 p.m.
Open Swim 1:00 – 5:20 p.m.
Lap Swim 5:30 – 6:30 p.m.

FAMILY NIGHTS: Wednesday Evenings 6:30-8:00 p.m.

Tourtellotte Pool will be closed starting at 3:30 p.m. June 24 and closed ALL DAY June 25-26 and July 22-24.

Facility rental available. Please call 387-7946 to reserve your group.

OPEN
Saturday, May 28
Weather Permitting

SPRING LAKE PARK OUTDOOR POOL

507-388-1767 • 650 WEBSTER AVE • NORTH MANKATO

2016 SUMMER SEASON DATES: JUNE 4 – AUGUST 21

HOURS: open daily (weather permitting): 1:00-7:00 p.m.

SEASON PASSES: Season Passes/Punch Passes are available at the North Mankato City Municipal Building, 1001 Belgrade Avenue, North Mankato, on or before Friday, June 3; and available for purchase at the Swim Facility beginning Saturday, June 4.

Facility rental available. Please call 388-1767 to reserve your group.

DAILY ADMISSION, PUNCH PASS AND SEASON PASS RATES ARE YET TO BE DETERMINED FOR SPRING LAKE PARK OUTDOOR POOL.

OPEN
Saturday, June 4
Weather Permitting

Rates

Daily General Admission	\$2.50 (6 years and older)
Daily Wading Pool Admission	\$1.25 (5 years and younger with paid adult)
Punch Pass Main Pool	10 visits for \$22.50 (Adults/Children 6 & over)
Punch Pass Wading Pool	10 visits for \$10.00 (under 6 w/ paying adult)
Season Pass Individual	\$45.00
Season Pass Family of 2	\$85.00 (each add'l family member add \$7.50)
Season Pass + Babysitter	Add \$25.00



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

KEEPING KIDS SAFE AROUND WATER



Drowning is the **second leading cause of accidental death** in children ages 1-14.



Three children die every day as a result of drowning.

Drowning poses a threat to the health and well-being of people nationwide, particularly among **children and minority populations.**

Percent of children who cannot swim

70%

African American

60%

Hispanic

40%

Caucasian

THE Y: "AMERICA'S SWIM INSTRUCTOR."

As the most accessible community resource to prevent drowning, the Y teaches more than a **million children** invaluable water safety and swimming skills each year. Research shows that participation in formal swimming lessons can reduce the risk of drowning among children one to four years of age.



In addition to vital water safety instruction, participants in Y swim lessons:

**MORE
THAN
JUST
SAFETY**



learn new skills



feel a sense of achievement



increase physical activity levels



connect to others in class



make new friends



recognize new role models

CREATING MEMORIES

SUMMER 2016 CAMP PROGRAMS

Our camps are all about your child. Our goal is that your child has a week or two or an entire summer filled with new activities, challenges and friends while meeting their developmental needs, providing a foundation for continued learning during the summer months and incorporating the YMCA values of respect, responsibility, honesty, caring and faith.

REGISTRATION

Registration begins March 1, 2016. Sign up in person at the YMCA front desk.

Submit \$20 deposit per session you would like your child to attend. This will hold your child's spot for the designated sessions of camp.

Take advantage of the \$10 Early Bird discount by registering by April 30, 2016.

CAMP GEAR

Additional camp shirts can be purchased for \$10 each. Swim gear must consist of a towel, swimsuit, change of clothing, and a plastic bag for wet swim gear. Please wear tennis shoes and dress appropriately.

CAMP RALLY DAY

You're invited to a camp celebration held on March 5th from 1-4pm. Event Includes time to meet the staff, register for camp and the Earn Your Way to Camp Fundraiser, play games, make a craft, snack creation and activities for all.

CAMP DISCOUNTS

\$10 Early Bird Discount for those who register before the end of the day on Thursday April 30, 2016.

FUNDRAISER

The YMCA fundraiser is a great way for you to earn your way to camp. It's available to campers at any age level and helps offset your camp fees. If you are applying for financial assistance you must participate in the fundraiser before any financial aid dollars will be awarded. To enroll in the camp fundraiser, attend the Camp Rally Day.

CONTACT US

School-Age Camps

Contact: Karri Olmanson
507-345-9808 ext. 232
kolmanson@mankatoymca.org

Preschool / Kindergarten Camps

Contact: Cheryl Ballard
507-387-8255 ext. 248
cballard@mankatoymca.org



**SUMMER CAMP REGISTRATION
BEGINS MARCH 1st 2016!**

FOR MORE SUMMER CAMP DETAILS,
PICK UP A CAMP BROCHURE AT THE
FRONT DESK OR VIEW ONLINE
www.mankatoymca.org

PRESCHOOL AND KINDERGARTEN CAMPS

PRESCHOOL CAMPS

Designed for 3 and 4-year-olds who are fully toilet trained.
Come experience games, art, music, stories, swimming, snacks, playtime, and outdoor play—all under the care of our nurturing preschool staff. Come join the fun!

Camps meet Monday–Friday from 9:00–11:30 a.m. in Preschool Room 101.

Session	Dates	Theme
Session 1	June 6–10	Music Makers
Session 2	June 20–24	Balls, Balls, Balls
Session 3	July 18–22	Zoom Zoom
Session 4	August 1–5	Little Picassos
Session 5	August 15–19	Animal Action

Fee	Member	Non-Member
Early Bird	\$60	\$80
After 4/30	\$70	\$90

NOTE: Fee includes all camp supplies and a camp t-shirt (one t-shirt per camper per summer).



MINI DAY CAMPS

Designed for 4, 5, and 6-year-olds.

Each day we begin indoors for art, playtime, music, and theme-related activities. Then we load the bus and venture outdoors to a different park each day for games, snacks, songs, hiking, nature exploration and playtime with friends. We end our days with swimming and water play.

Camps meet Monday–Friday from 8:00–12:00 p.m. in Preschool Room 102.

Session	Dates	Theme
Session 1	June 13–17	Here Comes the Sun
Session 2	June 27–July 1	Super Scientists
Session 3	July 11–15	Jammin in the Jungle
Session 4	July 25–29	All About Art
Session 5	August 8–12	Treasure Hunt

Fee	Member	Non-Member
Early Bird	\$85	\$105
After 4/30	\$95	\$115

NOTE: Fee includes all camp supplies and a camp t-shirt (one t-shirt per camper per summer).



KINDERGARTEN PREP CAMPS

Designed for children who are entering Kindergarten in the Fall of 2016. Morning curriculum focuses on Kindergarten readiness skills, with special concentration on reading and math skills. Afternoon activities focus on social skills and recreational play and utilize area parks, playgrounds and the YMCA pool and gyms.

Camps meets Monday–Friday from 8:00–2:30 p.m. in Preschool Room 102

Session	Dates	Theme
Session 1	July 18–22	Chicka Chicka Boom Boom ABC and 123
Session 2	August 1–5	Space is the Place
Session 3	August 15–19	Animal Adventures

	Member	Non-Member
Early Bird	\$130	\$150
After 4/30	\$140	\$160

SCHOOL-AGE CAMPS

DAY CAMPS

Designed for campers who have completed any grade K-4.
Day camp is a fun-filled recreational and educational program especially designed for the young camper. Natural surroundings of our area's beautiful parks are used for the YMCA Day Camp sites. Activities include hiking, Explore 30 reading program, crafts, developing camp skills, nature exploration, songs, games, weekly field trips and swimming!
Camp meets Monday–Friday, 8:00–5:00 p.m.

Session	Dates	Theme	Field Trip
Session 1	June 6–10	Kick Start your Summer	Big Thrill Factory
Session 2	June 13–17	Into the Wild	Minnesota Zoo
Session 3	June 20–24	Time Travelers	Skateville
Session 4	June 27–July 1	Residential Expedition	Camp Patterson
Session 5	July 11–15	Extreme Inventions	MN Science Museum
Session 6	July 18–22	It's a Splash!	Gaylord Water Park
Session 7	July 25–29	Welcome to the Jungle	Rad Zoo
Session 8	Aug 1–5	Treasure Island	Waseca Water Park
Session 9	Aug 8–12	Sports Fan-tastic	Grand Slam
Session 10	Aug 15–19	Minnesota Adventures	Minneopa State Park
Session 11	Aug 22–26	3-2-1 Blast Off	MN Air National Guard Museum

Fee	Member	Non-Member
Early Bird	\$125	\$145
After 4/30	\$135	\$155

NOTE: Fee includes all camp supplies and a camp t-shirt (one t-shirt per camper per summer).

PRE-TEEN CAMPS

Designed for campers who have completed any grade 4-6.
For those campers who are looking for an older experience to the traditional Day Camp hours. Campers will discover in themselves newfound confidence and strength while they learn how to trust in themselves, and each other, as they work together to explore, problem-solve, and achieve common goals. An empowering experience for all!
Camp meets Monday–Friday, 8:00–5:00 p.m.

Session	Dates	Theme
Session 1	June 6–10	A-Mazing Race
Session 2	July 11–15	Mission Possible
Session 3	July 25–29	Light's Camera, Action. Actor's Theatre
Session 4	Aug 15–19	Myth Bashers

Fee	Member	Non-Member
Early Bird	\$125	\$145
After 4/30	\$135	\$155

NOTE: Fee includes all camp supplies and a camp t-shirt (one t-shirt per camper per summer).

FISHING CAMP

Designed for campers who have completed any grade 4-6.
Learn about fishing techniques as we pursue Bass, Northern Pike, Pan Fish and Walleyes on various lakes surrounding the Mankato area. Life jackets and bait are provided at camp, but be sure to bring your own pole and tackle.
Camp meets Monday–Friday, 8:00–5:00 p.m.

Session	Dates
Session 1	June 13–17
Session 2	August 8–12

Fee	Member	Non-Member
Early Bird	\$165	\$185
After 4/30	\$175	\$195

SPORT CAMPS

Do you have young athletes who love all sports? This camp is for you. Our sports camp will include a variety of both traditional and non-traditional sports skill clinics and games all aimed to develop individual skill and team work. With our three-hour clinics and our experienced, trained sports specialists, your child will never get bored. Campers will play a different sport each week, participate in traditional camp activities and experience first-hand our "Y Way to Play" philosophy (fun, sportsmanship, opportunity, progressive competition and community). The Y's fun-filled sports camp brings boys and girls together to practice and play in a positive and nurturing environment. Campers will be divided into groups based on their age and ability and participate in daily clinics, healthy competition and mini scrimmages.
Camp meets Monday–Friday, 8:30–4:30 p.m.

JR. SPORTS CAMP

Designed for campers who have completed any grade 1-3
MINOR LEAGUE CAMP
Designed for campers who have completed any grade 4-6

Session	Dates	Sport
Session 1	June 13–17	Basketball
Session 2	June 20–24	Football
Session 3	July 18–22	Volleyball
Session 4	July 25–29	Soccer
Session 5	August 8–12	Combo

Fee	Member	Non-Member
Early Bird	\$125	\$145
After 4/30	\$135	\$155

SKATEBOARDING CAMP

Designed for campers who have completed any grade 4-6.
Is your child interested in skateboarding? If so, the YMCA has the camp for you. Whether you are a skilled shredder or just beginning, Y Skateboarding Camp provides learning opportunities for all abilities. Campers will be introduced to a variety of challenging techniques including navigating skate park terrain, trick progression, street skating and more. The YMCA is wired for safety, so campers are required to have proper safety equipment.
Camp meets Monday–Friday, 12:00–5:00 p.m.

Session	Dates
Session 1	June 13–17

Fee	Member	Non-Member
Early Bird	\$75	\$95
After 4/30	\$85	\$105

TEEN XTREME CAMP

Designed for campers who have completed any grade 6-8.
This unique combination of extreme activities includes: low and high ropes challenge course, Geo-caching, kayaking, archery and paintballing. Our goal is that the individual camper will be more resilient and responsible, build self-confidence and create friendships with positive peer group.
Camp meets Monday–Friday, 8:00–5:00 p.m.

Session	Dates
Session 1	July 18–22

Fee	Member	Non-Member
Early Bird	\$185	\$205
After 4/30	\$195	\$215

RESIDENT CAMPS

L.I.T CAMP AT RESIDENT CAMP PATTERSON

Designed for campers who have completed grades 8 or 9.

The YMCA Leaders in Training (L.I.T.) Camp takes place at Camp Patterson and is the perfect way to learn valuable leadership skills and character values, and enhance self-esteem while gaining experience working with their peers and younger children.

Campers depart from the YMCA on Monday at 8:00 a.m. and are returned there on Friday at 4:00 p.m.

Session	Dates	
Session 1	June 27-July 1	1 week at Resident Camp Patterson
Session 2	Aug 1-5	1 week at Resident Camp Patterson

Fee	Member	Non-Member
Early Bird	\$270	\$290
After 4/30	\$280	\$300



C.I.T CAMP AT RESIDENT CAMP PATTERSON

Designed for campers who have completed grades 10 or 11.

CIT's can expect to receive hands-on experience in a camp setting by assisting counselors in supervising and instructing campers. They will discover how to efficiently coordinate a cabin group and ensure a quality experience for all participants. CIT's will learn many important skills that will benefit them not only here at camp, but in everyday life, such as; leadership, independence, decision making, and so much more! To apply, interested teens must complete the CIT application process and return it to the Mankato Family YMCA with references by April 30th. **Upon acceptance to the program, CIT's must attend a week of day camp training before the week of resident camp.**

Campers depart from the YMCA on Monday at 8:00 a.m. and are returned there on Friday at 4:00 p.m.

Session	Dates	
Training Week	June 20-24	Mandatory Day Camp Training
Session 1	June 27-July 1	1 week at Resident Camp Patterson
Session 2	Aug 1-5	1 week at Resident Camp Patterson

Fee	Member	Non-Member
Early Bird	\$225	\$245
After 4/30	\$235	\$255

RESIDENT CAMP PATTERSON

Designed for campers who have completed any grade 2-6.

Camp Patterson is a 5-day resident camp for boys and girls located on Lake Washington, 15 miles from Mankato. Outdoor fun and learning happen through a variety of activities such as canoeing, swimming, fishing, hiking, crafts, archery, theater, music, games, developing Christian values and campfire programs. Campers enjoy healthy meals, sound sleep and physical activity every day. Qualified instructors help the campers learn and grow through activities on the lake, in the field or in the woods. The camp program brings a sense of community to everyone. Camping helps boys and girls to develop self-confidence and make new friends.

Campers depart from the YMCA on Monday at 8:00 a.m. and are returned there on Friday at 4:00 p.m.

Session	Dates
Session 1	June 27-July 1
Session 2	Aug 1-5

Fee	Member	Non-Member
Early Bird:	\$270	\$290
After 4/30:	\$280	\$300

2016 CAMP SESSIONS	Preschool Camp	Mini Day Camp	Kindergarten Prep	Day Camp	Sports Camps	Pre-Teen Camp	Fishing Camp	Skateboarding Camp	Teen Xtreme	Leaders in Training (LIT)	Counselors in Training (CIT)	Resident Camp Patterson
Note: The numbered boxes indicate which camp session is available that week.												
June 6-10	1			1		1						
June 13-17		1		2	1		1	1				
June 20-24	2			3	2						CIT	
June 27-July 1		2		4						1	1	1
July 11-15		3		5		2						
July 18-22	3		1	6	3				1			
July 25-29		4		7	4	3						
August 1-5	4		2	8						2	2	2
August 8-12		5		9	5		2					
August 15-19	5		3	10		4						
August 22-26				11								

PRESCHOOL CAMP PAYMENT INFORMATION	Early Bird Price		After 4/30 Price		SCHOOL-AGE CAMP PAYMENT INFORMATION	Early Bird Price		After 4/30 Price	
	Member	Non	Member	Non		Member	Non	Member	Non
Preschool Camp	\$60	\$80	\$70	\$90	Day Camp (*includes t-shirt)	\$125	\$145	\$135	\$155
Mini Day Camp	\$85	\$105	\$95	\$115	Sports/Pre-Teen Adventure	\$125	\$145	\$135	\$155
Kindergarten Prep	\$130	\$150	\$140	\$160	Fishing Camp	\$165	\$185	\$175	\$195
CAMP RALLY DAY You're invited to a camp celebration held on March 5 th from 1-4pm. Event Includes time to meet the staff, register for camp and the Earn Your Way to Camp Fundraiser, play games, make a craft, snack creation and activities for all.					Skateboarding Camp	\$75	\$95	\$85	\$105
					Teen Xtreme	\$185	\$205	\$195	\$215
					Leaders-in-Training	\$270	\$290	\$280	\$300
					Counselors-in-Training	\$225	\$245	\$235	\$255
					Resident Camp Patterson	\$270	\$290	\$280	\$300

DISCOVERING WELLNESS

ADULT/OLDER ADULT WELLNESS PROGRAMS

How do you define wellness? At the Y, everyone designs their own path to wellness. Fast-paced or first-step, high-impact or low, there are plenty of ways to get where you want to be. Whatever your goals, the Y is ready to support you on your journey toward improved health.

PLEASE CONSULT YOUR PHYSICIAN BEFORE STARTING AN EXERCISE PROGRAM.

Schedules are available at the front desk and in the Life Center.

Life Center Rules & Recommendations

- The Life Center is open to ages 13 and over. Youth aged 13–14 must complete an orientation before working out on their own during designated youth times or with parental supervision. **Must be 13 or older to use the Life Center.**
- Workout attire is required (shirt, sweats, tennis shoes). No street shoes or sandals allowed. If your shoes have mud or are soiled, you will be asked to change shoes.
- Must be 15 or older to use the Free Weight Room. Please return weights when finished. No throwing weights. Use spotters when needed or contact the Life Center staff for a spotter. No spitting or tobacco use allowed.
- Please wipe off equipment when finished.
- Return clipboards, pencils and workout cards to the appropriate area.
- Report any maintenance problems to the Life Center staff.
- Only water bottles are allowed.
- All members and guests are expected to conduct themselves in an appropriate manner at all times. Abusive language will not be permitted.
- Violators of these rules will forfeit their privilege to use the Life Center.



ADULT GROUP EXERCISE CLASSES

Members Only – FREE No Registration Required

The Y offers many FREE Group Exercise classes. We believe it's important to establish healthy living habits at a young age. Together, you and your family will have fun while exercising. Kids ages 13-14 may attend group exercise classes with a parent, and teens 15+ can attend solo. Class schedules can be found online at www.mankatoyymca.org and at the YMCA.

CARDIO AND STRENGTH

SS STEP AND STRENGTH In this class you will do choreographed exercise routines up, onto, down and around the step for great cardio fitness, as well as exceptional training to shape the lower body. Class ends with 10-15 minute of strength training using dumbbells, bands, and bodyweight.

SS R.I.P.P.E.D. The one stop body shock system. The name stands for Resistance, Interval, Power, Plyometrics, Endurance and Diet. Each component of the workout provides a different body response, so your body never gets accustomed to the constantly changing format. Lots of variety, lots of fun!

SS CIRCUIT MAX Based on the circuit training concept, this class combines cardio moves (no step) and endurance strength training. This intense yet scalable workout will help burn body fat while increasing lean muscle mass. Not only that, but it's fun and full of variety to keep you coming back for more!

SS STEP INTERVAL Using the step and free weights, this athletic interval workout can be modified to accommodate various fitness levels while challenging the most hard-core athlete. Led by an experienced instructor with inspiring music, powerful moves, and constantly varying routines....this is not your typical step class!

SS LOW IMPACT STEP This 45 minute, beginner to intermediate, low impact step class is fun and easy to follow. You'll burn fat and sculpt muscles while doing intense low impact step choreography mixed with high intensity bursts of cardio and strength training. This class is ideal for beginners or those with injuries requiring a low impact workout but also scalable for all fitness levels, with options given for those who want to step it up a notch.

SS METCON Metcon stands for metabolic conditioning. This total body work-out utilizes all three of the body's energy systems to rev up your metabolism. Every class begins with focused core work, followed by strength training, and just when you think the workout is complete your instructor gives you a high intensity metabolic circuit for a powerful finish! A variety of equipment is utilized in this class, each week is a different challenge!

MARTIAL ARTS-BASED CARDIO

SS BODYCOMBAT™ A high intensity, martial arts inspired cardio workout. This energetic and empowering program draws from a wide array of disciplines such as karate, boxing, taekwondo, tai chi and muay thai. Supported by driving music and motivating instructors, you strike, punch, and kick your way through calories to superior cardio fitness. One 55-minute class provides all the core training benefits of 1700 crunches without doing a single one!

BODYCOMBAT™ Express
35-minute version of BODYCOMBAT™

DANCE-BASED CARDIO

FF GOLDEN RHYTHMS Low impact cardio for all levels. Dance your way through fun Latin, international, and hit songs with easy to follow moves.

SS ZUMBA® A cardio class that combines high energy dance moves and motivating music. Fun and easy to do.

HIGH INTENSITY INTERVAL TRAINING

IA GRIT™ series is a 30-minute HIIT class with 3 different formats: cardio, plyo, and strength. It is designed for people who demand an extreme and efficient workout using the scientifically proven technique of high intensity interval training. Not recommended for beginners.

The 3 Workouts:

STRENGTH: Using barbell, weight plate and body weight exercises, **GRIT™ STRENGTH** is an intense 30-minute team training workout that will blast all major muscle groups and take your strength into another zone.

PLYO: **GRIT™ PLYO** is a plyometric-based workout that delivers fast results. Combining the principles of explosive plyometrics and power agility training, you will build a powerful, agile and athletic body.

CARDIO: **GRIT™ CARDIO** is a high-impact cardio workout like nothing else. Designed to burn fat and rapidly improve athletic capability, this explosive 30-minute workout combines high impact body weight exercises and uses no equipment.

SS LOW IMPACT HIIT utilizes one of the best training methods for fat loss in a low impact way! High Intensity Interval Training is one of the best ways to burn fat because it increases your metabolism long after your exercise session has ended, not just during it. In this class you will get all the benefits of HIIT but without the extra stress on your joints. Timed intervals may incorporate movements taken from step aerobics, kickboxing, bodyweight training, and more! For those who want it, high impact options can be given. No complex choreography to follow. Simple, effective, and fun!



STRENGTH TRAINING

- SS BODYPUMP™** The world-famous group barbell program that challenges every major muscle in your body using all the best weight room exercises like squats, curls, lifts, and presses.
- IA** Adjustable weights along with inspiring music and simple choreography allow you to get fit in record time. Boosts your endurance, increases your strength, and speeds up metabolism for rapid fat burning.
- FF** **BODYPUMP™ Express**
35-minute version of BODYPUMP™

MIND/BODY

- SS BODYFLOW™** The Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centered and calm. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses to music create a holistic workout that brings the body into a state of harmony and balance. (Please bring your own mat).
- FF** **BODYFLOW™ STRENGTH** This is a 35-minute format focusing on strength. Class consists of sun salutations, standing strength, balance, and core (abdominals and back) and ending with forward bends. (Please bring your own mat).
- SS** **BODYFLOW™ FLEXIBILITY** This is a 35-minute format focusing on flexibility. Class consists of a tai chi warm-up, sun salutations, hip openers, twists, forward bends, and ending with relaxation. (Please bring your own mat).
- FF** **TAI CHI**  The Arthritis Foundation Tai Chi Program is an ancient practice proven to reduce pain and improve your mental and physical well-being. Class uses gentle sun-style routines that are safe, easy to learn, and suitable for every fitness level.

- FF** **SIMPLE STRETCH** The perfect start to the day! Class may include a walking warm-up, light calisthenics, and entire body stretches. Perfect for all levels and abilities.

ACTIVE OLDER ADULTS

SilverSneakers® and Silver & Fit® are programs for Medicare Health Plan eligible members 65+ years or older or on disability. These programs give access to the Y and programming appropriate for active, older adults.

SILVERSNEAKERS® CLASSIC

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activities for daily living. Hand-held weights, elastic tubing with handles, and a SilverSneakers® ball are offered for resistance. A chair is available if needed for seated or standing support.

SILVERSNEAKERS® CIRCUIT

Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work with hand-held weights, elastic tubing with handles, and a SilverSneakers® ball is alternated with low-impact aerobic choreography. A chair is used for standing support, stretching, and relaxation exercises.

CHAIR YOGA

Yoga class that moves your whole body through a complete series of seated and standing Yoga poses. Chair support is offered to safely perform all exercises. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

SILVERSNEAKERS® CARDIO

Get up and go with an aerobics class that's safe, heart-healthy, and gentle on the joints. The workout includes easy-to-follow low-impact movements that focus on upper body strength, abdominal conditioning, stretching, and relaxation exercises designed to energize your active lifestyle.



Group Fitness Guidelines

At the Mankato Family YMCA we expect staff, members and guests to behave in accordance with our mission and values, respecting the rights of others.

You demonstrate Caring, Honesty, Respect and Responsibility by:

- Caring for the equipment and studio by putting away equipment and supplies you use.
- Be Honest with yourself and your abilities. Follow class instructions and recommendations. Ask questions if you're unclear.
- Respecting other participants and their right for a safe and effective workout by keeping conversations and distractions to a minimum. Respecting the instructors by not disrupting the class or interfering with their ability to provide a safe and effective experience for other members.
- Taking Responsibility for your workout. Focus on your fitness goals and challenge yourself. Know your limitations to prevent injuries. Inform the instructor of any questions or concerns regarding your class or fitness level.

Our goal is to offer quality health and fitness programs for people of all ages and abilities, motivating people to take personal responsibility for making positive lifestyle changes.

- Please wait outside studio until class begins.
- For the safety and courtesy of all, members are not allowed to enter class 10 minutes after start time.
- Workout attire is required. No street shoes allowed.
- If only one member arrives for class, instructor may cancel.
- Bring water bottle to class. Take frequent water breaks if needed.
- Keep belongings in cubbyholes or off studio floor.
- Return equipment to proper storage location after use.
- All members and guests are expected to conduct themselves in an appropriate manner at all times. Abusive language or disruptive behavior will not be permitted.

WHAT DO THE SYMBOLS STAND FOR?

Overwhelmed by so many class options? We are making it easier than ever before for you to decide which classes are right for YOU. No matter your age, abilities, or fitness level - we've got you covered and we'll point you in the right direction!

- FF Forever Fit**
These classes are challenging yet recognize the exercise needs of 50+ adults. Low impact exercises and functional movements give you a workout that's easier on the body while still being highly effective. Enjoy improved strength, endurance, balance, and flexibility. Burn calories, maintain muscle, release stress, and feel younger!
- IA Inner Athlete**
These classes are for the intermediate to advanced exerciser. Become fitter, faster, and stronger with these high intensity workouts!
- SS Starting Strong**
These classes are great for beginners just getting into a workout routine! Challenging yet scalable for all fitness levels so that you can start strong and continue to progress your workout over time!

PERSONAL TRAINING

YMCA ADULT EXERCISE RECOMMENDATIONS

The YMCA urges that individuals receive annual physical examinations or that your physician be notified of your YMCA participation. Further, the YMCA requests that any person with challenging health conditions who uses the YMCA should notify a member of the YMCA staff in advance of their participation.

WORK WITH A TRAINER AT THE YMCA

At the Y, our nationally certified Personal Trainers can help you reach your fitness and weight loss goals!

Like you, Personal Trainers come in a variety of shapes and sizes with different backgrounds and experience. Whether you prefer land-based exercise or water workouts, our trainers can personalize workouts based on your lifestyle—from working professionals to athletes, to new moms and more.

Personal Training benefits:

- Free personal consultation to discuss health history and set fitness goals
- Customized training program based on your fitness goals and current fitness level, at a time that's convenient for you
- Offers positive encouragement, motivation and accountability
- Keeps workouts full of variety
- Learn lifelong health and fitness habits
- Increase the efficiency and effectiveness of your workouts
- Sessions can include, but are not limited to: strength, cardiovascular, flexibility, sports conditioning, and balance training..

We also offer private training in yoga, mat, pilates and pilates reformer.

To get started, please stop by the Life Center or call Kelsey Mead at 345-9816.

INDIVIDUAL PERSONAL TRAINING FEES

# of Sessions (1 hour each)	Member Cost
3 Sessions	\$120
5 Sessions	\$175
10 Sessions	\$300
20 Sessions	\$500

BUDDY PERSONAL TRAINING FEES – 2 PEOPLE

# of Sessions (1 hour each)	Member Cost (per person)
5 Sessions*	\$100
10 Sessions*	\$180
20 Sessions*	\$300

*One session will be counted whether all are in attendance or not.

GROUP PERSONAL TRAINING FEES – 3 PEOPLE

# of Sessions (1 hour each)	Member Cost (per person)
5 Sessions*	\$75
10 Sessions*	\$140
20 Sessions*	\$235

*One session will be counted whether all are in attendance or not.

NEW! Y FIT GYM

In our new Y-FIT Gym, Personal Trainers are able to bring their clients in to a more specialized space. Our room not only features new innovative equipment (a rig with a barbell rack, pull-up bars with assistance bands, gym rings, TRX Suspension Trainers, wall balls, plyo boxes, kettlebells, jump ropes and battle ropes) but more personal space for a better one-on-one feel...no more waiting for equipment, feeling like a newbie with all eyes on you or working around other people....The Y-FIT Gym is here for you, making your personal training experience even more valuable!

NEW SERVICE!

Health and Nutrition Coaching

Learn how to adopt a healthier lifestyle with the help of certified health and nutrition coach, Amber Carson. Amber offers guidance, accountability and inspiration to help clients shift their behavior toward healthier habits by making step-by-step changes to their diet and lifestyle. The client will learn about new, healthy foods and the concept of primary foods. In this holistic program, Amber will also work with you on other areas of a healthy lifestyle including relationships, physical activity, career and spirituality. Instead of prescribing one diet or one way of exercising, Amber focuses on teaching clients to become self-sufficient by observing their own unique responses to various modifications and choosing health-promoting behaviors that work for them.

Each potential client will receive one 45-50 minute complimentary consultation which will include completing a Health History.

The program will include the following:

- Two 50-minute appointments each month for six months, which will include discussion of the client's progress, recommendations and notes. We will meet in person at the YMCA.
- A variety of handouts, recipes, books, CDs, foods and/or other materials.
- Email support in between sessions.
- Recommendations that are enjoyable, easily integrated, and step-by-step to work toward the client's goals.

Invest in your health: \$195/month. The program is a 6-month commitment.

YMCA FIT START

Free for Members

This new program incorporates fitness testing along with wellness coaching to help you realize the benefits of all components of fitness and achieve your goals. You will be paired with a wellness coach for 3 sessions; an initial assessment, a progress check-up, and a post assessment that will take place over the course of 8-10 weeks.

Your initial assessment (75 minutes) will include detailed testing of flexibility, strength, and balance. Your cardiovascular fitness will also be assessed using a submaximal test. Since regular exercise decreases your heart rate response to a given exercise intensity, this test when repeated again at a later date can give you a good indication of whether your aerobic fitness has improved.

Your first session will also include:

- A Bioelectrical Impedance Analysis that takes your body fat percentage, total body water percentage, muscle mass, physique rating, basal metabolic rate (BMR), metabolic age, bone mass, and visceral fat rating.
- An exercise history evaluation
- Discussion of your personal fitness goals
- Personalized heart rate zones (light, moderate, vigorous)
- A personalized fitness plan based on the results of your assessment
- Scheduling your progress check-up

Your progress check-up will include:

- A discussion with your wellness coach about
- What's working for you/what's not
- Updates to your fitness plan to get you closer to your goals
- Revisiting the goals you set for yourself in the first session.

Your post assessment will include:

- Repeating the assessments and tests done in your initial session
- An explanation of your post assessment results as compared to your initial assessment
- Determining key building blocks to help you continue to make progress on your fitness journey.

Stop by or call the Life Center at 345-9814 to get started today.

ADULT SPECIALTY CLASSES

Sessions	Dates	Registration Deadline
Spring Session	April 4-May 14	March 31
Spring Mini Session	May 16-June 11	May 12
Summer Session 1	June 13-July 16	June 9
Summer Session 2	July 18-Aug 20	July 14

TRAINER-LED

Spring Session

Payment Options:	Member	Non-Member
1 time per week (6 classes)	\$18	\$54
2 times per week (12 classes)	\$30	\$90

Spring Mini Session

Payment Options:	Member	Non-Member
1 time per week (4 classes)	\$12	\$36
2 times per week (8 classes)	\$24	\$72

Summer Session 1 and 2

Payment Options:	Member	Non-Member
1 time per week (5 classes)	\$15	\$45
2 times per week (10 classes)	\$30	\$90

TRIPLE THREAT

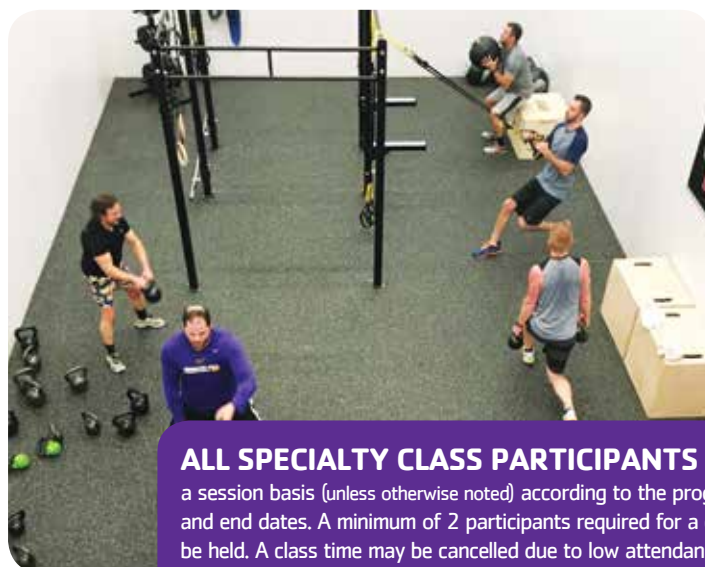
Expect the unexpected while building strength, adding definition and decreasing body fat! This total body work out will challenge all fitness levels. Kim will incorporate kettlebells, TRX suspension trainers, BOSU balls, medicine balls, bursts of cardio, body weight and more. No muscle ever gets neglected here!

Day	Time	Instructor	Location
Mon/Wed	8:30-9:30 a.m.	Kim	Blue Gym

QUICK HIIT FOR MEN

No time for a long workout? No problem! This class is 40 minutes of interval training that will get your muscles burning and hearts pumping in no time. Circuit training includes plyometrics, bodyweight exercises, TRX and Kettlebells. Men Only.

Day	Time	Instructor	Location
Mon/Wed	12:20-1:00 p.m.	Erin	Y-Fit Gym



ALL SPECIALTY CLASS PARTICIPANTS register on a session basis (unless otherwise noted) according to the program begin and end dates. A minimum of 2 participants required for a class to be held. A class time may be cancelled due to low attendance over a period of time. If this happens, advance notice will be given.

10K TRAINING

Train for the upcoming 10Kato Livestrong race on Memorial Day, 2016 with Jill Nolte, the female winner of this race in 2012, 2013, and 2014. This 8-week running program will meet twice a week and will include the following:

- 8-week training plan that includes cross training guidance in addition to progressive runs
- Access to other training partners to share your running journey with
- Handouts/discussion on various run related topics such as strength training and injury prevention
- Assistance with race day goal planning

April 5-May 26

Day	Time	Instructor	Location
Tues/Thurs	5:45-6:45 p.m.	Jill	Life Center Desk

Fee:

Member	Non-Member
\$48	\$144

HALF MARATHON TRAINING

Train for the upcoming Mankato Half Marathon on October 16th, 2016 with the guidance of not one but two experienced runners, Jill Nolte and Gena Heminover. This 12-week class will meet twice a week, once with each trainer. To be successful with this program we recommend that you have a running base of 3 miles 3-5 times a week built up.

You will receive:

- 12 week training plan that includes long run progression and cross training guidance including strength training and yoga for runners
- Access to other training partners for those long weekend runs
- Handouts/discussion on various run related topics
- Assistance with race day goal planning

July 26-October 13

Day	Time	Instructor	Location
Tues/Thurs	6:00-7:00 p.m.	Jill & Gena	Life Center Desk

Fee:

Member	Non-Member
\$72	\$216

INTRO TO KICKBOXING WITH HEAVY BAG

Learn a new skill, get in shape, and have fun! Whether you are looking to increase strength, endurance, confidence, or you're just after an awesome cardio workout, kickboxing will keep you coming back for more! This class will be progressive and will include a combination of cardio-focused and full-contact exercises. You will never have to do anything you're not yet comfortable with and there's plenty of time to improve!

- **THE WARMUP:** The workout begins with a solid warm up to prepare your body for kicking and striking the heavy bag.
- **THE ROUNDS:** Your trainer will teach you the fundamentals. From front kicks to roundhouses to back kicks, plus jab, cross and hook punching techniques. Your legs and arms will tone and strengthen with each punch and kick strike on the heavy bag.
- **Conditioning and Cool Down:** After your kickboxing workout, you'll do a series of toning and sculpting exercises. With each hour-long class, you will feel stress, inches, and pounds melting away!

Spring Session

Day	Time	Instructor
Sat	10:45-11:45 a.m.	Justin

Spring Mini Session, Summer Session 1 and 2

Day	Time	Instructor
Sat	8:30-9:30 a.m.	Justin

Fee:

Session	Member	Non-Member
Spring Session	\$30	\$90
Spring Mini Session	\$20	\$60
Summer 1 and 2 Sessions	\$25	\$75

ADULT SPECIALTY CLASSES (cont.)

Sessions	Dates	Registration Deadline
Spring Session	April 4-May 14	March 31
Spring Mini Session	May 16-June 11	May 12
Summer Session 1	June 13-July 16	June 9
Summer Session 2	July 18-Aug 20	July 14

YOGA

All of our Specialty Yoga classes are 60 minutes in length and will meet in Studio C unless otherwise noted. Attend any yoga class, it's flexible!

Spring Session

Payment Options:	Member	Non-Member
1 time per week (6 classes)	\$18	\$54
2 times per week (12 classes)	\$36	\$108
3 times per week (18 classes)	\$54	\$162

Spring Mini Session

Payment Options:	Member	Non-Member
1 time per week (4 classes)	\$12	\$36
2 times per week (8 classes)	\$24	\$72
3 times per week (12 classes)	\$36	\$108

Summer Session 1 and 2

Payment Options:	Member	Non-Member
1 time per week (5 classes)	\$15	\$45
2 times per week (10 classes)	\$30	\$90
3 times per week (15 classes)	\$45	\$135

VINYASA YOGA

Move through poses at a moderate pace to safely open and strengthen the body. Each class will vary with poses to challenge the mind and body. All levels welcome. Modifications will be given to deepen or back out of your practice. All levels welcome and options given for those wanting more or less.

Spring Session

Day	Time	Instructor
Mon/Wed	6:20-7:20 a.m.	Layla
Mon/Wed/Fri	8:05-9:05 a.m.	Gena
Tues	4:30-5:30 p.m.	Gena
Thurs	4:30-5:30 p.m.	Nadia

Spring Mini Session, Summer Session 1 and 2

Day	Time	Instructor
Mon/Wed	6:20-7:20 a.m.	Layla
Mon/Wed	8:05-9:05 a.m.	Gena
Tues	4:30-5:30 p.m.	Gena
Wed	5:45-6:45 p.m.	Gena
Thurs	4:30-5:30 p.m.	Nadia
Sat	10:00-11:00 a.m.	Rotating

FIT YOGA

Slow Vinyasa practiced in a warmed up room. Expect to sweat as you hold poses longer to challenge strength, flexibility, balance and focus. Previous yoga experience preferred.

Spring Session 1

Day	Time	Instructor
Tues/Thurs	5:45-6:45 p.m.	Gena
Sat	9:15-10:15 a.m.	Rotating



ALL SPECIALTY CLASS PARTICIPANTS register on a session basis (unless otherwise noted) according to the program begin and end dates. A minimum of 2 participants required for a class to be held. A class time may be cancelled due to low attendance over a period of time. If this happens, advance notice will be given.

GENTLE YOGA

Great class for beginners, and everyone interested in exploring a slower, softer practice. This class includes foundational poses as well as breathing exercises and meditation.

Spring Session

Day	Time	Instructor
Mon/Wed	9:15-10:15 a.m.	Gena

Spring Mini Session

Day	Time	Instructor
Mon/Wed	9:15-10:15 a.m.	Gena

Summer Session 1 and 2

Day	Time	Instructor
Mon/Wed	9:15-10:15 a.m.	Gena

POWER YOGA

Vinyasa style yoga that challenges your strength, flexibility, balance, focus and stamina with continuous movement while holding specific strength building poses longer. Previous yoga experience preferred or athletic ability.

Spring Session and Spring Mini Session

Day	Time	Instructor
Wed	5:45-6:45 p.m.	Gena

DEEP STRETCH

A conscious mind/body practice designed to bring your whole body into a deeply relaxed state, allowing your mind to become quiet and reflective. Comfortable poses mostly on the mat are settled into for 1-3 minutes to allow for working deeper into the connective tissues with the aim of increasing circulation in the joints and improving flexibility.

Spring Session, Spring Mini Session, Summer Session 1 and 2

Day	Time	Instructor
Fri	9:15 a.m.-10:15 a.m.	Gena

PILATES

All Pilates Classes meet in Studio C unless otherwise noted.

Attend any pilates class, it's flexible!

Spring Session

Payment Options:	Member	Non-Member
1 time per week (6 classes)	\$18	\$54
2 times per week (12 classes)	\$36	\$108
3 times per week (18 classes)	\$54	\$162

Spring Mini Session

Payment Options:	Member	Non-Member
1 time per week (4 classes)	\$12	\$36
2 times per week (8 classes)	\$24	\$72
3 times per week (12 classes)	\$36	\$108

Summer Session 1 and 2

Payment Options:	Member	Non-Member
1 time per week (5 classes)	\$15	\$45
2 times per week (10 classes)	\$30	\$90
3 times per week (15 classes)	\$45	\$135

PROGRESSIVE PILATES

All levels class for the novice or advanced student. Feel challenged during each class. Instructor will modify exercises to meet your needs.

Spring Session

Day	Time	Instructor
Tues/Thurs	9:30-10:30 a.m.	Katie
Tues*	11:30-12:15 p.m.	Katie



BARRE PILATES

A total body workout that tones every inch of your body, burns fat, and lengthens muscles like never before. Barre Pilates is the fastest way to strength your muscles and shed unwanted fat in record breaking time. Class focuses on small muscle groups and isometric movements to challenge your body like no other workout.

Spring Session, Spring Mini Session

Day	Time	Instructor
Mon/Wed	5:20-6:10 a.m.	Erin
Mon/Wed	11:30-12:20 p.m.	Erin
Tues/Thurs	8:30-9:20 a.m.	Erin

Summer Sessions 1 and 2

Day	Time	Instructor
Mon/Wed	11:30-12:20 p.m.	Erin
Tues/Thurs	8:30-9:20 a.m.	Erin

CYCLING

All Cycling Classes meet in Cycling Studio unless otherwise noted.

Improve your cardiovascular endurance in a low impact way, build strength, reduce stress, and burn calories like crazy. All cycling classes held in Cycling Studio where low lighting and powerful music creates an energized atmosphere.

Attend any cycling class, it's flexible!

Spring Session

Payment Options:	Member	Non-Member
1 time per week	\$18	\$54
2 times per week	\$36	\$108
3 times per week	\$54	\$162

Spring Mini Session

Payment Options:	Member	Non-Member
1 time per week	\$12	\$36
2 times per week	\$24	\$72
3 times per week	\$36	\$108

Summer Session 1 and 2

Payment Options:	Member	Non-Member
1 time per week	\$15	\$45
2 times per week	\$30	\$90
3 times per week	\$45	\$135

GROUP CYCLING

All fitness levels will be challenged by this group ride. Instructor leads you through various terrains and training zones on your stationary bike.

Spring Session, Spring Mini Session

Day	Time
Mon/Wed/Fri	8:15-9:00 a.m.
Saturdays	8:15-9:00 a.m.

CYCLE HIIT

This invigorating, low impact cycling class incorporates high intensity interval training for maximum results.

Spring Session, Spring Mini Session, Summer Session 1 and 2

Day	Time
Mon/Wed/Fri	5:30-6:15 a.m.

ADULT SPORTS

DROP-IN PICKLEBALL

Pickleball is a paddle sport played with a whiffle ball on a badminton-sized court and a tennis-style net. Pickleball is enjoyed by people of all ages and athletic abilities thanks to its ease of play and straightforward rules.

April–August

Days	Time	Location
Sun	1:00–3:00 p.m.	Blue Gym
Mon	9:30–11:30 a.m.	Blue Gym
Tues	9:00–11:00 a.m.	Blue Gym
Wed	9:30–11:30 a.m.	Blue Gym
Wed	6:00–8:30 p.m.	Blue Gym
Thurs	9:00–11:00 a.m.	Blue Gym
Fri	9:00–2:00 p.m.	Blue Gym

Fee:

Member	Non-Member
FREE	\$3/Visit



ADULT GOLF LESSONS

NORTH LINKS GOLF COURSE

Instructed by Golf Professional Jerry Mosca & Staff

- 4 Hours of instruction: Developing the putting stroke. Short shots and around-the-green techniques. Full swing basics, grip, stance and alignment swing line. Fairway and tee shot play.
- Basic rules and etiquette, club selection and strategy.
- Weather Permitting. In case of inclement weather, call North Links Golf Course at 507-947-3355.

Spring Session: May 16, 18, 23, 25

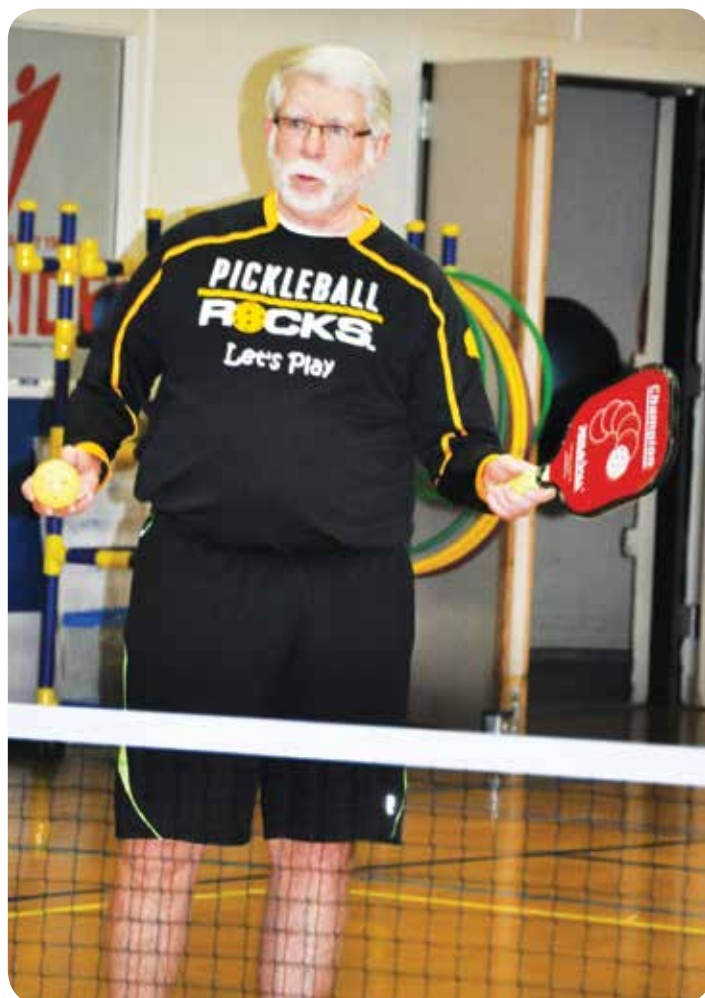
Days	Time	Location
Mon/Wed	6:00–7:00 p.m.	North Links Golf Course

Summer Session: June 20, 22, 27, 29

Days	Time	Location
Mon/Wed	6:00–7:00 p.m.	North Links Golf Course

Fee:

Member	Non-Member
\$64	\$74



Racquetball Court Guidelines

- Open courts are available, but reserved court time has priority. Call 387-1877 to reserve a court.
- Reservations may be made one day in advance of the date desired.
- The YMCA has a right to reserve any court period for special tournaments and lessons.
- Proper gym clothes and tennis shoes that do not mark the floor must always be worn.
- Wait until play has stopped before knocking or opening the door.
- Eye guards are strongly recommended.
- Children under 13 are not allowed to use a court or equipment without an adult present.

ADULT OPEN WATER AEROBICS

Free for members.

Non-members are able to purchase a punch card.

See front desk for more information.

Classes are subject to change or be canceled based on attendance.
Buoyancy belts are supplied.

THERAPEUTIC WATER EXERCISE

Class focuses on low-impact exercises ideal for individuals with Fibromyalgia, Parkinson's Disease, Multiple Sclerosis, and other joint and muscular limitations including range of motion exercises that increase flexibility and balance.

Taylor Pool

Class and Fee:	Member	Non-Member
Mon 11:45-12:30 p.m.	Free	Punch Card

AQUA CHALLENGE

A complete moderate intensity water workout that builds muscle, increases aerobic fitness, improves flexibility, and helps control weight.

Taylor Pool

Class and Fee:	Member	Non-Member
T/Th 6:00-7:00 a.m.	Free	Punch Card
Sat 8:00-9:00 a.m.	Free	Punch Card

*Saturday Class runs the 2nd, 3rd & 4th Saturday of the month only

AQUA-BATA

Maximize your time in this fast paced class. Tabata is a type of high intensity interval training that follows a specific format; 20 seconds of work followed by 10 seconds of rest, repeated 8 times for a total of 4 minutes. In this class you will perform anywhere from three to six Tabatas. Other types of intervals may also be incorporated. Great cross training for athletes and fitness enthusiasts looking to get a high intensity/low impact workout. Expect to get right to work and be challenged to the end!

Lap Pool

Class and Fee:	Member	Non-Member
T/Th 8:00-8:35 a.m.	Free	Punch Card

LEAN AND MEAN MIX

A cardiovascular and core-building workout that transitions between different depths of the Lap Pool.

Lap Pool

Class and Fee:	Member	Non-Member
M/W 7:15-8:15 p.m.	Free	Punch Card

WATER ZONE

A low-impact class that emphasizes balance, coordination, and flexibility. Join the class and improve your physical, social, and mental well-being.

Lap Pool

Class and Fee:	Member	Non-Member
M-F 10:00-11:00 a.m.	Free	Punch Card

AQUA ZUMBA

Aqua Zumba makes a splash with low-impact, high energy aquatic exercise set to awesome music! It is a cardio-conditioning, body-strengthening, "pool party" workout for all ages. Water shoes recommended.



Taylor Pool

Class and Fee:	Member	Non-Member
Sat 8:00-9:00 a.m.	Free	Punch Card

*Class runs the 1st Saturday of the month only

WATER INTERVAL

Take your water workout to the next level by adding high intensity intervals. Using the natural resistance of the water and various water props, this class combines traditional cardio and strength work with high intensity intervals for a low to no impact way to manage your weight by getting your heart pumping. Modifications given for beginners. ***Please note:** the morning class is in the lap pool and may transition between the shallow and deep ends of the lap pool. The evening class is held in the Taylor pool. Both classes will incorporate the same principles of high intensity interval training despite the varying pool depths.

Lap Pool (morning class) Taylor Pool (evening class)

Class and Fee:	Member	Non-Member
M/W/F 8:00-9:00 a.m.	Free	Punch Card
T/Th 5:30-6:30 p.m.	Free	Punch Card



NEW Y FIT GYM

There is Fit...and there is Y-Fit

The new cross training room is a space where you can feel and train like an athlete! featuring a rig with a barbell rack, pull up bars, bands, gym rings, TRX suspension trainers, wall balls, plyo boxes, kettlebells, jump ropes, battle ropes, and plenty of open space! All of these elements can be combined in endless ways for high intensity workouts that are functional and varied. Challenge yourself daily!

OPEN GYM

The Y-Fit Gym is open for use by members 18 years of age and older anytime a scheduled class is not in session. Daily workouts are posted on the chalkboard.



Y-FIT 101

Not sure what to do with the equipment in this room or how to perform the exercises properly? We've got you covered with this FREE orientation class.

Day	Time	Instructor	Location
Sat	11:30-12:30 p.m.	Varies	Y-Fit Gym

Y-FIT CLASSES

Each Y-Fit class is a trainer-led total body workout incorporating various styles of training from Tabata to TRX. Every class is different. Learn new, innovative and exciting ways to challenge yourself under the guidance of your coach. Classes last 45 minutes and are offered 6 days a week.

Sessions	Dates	Registration Deadline
Spring Session 1	April 4-May 14	March 31
Spring Mini Session	May 16-June 11	May 12
Summer Session 1	June 13-July 16	June 9
Summer Session 2	July 18-Aug 20	July 14

Spring Session 1

Payment Options:	Member	Non-Member
1 time per week	\$18	\$54
2 times per week	\$36	\$108
3 times per week	\$54	\$162

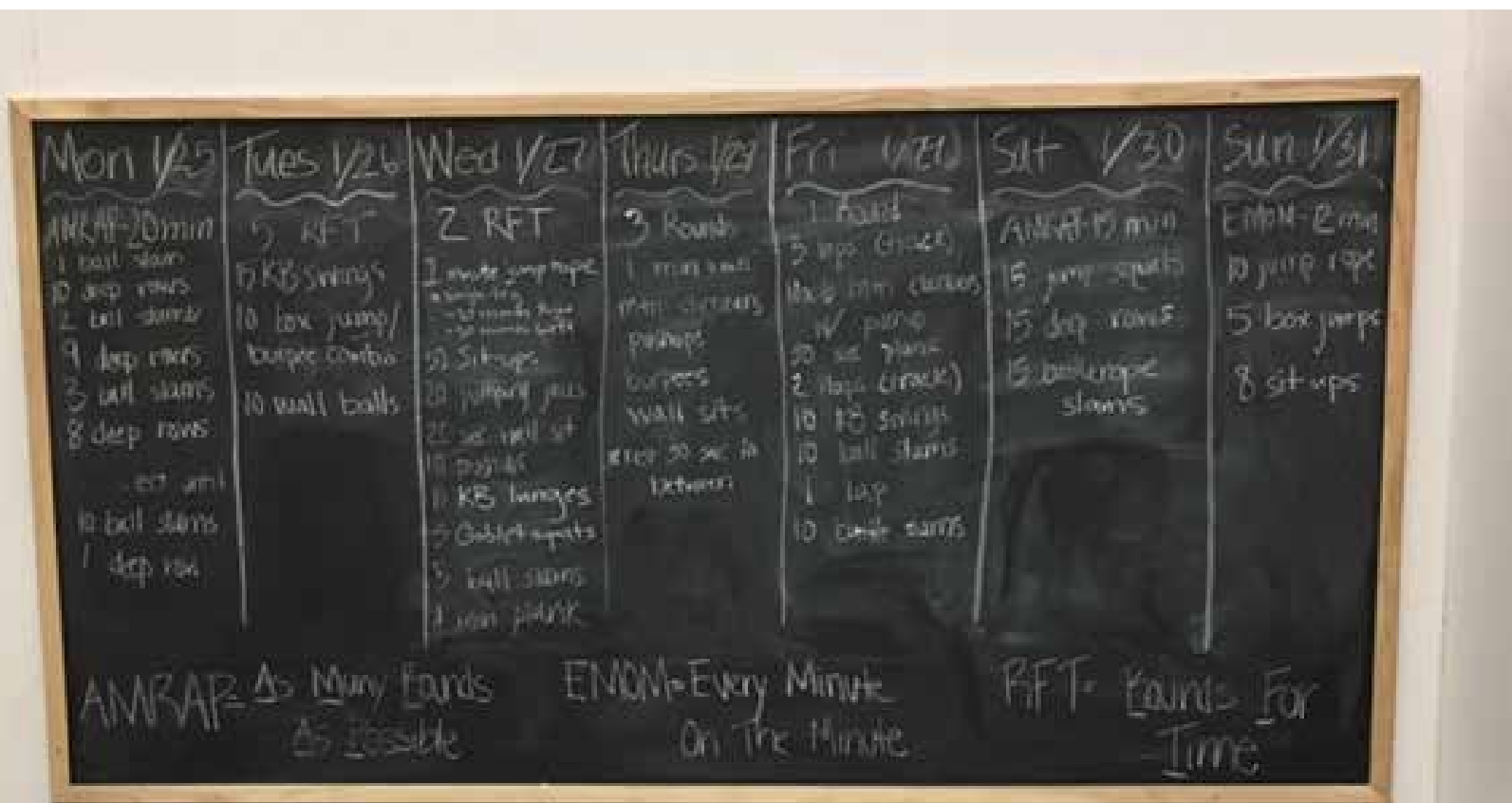
Spring Mini Session

Payment Options:	Member	Non-Member
1 time per week	\$12	\$36
2 times per week	\$24	\$72
3 times per week	\$36	\$108

Summer Session 1 and 2

Payment Options:	Member	Non-Member
1 time per week	\$15	\$45
2 times per week	\$30	\$90
3 times per week	\$45	\$135

To view the Y-Fit Class Schedule visit our website at www.mankatoymca.org



MAKING A DIFFERENCE



VOLUNTEER OPPORTUNITIES

The Mankato Family YMCA is always looking for volunteers to help in our many different programs, as well as special events we host throughout the year. No matter what your special talents, interests, and schedule may be, you can help change someone's life at the YMCA. Your involvement makes a difference. If you share our commitment to the continued well-being of our youth and community, please consider becoming a YMCA volunteer!

Contact Cheryl at 345-9809, for more information about volunteering.

SCHOOL-BASED MENTORING PROGRAM

School-Based Mentoring pairs Mankato area public school students with adult mentors for lunch or other school activities once a week. For the students, it's an adult who will listen without judging, talk without preaching and take a genuine interest in how things are going. In other words, a friend. For the mentor, it's making a difference in a child's life.

BROTHER/SISTER MENTORING PROGRAM

The Brother/Sister program creates a unique bridge connecting caring adult mentors to youth. Mentors help youth increase their self-confidence, social and communication skills, positive behaviors and help improve relationships at home, school and within the community. Making a positive difference in the life of a kid who needs it. That's the role – and reward – of the Brother/Sister volunteer.

BECOME A

MENTOR

IT'S APPSOLUTELY MARVELOUS

DOWNLOAD THE MANKATO FAMILY YMCA MOBILE APP

The easiest way to find your favorite fitness class is right in your pocket.

Download the Y mobile app to:

- Get Facility Status (Closings)
- Share on Facebook & Twitter
- Find Programs, Events & Camp Info
- Search & Add Classes To Your Calendar



Get Started!



Search!

Search for Mankato Family YMCA in the app store

Download!

Download the Mankato Family YMCA app

Enjoy!

Enjoy card free check-in and facility notifications!



SEE INDIVIDUAL PROGRAM FOR REGISTRATION DEADLINES

Monday, February 22, 2016 for Members / Thursday, February 25, 2016 for Non-Members

(In-person, drop-off, mail-in) – Please Print Neatly

Check: <input type="checkbox"/> Check Number _____			
Charge to: <input type="checkbox"/> Mastercard <input type="checkbox"/> Visa <input type="checkbox"/> Other _____		TOTAL	
Account Number _____			
Card Holder Signature _____		Exp. Date _____	
E-mail _____			
Name _____			
Phone Number (H) _____		(W) _____	
Address _____		Birthdate _____	
City _____		Zip _____	

YMCA MEMBERS:

"In-Person Registration" begins Monday, February 22, 2016.

“Mail-In Registration” will be accepted on these days with the consideration that In-Person Registration has priority.

"Online Registration" begins Monday, February 22, 2016, at 5:00 a.m.

YMCA members who mail in registration can confirm registration a few days before class starts. YMCA adult members will use membership card for admittance to facility and programs per normal procedure. They are not required to bring registration slip. YMCA youth members will be checked on a roster. Registration receipt is needed in event of a refund if fee has been charged.

YMCA NON-MEMBERS:

"In-Person Registration" begins Thursday, February 25, 2016.

“Mail-In Registration” will be accepted on these days with the consideration that In-Person Registration has priority. Members have priority on all Mail-In Registrations.

1. All classes require preregistration unless specified they are ongoing.
2. Fee must accompany class registration.
3. Credit card must be used for "Online" registrations or "Phone-in" registrations.

4. The YMCA reserves the right to alter schedule or cancel classes.

5. Program Cancellation Policy The Mankato Family YMCA reserves the right to cancel any activity due to insufficient enrollment. When an activity is cancelled, the Mankato Family YMCA will make every effort to contact registrants 48 hours before the scheduled start of the activity. Complete refunds will be given when this occurs. Persons who wish to withdraw their registration must do so no later than two (2) business days before the activity is scheduled to start. Program specific policies regarding refunds apply to YMCA Preschool, After School Adventures or Marlins Swim Team League programs. Late fees will not be refunded. No refunds will be made after the two (2) business day policy prior to the start of an activity. If you cancel your membership and are currently registered for a program at **member rate**, you will be billed for the **non-member rate** of the program. **Member rate on programming is a benefit for members.**

6. The YMCA wants to provide a quality experience in each class and enrollment limits will be observed. Classes are filled on a first-come, first-served basis. Waiting lists will be maintained and whenever possible waiting list people will be accommodated. Members will have priority.

YMCA Facility Hours

Monday through Thursday - 5:00 a.m.–10:00 p.m.
Friday - 5:00 a.m.–9:00 p.m.
Saturday - 6:00 a.m.–7:00 p.m.
Sunday - 10:00 a.m.–7:00 p.m.

Open Hours for Y Youth

(unless child is actively participating in a program)

- All youth 9 years of age and under must always be accompanied by an Adult*
- One (1) hour prior to the YMCA closing, youth 15 years of age or younger are not to be in the facility unless accompanied by an Adult*

*Supervising Adult is 18 years of age and older

Holiday Hours

- Memorial Day-Monday, May 30
Y Closed
- 4th of July-Monday, July 4
Y Closed
- Labor Day-Monday, September 5
Y Closed

Annual Pool Closing

- Annual Pool Maintenance - August 20-28



YMCA Pepsi Cube Hours

March-May: Monday–Friday 3:00 p.m. – 8:00 p.m.

June–August: Monday–Friday 1:00 p.m. – 8:00 p.m.

Open to ages 10 and older. 8 and 9 year olds must have an adult in the building. 7 year olds and under must be accompanied by an adult.

Childwatch Hours (while using the facility)

March-May:

Monday–Friday: 8:00 a.m. – 8:15 p.m.
Saturday: 8:00 a.m. – noon

June–August:

Monday–Friday: 8:00 a.m. – 1:30 p.m.
4:00 p.m. – 8:00 p.m.

Children must be at least 6 months old. The maximum length of stay for children in the Child Watch Room is two hours.

Members: The first 90 minutes once a day, per child, is free to members (the children must be members). Fifty cents per child will be charged per 15 minutes increments beyond the first 90 minutes.

Non-Members: \$2.25 first hour first child, \$2.00 first hour each additional child; plus \$.75 per child for each 15 minute increment thereafter.

Stay Connected

Y Newsletter

Get all the news that's fit by signing up for the Mankato Family YMCA newsletter.

Sign up at mankatoymca.org



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