



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

FIND YOUR PASSION. FIND YOUR Y.

**MANKATO FAMILY YMCA
2022-2023 Program Guide**



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

The Y.™ For a better us.™



CHILD CARE CENTER



FAMILY FUN



FITNESS CENTER



WHY WE'RE HERE

FOR YOUTH DEVELOPMENT

Nurturing the potential of every child and teen
We believe that all kids deserve the opportunity to discover who they are and what they can achieve. That's why through the YMCA, millions of youth today are cultivating the values, skills and relationships that lead to positive behaviors, better health, and educational achievement.

FOR HEALTHY LIVING

Improving our community's health and well-being
The YMCA is a leading voice on health and well-being. The Y brings families closer together, encourages good health, and fosters connections through fitness, sports, fun, and shared interests. As a result, nearly 400,000 youth, adults, and families are receiving the support, guidance, and resources needed to achieve greater health and well-being for the spirit, mind, and body.

FOR SOCIAL RESPONSIBILITY

Giving back and providing support to our neighbors
The YMCA has been listening and responding to Mankato and its surrounding areas most critical social needs for 129 years. Whether developing skills or emotional well-being through education and training, welcoming and connecting diverse demographic populations through global services, or preventing chronic disease and building healthier communities through collaborations with policymakers, the Y fosters the care and respect all people need and deserve.

OUR MISSION

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

Become a Member

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 will take full advantage of everything we have to offer! Take a look and find what is right for you.

Stop in for a tour!

No Contracts!
No Annual
Admin Fees!

MEMBERSHIP RATES

A photo ID is required to apply for a membership

YOUTH Individuals 0 - 18 years old; must have an adult or guardian present to complete membership application process

\$15/Month

ADULT* Individuals 19 - 61 years old

\$49/Month

SENIOR* Individuals 62+ years old

\$41/Month

SENIOR COUPLE* Two adults, 62+ years old

\$60/Month

FAMILY* Includes two adults, plus dependent children (age 0 - 23) living in the same household

\$69/Month

***TOWEL/KIT SERVICE** Two shower towels per visit & personal combination locker can be added for an additional fee. Towel/Kit package is not an included offer as part of financial aid assistance & is not available to youth.

\$9/Month

MEMBERS RECEIVE PROGRAM DISCOUNTS AND PRIORITY REGISTRATION. 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 you are registered for.

Joining Fee

A one-time joining fee is applied to each new membership. Joining fees may be waived with a qualifying health incentive program. If a membership lapses 30 days or more, the joining fee will be applied again upon sign-up.
Youth \$10.00 || Adult & Senior Adult \$30.00 || Family & Senior Couple \$60.00

Veterans

As a small token of gratitude for your service, all joining fees are waived. Monthly membership costs still apply. Please present any of the following: Retired military ID, Veterans DD214, Veterans ID Card from the department of Veteran Affairs.

Health Incentive Reimbursement Program

Up to \$40 reimbursement available for most major health insurance carriers. Check with your insurance provider and see if you qualify. *Requires facility utilization.

Do you qualify? Bring insurance cards for each participating adult and a voided check. We will waive your joining fee.

Renew Active/One Pass; SilverSneakers & Silver&Fit
Come in to start your free membership today. Requires annual verification.

We're here for you and your family. We're here for the community. We're here for good.

YMCA Hours

Mon-Friday | 5 am – 9 pm

Saturday | 6 am – 7 pm

Sunday | 10 am – 7 pm

Holidays

Closed on Easter, Memorial Day,
Fourth of July, Labor Day,
Thanksgiving and Christmas.

Christmas Eve // Y Closes at 2 pm
New Year's Eve // Y Closes at 6 pm
New Year's Day // Noon – 6 pm

Stay Connected

The Mankato Y utilizes multiple ways to help members stay connected to the latest news, events, programming, cancellations and closures. Like us on Facebook, sign up for our Member E-Updates, and browse our mobile-friendly website.

 mankatoymca.org

 [/mankatoymca](https://www.facebook.com/mankatoymca)

 [@mankatofamilyymca](https://www.instagram.com/mankatofamilyymca)

MEMBERSHIP PERKS



2 GYMS



FREE COFFEE



2 POOLS



HOT TUB



FREE WI-FI



WELLNESS
CENTER



FREE WEIGHT
ROOM



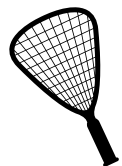
Y-FIT
GYM



SAUNAS &
STEAM ROOMS



DAILY
NEWSPAPERS



RACQUETBALL
COURTS



FREE FITNESS
CLASSES



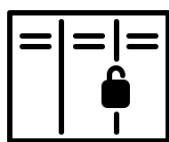
3 STUDIOS



INDOOR
WALKING
TRACK



PICKLEBALL
COURTS &
EQUIPMENT



5 LOCKER
ROOMS



PEPSI REC
ROOM



FREE CHILD
WATCH



PROGRAM
DISCOUNTS



the
YMCA
NATIONWIDE

WHAT'S INSIDE?

MEMBERSHIP & POLICIES PAGE 2

All the information you need to know to get started with your YMCA membership, including facility rules, guest information and how to stay connected.

YOUTH DEVELOPMENT PAGE 6

Get information about Child Watch, Pepsi Rec Room, Preschool, Youth Programs, Aquatics, Youth Sports, Chesley Skate Park & More!

HEALTHY LIVING PAGE 16

See all the facilities available to members, plus information on Group Fitness Classes, Wellness Center, Personal Training, ForeverWell & More!

SOCIAL RESPONSIBILITY PAGE 22

Learn how to get involved at the Y through Mentoring, Giving, & Volunteering.

IT'S GREAT TO BE A Y MEMBER

Annual Rate Adjustment

All membership rates are subject to change with 30 days written notice. These rates are approved by the YMCA Board of Directors and are calculated to cover operating, maintenance and improvement expenses. Rates are to be adjusted one time for members regardless of when they join the Y. Notice of rate change will be posted on the website, in our brochure & e-newsletter, and around the facility.

Payment Plans

Bank (routing and account) & Credit/Debit Card Draft
Monthly fee is drawn from the account on the 20th of each month. All returned payments may be subject to a \$30 service fee. Payments are continuous until member completes the cancellation process.

Payroll Deduction (Only certain companies apply)
Your employer draws the monthly fee from your paycheck and forwards the payment to the YMCA.

Annual
Full year of payment is collected at the time of sale. 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. We accept cash, check, money order, and all major credit cards.

*Members receiving financial assistance also have the option of making quarterly payments (3 months). Memberships are to be continuous. Lapse of membership will result in back-payments.

Non-payment results in membership termination.

Financial Assistance

The Mankato Family YMCA strives to make membership available to everyone. With support from the Greater Mankato United Way and funds raised through our annual Strong Community Campaign, individuals and families are provided assistance when they cannot afford the full rate. We use a sliding fee scale based on total household income and the number of household members. We require supporting documentation to verify household size and income, and we consider special circumstances when providing assistance. Recipients are expected to be responsible for a percentage of the membership cost. Qualification for YMCA financial assistance for membership is reviewed every year. *Note: Financial Assistance memberships do not receive renewal notices.



How do I apply?

- Download the application at mankatoymca.org or pick one up at the front desk.
- Return the completed application and copies of required documents to the Mankato Family YMCA.
- Approval process may take up to 10 business days.

Kelly Agre, Membership Director
507.345.9818 // kagre@mankatoymca.org

Ashley Dahlman, Member Relations Director
507.386.2703 // adahlman@mankatoymca.org

Supporting the Health of Local Business

The YMCA provides 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 contact our Membership Director Kelly Agre.

Corporate Rates

The YMCA has a corporate rate, encouraging area businesses to maintain a healthy workforce. A minimum of three employees joining the Y is all that is needed to be eligible for the corporate rates.

Membership Cancellations

We hate to see you go, however if you choose to cancel your membership, you must notify the YMCA:

Membership Bank & Credit/Debit Card Drafts: You must notify the YMCA in writing by the **25th of the month prior to the next membership draft**. Memberships are continuous until written request is given for termination. It is your responsibility to cancel your membership if you decide to discontinue use of the YMCA facility.

Payroll Deductions/Annual Memberships: You must provide the YMCA with a **30 day written notice**. Memberships are continuous until written request is given for termination. It is your responsibility to cancel your membership if you decide to discontinue the use of the YMCA facility.

Please note: restarting a lapsed membership of 30 days or more may require a joining fee. Cancellation forms are available online or at the YMCA front desk. Cancellation inquiries should be emailed to kagre@mankatoymca.org.

Refunds

Membership refunds are only permitted when there are extenuating circumstances that limited you from notifying the YMCA of your cancellation. These would need to be accompanied by proper documentation (i.e. doctor's note). If you were incorrectly charged due to the YMCA's failure to cancel or put the membership on hold, a full refund will be given as long as the refund is accompanied by proper documentation (i.e. hold form, cancel form, email, etc). Under these circumstances, the YMCA will not refund more than six months of membership at any given time. In the case that you receive a scholarship through our Financial Assistance program and you have been alerted that your rate will be expiring and have failed to provide renewal documentation, no refund will be given.

Additional Information

Membership Cards & Access

The YMCA requires members to be photographed for safety and security purposes. Identification cards are member specific and nontransferable. A hold will be applied to your membership if misuse is suspected. If lost or broken, replacement cards are \$2.

Check-In

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 YMCA is not responsible or liable for articles damaged, lost, or stolen. Towel/Locker Kit information available on inside cover.

Lost and Found

The YMCA is not responsible or liable for any damaged, lost, or stolen items. Contact the front desk to retrieve lost and found items. All content that is not recovered will be donated to a local charity.

MY Y IS EVERY Y. NATIONWIDE.

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.

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 only use other Silver Sneakers locations. Silver & Fit is only valid at your home YMCA - Not valid on Nationwide Membership.

Visitors must present a valid YMCA membership card, a photo ID, and complete a waiver or standard membership application form.

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/program access. Nationwide Members are not eligible to bring in guests. Other restrictions may apply.

Visit mankatoymca.org for more information.

GUESTS & VISITORS

A photo ID is required with each visit.

Day Passes

Non-members can purchase a daily pass.

Youth \$10

Age 17 & under must have a parent/guardian present to sign visitor waiver

Age 9 & under must have a parent/guardian with them all times

Adult \$15

Age 18+

Family/Household \$20

Guests of Members

\$2 per guest

An individual can be a guest of a member FIVE times per calendar year.

Guest Rules

- Members 16 and older may bring guests to the Y.
- Members are not allowed to bring in groups of guests.
- Guests of any age must complete a visitor form and those 18 and older are required to show a photo ID upon each visit.
- Guests under the age of 18 must have a parent or guardian present to complete the visitor form prior to facility entry.
- Members are responsible for their guest and must accompany them and remain in the facility at all times.
- Guests 9 and younger must be accompanied by an adult 18 or older at all times.
- The Y reserves the right to limit guest passes.
- Visiting Y members (From other YMCAs) can not bring in guests.
- Y guests can not bring in guests.



ONLINE ACCOUNT

Set up your new online account today!

If you haven't set up your online account yet, you can follow these simple steps.

STEP 1:

ENSURE YOU HAVE A VALID E-MAIL CONNECTED TO YOUR MANKATO FAMILY YMCA MEMBERSHIP ACCOUNT. If you don't or are unsure, please contact the front desk.

STEP 2:

GO TO MANKATOYMCA.ORG/REGISTER BY SCANNING THE QR CODE:

Click 'Create Your Online Account' This will open a new page to create your online account.



STEP 3:

UNDER 'LOGIN OR FIND YOUR ACCOUNT' ENTER THE E-MAIL ASSOCIATED WITH YOUR MEMBERSHIP. The first-time logging in, select "Forgot your password?" and follow the prompts to set your password.

STEP 4:

CHECK YOUR E-MAIL. Click the link provided and create your password. Your password must be at least 7 characters and contain at least one capital letter and one number.

STEP 5:

GO BACK TO MANKATOYMCA.ORG/REGISTER AND CLICK 'CREATE YOUR ONLINE ACCOUNT' Enter your e-mail address and your newly created password.

STEP 6:

VERIFY YOUR INFORMATION Look under 'View Account' and take a few minutes to review and confirm all your information. Please update any information that is not current.

WHAT DOES MY ONLINE ACCOUNT DO?

- Register for programs faster and easier
- Update or change your billing information
- Schedule payments
- View or print receipts
- Pay your account balance
- View your Check-In history
- Donate to the Y

Get more information, including how to register and pay for programs online at mankatoymca.org/register



SCAN
HERE

DOWNLOAD THE NEW MOBILE APP

It's easier than ever to stay connected with the Y on the go! Our new and improved app will offer the same features as our old app plus so much more. Download the app today and connect it to your membership account. Scan the QR code for instructions on how to download.

DIVERSITY & INCLUSION

Our Commitment to Inclusion: The Y is made up of all people of all ages and from every walk of life working side by side to strengthen communities. Together we work to ensure that everyone has the opportunity to reach their full potential with dignity. Our core values are caring, honesty, respect, responsibility and faith - they guide everything we do.

BE IN THE KNOW

YMCA Code of Conduct

The Mankato Family YMCA is committed to providing a safe and welcoming environment for all. To promote safety and comfort, the YMCA asks all persons to act appropriately at all times when in our facilities, on our property or participating in our programs.

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

At the YMCA, we demonstrate **Caring, Honesty, Respect and Responsibility** by:

- Speaking in respectful tones; refraining from the use of vulgar or derogatory language; and dressing appropriately.
- Resolving conflicts in a respectful, honest and caring manner, never resorting to physical contact or threatening gestures.
- Respecting others by refraining from intimate behavior in public; abstaining from contact of a sexual nature.
- Respecting the property of others; never engaging in theft or destruction.
- Creating a safe, caring environment, never possess, use, or distribute a weapon.
- Participating in programs to build a healthy spirit, mind and body; never engaging in the use, sale, dispensing or possession of illegal drugs or narcotics, or the use of alcohol or tobacco on YMCA premises or during YMCA programming.

The actions listed below, which are not intended to be an all inclusive list of behaviors, are considered inappropriate and are prohibited in our facilities and programs.

- Using or possessing alcohol or illegal drugs on YMCA property, in YMCA vehicles or facilities, or at YMCA sponsored programs.
- Smoking on YMCA property – All YMCA buildings and grounds are smoke and tobacco product-free environments. This includes vaping and e-cigarettes.
- Carrying or concealing a weapon or any device or object that may be used as a weapon.
- Harassment or intimidation by words, gestures, body language, or any type of menacing behavior.
- Physical conduct with another person in an angry, aggressive, or threatening way.
- Verbally abusive behavior, including profanity, angry language, swearing, name calling, or shouting.
- Sexually explicit conversation of behavior; any sexual contact with another person.
- Inappropriate, immodest, or sexually revealing attire.
- Theft or behavior that results in the destructions or loss of property.
- Loitering within facilities or on the grounds of the YMCA after being requested to depart the YMCA's property.
- Use of social networking websites in a manner that is contrary to the YMCA's mission, is detrimental to the community or is in violation of the law.
- Soliciting on YMCA property or at YMCA sponsored programs.

Adherence to the YMCA Code of Conduct and regulations is essential. Noncompliance may result in suspension or termination of YMCA membership privileges.

Anyone who feels that this Code of Conduct is being violated should immediately report the behavior to a staff person on duty. YMCA staff members are eager to be of assistance. Please notify a staff member of assistance is needed.

Suspension or termination of YMCA membership may result from a violation of the Code of Conduct. While an incident is being investigated, the membership of the person(s) accused of violating the Code of Conduct may be temporarily suspended pending final decision.

Our YMCA utilizes video surveillance to protect all persons. Cameras are installed in open and public area.

Right to Deny Access

The Y reserves the right to deny or refuse service to any person convicted of any offense related to violent crime, the sale, possession, and/or transportation of illegal drugs, or is currently under the influence of illegal drugs or chemicals, narcotics, or intoxicating beverages. In addition, the Y conducts regular sex offender screenings on all members, participants, and guests. If a sex offender match occurs, the Y reserves the right to cancel membership, end programming, and remove visitation access.

Privacy Policy

We keep your private information private by

- Not selling your information
- Restricting who has access to your information
- Using firewalls and encryption

For a complete notice of our privacy policy, please visit our website mankatoymca.org

Photo Policy

The YMCA reserves the right to take photographs of adults and children participating in YMCA programs. Photos are to be used in promotional materials, including YMCA website and social media platforms. If you do not wish to be included, please inform the photographer.

E-mail Collection

The purpose for collecting an e-mail address is strictly for YMCA use. The intent is to keep our members better informed of current and upcoming events. E-mails are also required for online registrations.

Security Cameras

The YMCA has security cameras placed throughout the public areas of the facility and grounds. These cameras are recording and viewing multiple 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 all locker rooms and restrooms.

Program 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 space. 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 catalog three times a year. These guides are available at the facility or online at mankatoymca.org.

Program Cancellations

The Y may cancel an 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) full weeks before the activity is scheduled to start. Program-specific policies regarding refunds apply to YMCA Preschool, After School Adventures, or Marlins Swim Team. Non-refundable deposits will not be returned. No refunds will be given after the two (2) weeks 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 cancelled because of severe weather or for any other reason beyond the YMCA's control, and classes cannot be made up, no refund will be given.

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 resists 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.

CHILD ABUSE PREVENTION

The YMCA core values: caring, honesty, respect, responsibility and faith are part of everything we do. Because of this, we place great value on creating the most child-safe environment possible. We take the prevention of child abuse seriously through our Mankato Family YMCA Child Abuse Prevention Policies and Code of Conduct. We report all suspected abuse to the authorities as required by law.



YOUTH GUIDELINES

Unless a child is actively participating in a YMCA program:

- All youth 9 years of age and under must always be accompanied by an adult*
- No loitering is allowed
- One 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

FACILITY RULES

Group Fitness
Youth Rules
pg. 17

WELLNESS CENTER, Y-FIT GYM & FREE WEIGHT ROOM RULES & RECOMMENDATIONS

- 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.
- Personal items should be stored. No items should be on floor.
- Only closed-lid water bottles are allowed.
- Please wipe off equipment when finished.
- All members and guests are expected to conduct themselves in an appropriate manner at all times. Abusive language will not be permitted.
- Please return weights when finished.
- No throwing or dropping weights. Use spotters when needed or contact the Wellness Center staff for a spotter.
- No spitting, vaping or tobacco use allowed.
- Be courteous and safe, please refrain from using your cell phone on equipment and allow people to work in between sets.
- Parents with Infants: Adults may not work out on any equipment with children in front or rear facing packs. Infants in strollers or carriers may not be in the Free Weight Room. Infants in strollers may be alongside cardio equipment.
- Report any maintenance problems to the Wellness Center staff.
- Violators of these rules will forfeit their privilege to use the Wellness Center and Free Weight Room.

YOUTH RULES

- The Wellness Center is open to ages *10 & over.
- Youth aged 10–17 must complete a parent authorized Youth Orientation before working out in the Wellness Center, Free Weight Room and Y-Fit Gym. Sign up for orientation at Wellness Center desk.
- *Ages 10–11 may use the Wellness Center if accompanied side by side an adult or guardian after completing Youth Orientation.
- Must be 15 or older to use the Free Weight Room and Y-Fit Gym.

POOL RULES

**Everyone's safety is important to us.
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 blister. 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. No extended breath-holding or hyperventilation allowed
6. Only U.S. Coast guard approved lifejackets allowed. Users must remain within arms reach of an adult
7. Goggles/masks that cover the nose are prohibited.
8. Do not run or engage in rough play in the pool area or locker-rooms
9. Diving is prohibited in water less than 9 feet in depth
10. Spitting, spouting water from mouth or blowing nose in the pool is prohibited
11. Diaper changing in the pool area is prohibited. Please use locker-rooms
12. Do not bring domestic animals into the pool area
13. Do not bring food, drink, or gum into the pool area
14. Glass and shatterable items are prohibited in the pool area
15. Slide rules are posted on deck. Please review before using the slide.

View pool stats on page 21

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. *Disposable diapers \$1 at Y front desk.

LOCKER ROOMS

GENERAL: There is a Mens & Boy's general LR and a Women & Girl's general LR. Adults may use these or the Adult LR. All youth may use these unless they need to be accompanied by an adult of the opposite sex.

FAMILY: There is one Co-Ed Family locker room for families with small children and members with special needs. This LR has individual changing stalls with showers. A parent/guardian must accompany children in this space.

ADULT: There is a Men's adult LR and a Women's adult LR. Only adult men and women ages 18 and over are allowed in the adult locker rooms at any time.

LOCKER ROOM RULES

- All locker rooms require you to have a padlock to secure your belongings while using the facility.
- Adult locker rooms are for adults 18 years of age and older. Children are not allowed in the adult locker rooms.
- The use of cameras or video recording devices is prohibited
- 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.

BLUE & RED GYM RULES

- No eating or drinking. Only water is permitted.
- No dunking, hanging or climbing on hoops.
- Tennis shoes & shirts required.
- No spitting on the floor.
- Please do not bounce balls in the hallway.
- Fighting, profanity, arguing and improper behavior is not permitted. The Y fosters an environment that is wholesome and conducive to families.
- YMCA staff has the final say concerning gym conduct.

WALKING TRACK RULES

- Clockwise on even numbered days of the month.
- Counter-clockwise on odd numbered days of the month.
- Fast runners should stay to the outside of the track. Slow runners and walkers to the inside.
- Track is 18 laps = 1 mile.
- All people on the track must be walking or running. No loitering.
- No more than 2 people may walk or run side by side.
- Stroller Use on the Track: Make sure wheels are clean before entering tracks. Walk single file and stay on the inside lane.

YOUTH RULES

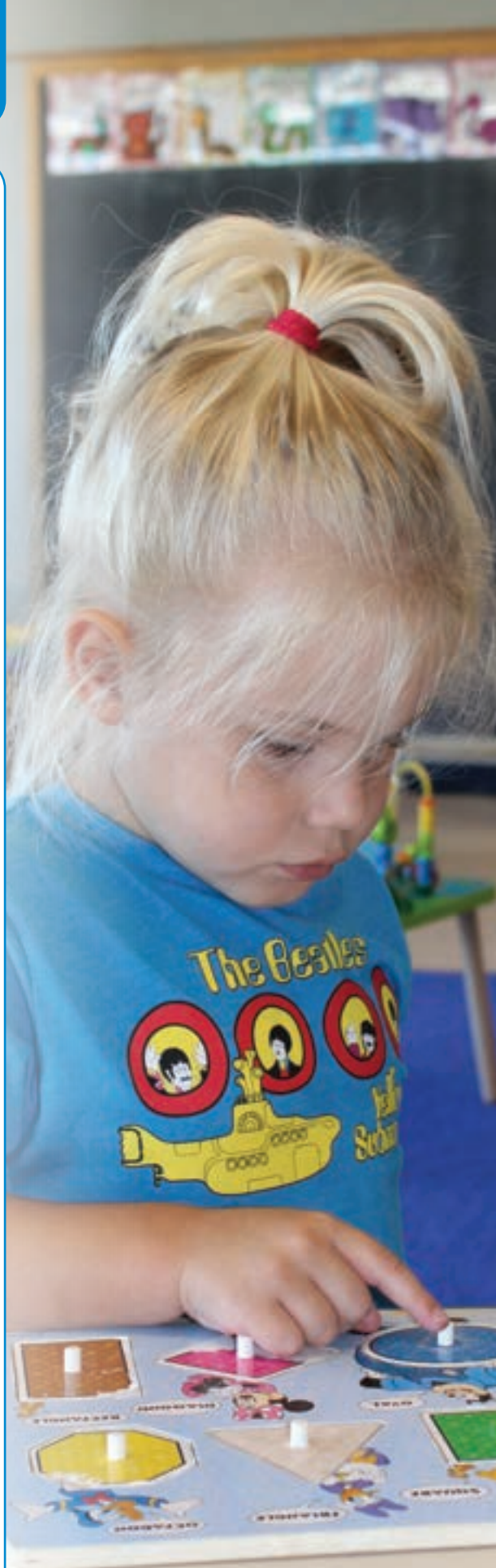
- Youth 12 years of age and older may use the track alone.
- Youth under 12 must be with an adult or guardian, side by side.

RAQUETBALL/HANDBALL COURTS RULES

- Open courts are available but reserved court times have priority. Call 507.387.8255 to reserve a court.
- Reservations may be made one day in advance of date desired.
- The YMCA has a right to reserve any court for special tournaments, lessons or programming needs.
- 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 door.
- Eye protection is strongly recommended.

YOUTH RULES

- Children under 10 are not allowed to use a court or equipment without an adult present.



DROP-IN CHILD WATCH

MEMS ONLY!

90 Minutes FREE WHILE YOU WORK OUT



Child Watch is a safe, cheerful, and engaging environment for children to enjoy while their parents spend time at the Y. The program is for children 6 months and older, and is only to be used while parents are at the Y.

Child Watch Hours

Monday- Friday: 8:00 a.m. – 12:00 p.m. & 3:00 p.m. – 8:00 p.m.
Saturday (Sept-May): 8:00 a.m. – 12:00 p.m.

Rules do apply

- 90 minutes may be used 1 time per day per child
- Maximum of 2 hours in Child Watch per day
- Staff will not change diapers



Family Membership Rates

The first 90 minutes are free to *members.

*Child must be an active member to receive 90 minutes free.

\$0.25 per child will be charged per 10 minute increments beyond the first 90 minutes.

Punch Cards are available for purchase at the front desk for \$25.

PEPSI REC ROOM

A recreational room designed for families.



General Hours:

Monday – 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 to all ages during YMCA business hours.
- Children age 9 and under must be accompanied by an adult 18 years or older.
- Participants over 18 must be accompanying a child.

Staffed Hours:

September-May

Monday-Friday 3:00 p.m. – 8:00 p.m.
Saturday 9:00 a.m. – 5:00 p.m.
Sunday 12:00 p.m. – 5:00 p.m.

June-August

Monday-Friday: 12:00 p.m. – 5:00 p.m.

- YMCA Staff Member on site to facilitate activity for Youth ages 8-18.
- Children under 8 must be accompanied by an adult 18 years or older.
- Pool Table & Video Game access available during staffed hours.
- Pepsi Rec Room Youth Hours begin at noon on District 77's non-school days.



Parent Lounge
Toddler Corner
"Just" Kids Gym
Air Hockey
Billiards
Ping Pong
Foosball
Video Games



Food & drink permitted in poolside lounge only.

Socks must be worn in Just Kids Gym.



The Pepsi Rec Room is sponsored in part by Pepsi of Mankato

CELEBRATE WITH US

BIRTHDAY PARTIES

Y

M

C

A

BIRTHDAY PARTIES

CHOOSE YOUR CELEBRATION

POOL PARTY



Pool Party: Host your child's birthday celebration at the YMCA! Enjoy 2 hours of fun that includes a scheduled swim time, and a YMCA staff member to assist with any needs. Parties are held on Saturdays and Sundays.

BOUNCE HOUSE



Bounce House Party: Host your child's birthday celebration at the YMCA! Enjoy 2 hours of fun that includes a scheduled gym time in the Bounce House, and a YMCA staff member to assist with any needs. Parties are held on Saturdays and Sundays.

SKATE PARK



Skate Park: Host your child's birthday celebration at Chesley Skate Park! Enjoy 2 hours of having the entire park to yourselves for open skate + free skateboard and safety equipment rentals. Birthday Parties are held on Saturdays and Sundays

Visit us online under Things To Do At The Y for more details!

YMCA PRESCHOOL

+ Extended Care Options

The YMCA Preschool provides children ages 3 to 5 years old 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.

YMCA MEMBERSHIP REQUIRED

A YMCA membership is required to enroll in the Preschool program. This can be a youth membership for the preschooler or a family membership. Membership only needs to be active September-May.

CORE CONTENT AREAS

Literacy
Mathematics
Science
Dramatic Play
Creative Arts
Technology
Healthy Habits
Body, Mind & Spirit
Music Movement
Motor Skills

ENRICHMENT CLASSES AND PROGRAM HIGHLIGHTS

Outdoor Play Area/Classroom
Youth Sports Classes
Fit Kids Classes
Family Events
Field Trips
Splash Time or Swim Lessons
Parent/Teacher Conferences
Christmas Program
Spring Program or Pre-K Graduation

**Registration begins in January
for the next School Year!**



Y PRESCHOOL CLASSES AGES 3 - 5 YEARS

MEMS!
SEPT-MAY

The Preschool year runs from September through May. We follow a similar calendar as Mankato Area Public Schools.

Preschool

3-4 Year Olds

[Must turn 3 by September 1 & not old enough to enroll in PreK classes. Child must also be toilet trained.]

Days

Tues/Thurs

Time

8:30 am - 11:00 am

PreK

4-5 Year Olds

[Must turn 4 by September 1]

Days

Mon/Wed/Fri

Mon/Wed/Fri

Mon-Fri

Time

8:30 am - 11:00 am

12:30 pm - 3:00pm

9:00 am - 3:00 pm

Y Extended Care

Y Extended Care is available at a rate of \$4.50 per hour.

Extended Child Care is offered each day Preschool is in session. The Preschool rooms, outdoor play area and the YMCA gyms are utilized to provide small and large motor opportunities and age appropriate activities. Extended Child Care is led by certified Preschool staff.

Time

7:30 am - 9:00 am

11:00 am - 12:00 pm

3:00 pm - 5:15 pm



**PARENTS'
NIGHT
OUT**

PARENTS' NIGHT OUT

Mems Only | 5:30-8:30pm 1st Friday of Month

Your night out. Kids' night at the Y! Activities for your child include swim or gym time, arts and crafts, and a special snack. For kids age 6 mo. - 9 yrs.
Runs September - May. Register online!

MEMS!
ONLY!

SWIMMING LESSONS

SWIM STARTERS SWIM BASICS SWIM STROKES



Build confidence with each stroke! We help swimmers overcome fears, build confidence in the water and develop skills that last a lifetime. We offer swim lessons for everyone from infants to adults. Scan the QR code to find current swimming lessons dates, times and cost. Then get registered online!

SWIM STARTERS Parent With Child

Ages
6 Mo. to
3 Years



Water Discovery

Introduces toddlers to the water environment.



Water Exploration

Focuses on exploring body positions, blowing bubbles and fundamental safety and aquatic skills.

Accompanied by a parent, infants and toddlers learn to be comfortable in the water and develop swim readiness skills through, while parents learn about water safety, drowning prevention, and the importance of supervision.

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.

SWIM BASICS

Ages 3 – 5 Years and comfortable
without parent in water

Ages
3–5 Years



Preschool A

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

SKILLS/ACTIVITIES: Increases comfort around the water and introduces basic self-rescue skills performed with assistance.

NEXT LEVEL OPTION: Preschool B if under 6 yrs. old.

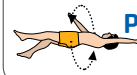


Preschool B

PREREQUISITES: Preschool A

SKILLS/ACTIVITIES: Encourages forward movement in water and basic self-rescue skills performed independently.

NEXT LEVEL OPTION: Preschool C if under 6 yrs. old; 1 / Water Acclimation if 6 yrs. old.



Preschool C

PREREQUISITES: Preschool B

SKILLS/ACTIVITIES: Develops intermediate self-rescue skills performed at longer distances than in previous stages.

NEXT LEVEL OPTION: 1 / Water Acclimation if 6 years old.

SWIM STROKES

Ages
6+



1 Water Acclimation

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

SKILLS/ACTIVITIES: Increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance.



2 Water Movement

PREREQUISITES: 1 / Water Acclimation

SKILLS/ACTIVITIES: Introduces basic stroke technique in front crawl and back crawl and basic self-rescue skills performed independently.



3 Water Stamina

PREREQUISITES: 2 / Water Movement

SKILLS/ACTIVITIES: Introduces breaststroke and reinforces water safety through treading water.



4 Stroke Introduction

PREREQUISITES: 3 / Water Stamina

SKILLS/ACTIVITIES: Enhances stroke technique in front crawl and back crawl and reinforces water safety through treading water and elementary backstroke.



5 Stroke Development

PREREQUISITES: 4 / Stroke Introduction

SKILLS/ACTIVITIES: Introduces butterfly and reinforces water safety through treading water and sidestroke.



6 Stroke Mechanics

PREREQUISITES: 5 / Stroke Development

SKILLS/ACTIVITIES: Refines stroke technique on all major competitive strokes and encourages swimming as part of a healthy lifestyle.

MARLINS SWIM TEAM

For Swimmers ages 6–18 years

The Marlins Swim Team is for youth interested in being involved on a competitive level. 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 level 4 or Red Cross Level 4 and be able to swim 25 yards or 1 length of the YMCA pool comfortably.

Scan the QR Code for more information!



MINI MARLINS SWIM ACADEMY

READY TO BE A MINI MARLIN?

Swimmers 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



AFTER SCHOOL ADVENTURES

It's action-packed fun for kids. And it's peace of mind for parents.

**MEMS!
ONLY!**

Enjoy the peace of mind that comes with knowing where your child is and having a memorable day. With a focus on safety, health, social growth and academic enhancement, the YMCA After School Program serves elementary students, encouraging them to discover who they are and what they can achieve with a variety of options to explore and develop their interests and talents.



NON-SCHOOL DAY CAMPS

7:30am - 5:30pm on District 77 Non-School Days

School may be out, but the fun is just beginning! Our non-school day camp programs are age-specific to ensure a fun and exciting experience for all of our campers. We foster an atmosphere that reflects our five character values: caring, honesty, respect, faith, and responsibility.

NON SCHOOL DAY SKATEBOARDING

● CLINICS ●

Skateboarding Clinics take place on Non-School Days from 9:00am - 1:00pm* at Chesley Skate Park. Come learn to skate or improve your skills in a small group setting. Clinics are for ages 6-12 years; must pre-register; limited space available. Skateboard rentals and safety equipment provided. *Extended care available upon request.



3rd-6th Grade YOUTH SOCIALS

Mems & Non Mems | 7-9:30pm | 3rd Saturday of Month

Bring your friends to enjoy a themed night with games, crafts, swimming, snacks, music and much more!



WANT MORE INFORMATION?

To find specific information about our youth programming, including registration dates, program dates, times and cost, please visit us online at mankatoymca.org. All programs have online registration available. You can find information on page 2 about creating your online account.



YOUTH SPORTS

When kids play Y-Sports, they develop more than just skills - they develop character. By playing sports, kids and their families feel a sense of belonging that comes from a community gathering together to cheer on their team. Everyone plays, and everyone wins!



PRESCHOOL SPORTS

YMCA Sports / Ages 2, 3, 4 & 5 years old

Parent & Child Sports (2-3 years old)

Accompanied by a parent, participants will learn basic fundamental skills involved in a variety of sports, including Football, T-Ball, Basketball, Soccer, and Floor Hockey. Emphasis will be placed on hand-eye coordination, balance, listening skills, and friendship.

Preschool Sports Sampler (4-5 years old)

Each participant will learn the basic fundamental skills involved in a variety of sports, including Football, T-Ball, Basketball, Soccer, and Floor Hockey. Emphasis will be placed on hand-eye coordination, balance, listening skills, and friendship.

Preschool Mini Sports (4-5 years old)

Participants will develop an appreciation for sports and physical activity along with practicing skills, learning about sportsmanship and being a team player. Each session focuses on one singular sport and follows the same sport calendar as our Youth Sport League.



VOLUNTEER COACHING

Serving as a youth sports coach is one of the greatest investments of time and energy anyone can make. Coaches become some of the most influential voices in a child's life, and you can help us fill each season with lessons that last a lifetime! The more parent coaches we recruit, the easier the task!

Must be able to: Commit to the entire season which includes one practice per week and games on Saturdays, 1 tournament day, create practice plans (resources and handbooks will be provided), maintain required communication with program staff and team parents, and follow all procedures and policies of the Youth Department Program and the Mankato Family YMCA, including Child Abuse Prevention Policies.



Scan to fill out a volunteer application today and get started!

TEAM STRUCTURE

- Kindergarten Co-Ed
- 1st - 2nd Grade Co-Ed
- 3rd - 5th Co-Ed
(Flag Football, Soccer, Coach Pitch, Volleyball)
- 3rd - 5th Grade Girls
(Basketball)
- 3rd - 5th Grade Boys
(Basketball)

PRACTICES

- Kindergarten: Mondays
- 1st - 2nd Grade: Tuesdays
- 3rd - 5th: Thursdays
- 1 hour practices held
between 6-8pm



SCHOOL AGE SPORTS

YMCA Sports / Pre-K - 5th Grade

FALL

NFL Flag Football (K-5)

It's a common myth that flag football doesn't prepare your kids for tackle football. The basic fundamentals taught in flag directly translates to tackle, including catching, throwing, routes, and defensive skills. Come join as we learn these basics fundamentals and have fun doing so! This league is partnered with the NFL Flag football association. REAL team names and gear! Each child will receive an NFL team flag jersey and a flag belt.

Volleyball (2-5)

Youth Volleyball introduces kids to the basics of volleyball in an inclusive and supportive environment. Each Saturday we start with 45mins of practice and then scrimmage another team for 45mins.

WINTER

Basketball (K-5)

Many kids start their basketball careers here at the Y and keep playing until it's time to join traveling ball. Youth Basketball is a great program for youth to learn the game as well as sharpen up their skills.

SPRING

Soccer (K-5)

The youth soccer program is designed to meet each player at their current level. Kids really get a kick out of our program that teaches fundamental skills such as passing, trapping, shooting, dribbling, stealing, and goalkeeping.

SUMMER

T-Ball & Coach Pitch (Entering K-5)

Youth will develop the fundamentals of baseball and softball in an encouraging environment. The use of a tee will help them develop confidence in the area of hitting while teaching them the key concepts of the team sport like base running, catching, throwing, and fielding.



WANT MORE INFORMATION?

To find specific information about our youth programming, including registration dates, program dates, times and cost, please visit us online at mankatoymca.org. All programs have online registration available. You can find information on page 2 about creating your online account.

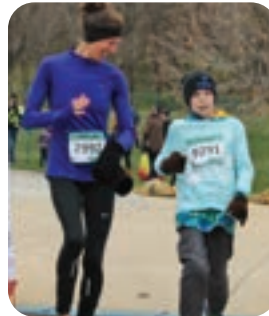
STRIDE

Success
Teamwork
Respect
Inspiration
Determination
Excellence in Character



STRIDE (members & non-members) is an 8-week interactive program that provides lessons on leadership, character development, healthy choices, goal-setting, and cooperation, all within the framework of a fitness and running plan for boys grades 3rd-6th. STRIDE is designed to boost performance in school, sports, our community, and at home. The program runs once in the fall and once in the spring.

STRIDE boys will participate in an end-of-season 5k run, check-marking a goal they trained to achieve all season!



Want more information on STRIDE? Or interested in being a STRIDE Coach?

Visit our website, mankatoymca.org or contact Sophie Tonander at stonander@mankatoymca.org or 507.386.2724.



CHESLEY SKATE TEAM

Join the Chesley Skate Team (ages 6-12) where you'll meet with your coaches and teammates for practice 1 night/5 weeks. Learn new skills and make new friends! Must pre-register, limited space. Equipment provided if needed.



LESSONS

Private Lessons are available at Chesley Skate Park for all ages, ability and experience. Lessons are offered for skateboarding, scooters and BMX biking. Price includes Skateboard, Helmet, and Full Pad Rentals.

Email
nrieger@mankatoymca.org
for more info!



Chesley Skate Park provides an indoor/outdoor space for youth to socialize, participate, and develop skills in skateboarding, biking, inline skating and scooter riding in a supervised and safe environment.

The park is located at 161 Jaycee Court in Mankato, MN.

Please see page 15 for more information on Chesley Skate Park including hours, costs and rules.



SUMMER CAMP

Join us for fun and adventure at the Mankato Family YMCA Summer Camps! Each week is filled with action-packed days full of activities focused on our core values: Caring, Honesty, Responsibility, Respect and Faith. Campers will learn through ways of discovery, exploration and community involvement on how to make friends, gain independence and experience new adventures.



Camp Registration takes place in February/March with early bird discounts available.

PRESCHOOL & KINDERGARTEN PREP CAMPS

- »Preschool Camp
- »Kindergarten Prep Camp
- »Mini Day Camp



SCHOOL-AGE DAY CAMPS

- »Kindergarten Clubhouse
- »Explorer's Day Camp
- »Voyager's Day Camp
- »Sports Camp
- »Equestrian Camp
- »Chesley Skate Park Camp
- »Pre-Teen Day Camp
- »Teen Outdoor Adventure Camp

CAMP PATTERSON RESIDENT CAMPS

- »Residential Camp Patterson
- »Residential Horse Ranch
- »Leader in Training
- »Counselor in Training
- »Junior Counselor

YOUTH MENTORING

Kids need our support now more than ever. A mentor is another caring adult in your child's life to provide friendship, support and encouragement.

GET A MENTOR

It's easy to become a mentee! Children 6-14 years who reside within a 2-mile radius of Mankato/North Mankato are eligible to enroll in our youth mentoring programs.

Find more information online and fill out a form today!





161 Jaycee Court, Mankato MN
507.387.8222

PARK HOURS

MONDAY - SATURDAY
1 PM - 8 PM

\$3!
UP TO
AGE 17

Youth Hours:
3 PM - 5 PM

SUNDAY
1 PM - 6 PM

RENTALS

Helmets: \$2

Pads: \$2

Skateboard: \$5

Rollerblades: \$5

\$8

ALL DAY

**DAILY
ENTRY**

\$75

**10
PUNCH**

\$240

\$40/MO.

**6 MO
PASS**



**All skaters/riders
must have a
waiver on file.**

Chesley Skate Park Rules

- Helmets must be worn at all times when riding
- No food, glass containers, littering or breakable objects are permitted in skating area
- Only one person is allowed to skate a ramp at one time
- No metal pegs on bikes or scooters
- No waxing the rails or coping
- Shoes are required
- Smoking, drugs, or alcoholic beverages are prohibited on the premises
- Exhibit behavior reflecting the YMCA Core Values

Youth Rules

- Under 10 years of age must be accompanied by a parent/guardian

FREE WIFI



@chesleyskatepark



/skatechesley

WELLNESS FOR ALL

At the Mankato Family YMCA, we know that fitness involves more than working out. It's about making good choices to live well inside and out. You're not only supported by staff, but you're also part of a community that helps you be your best self at every age.

YMCA FIT START

Optional for Members ages 18+

Not sure how to get started? The YMCA Fit Start can help! Schedule an appointment with a certified YMCA personal trainer to start your membership right.

Step 1:

Become a member.

**MEMS!
ONLY!**

Step 2:

Schedule your **FREE 1 hr. Fit Start** appointment with a certified YMCA Personal Trainer and start your membership right!

Assess your body composition and flexibility

Complete a health history assessment

Get acquainted to Wellness Center equipment

Step 3:

Complete your **FREE 1hr. Fit Start** appointment and earn \$20 off your first Personal Training 10ct Session Package.

Stop by the Wellness Center or call 345.9816 to get started today.

FACILITIES

- Wellness Center
- Free Weight Room
- Y-Fit Gym
- Studios:
 - Aerobics Studio
 - Yoga Studio
 - Cycling Studio
- Aquatics Area
 - Lap Pool
 - Taylor Pool
 - Hot Tub
 - Sauna/Steam Rooms
- Locker Rooms
- Gyms (Red & Blue)
- Walking Track
- Raquetball Courts

WANT TO BECOME CERTIFIED?

Adult and Pediatric First Aid/CPR/AED Training and Certification is offered at the Mankato Family YMCA.



Contact Julie Hudrlik for more information & to sign up.
Call 507-345-9803 or email jhudrlik@mankatoymca.org

**American
Red Cross**

FOR HEALTHY LIVING



WORK WITH A PERSONAL TRAINER AT THE Y

At the YMCA, we have qualified, nationally certified or degreed professionals to help you reach your goals. Our Personal Trainers will design an exercise program tailored to you, your schedule, and your budget – whether you are an athlete, a working-professional, new mom, and more – We will help you get RESULTS!

At the YMCA, we have two package options available:

Individual
Full Session: 1 Hour
Mini Session: 30 Minutes

Buddy/Small Group
Full Session: 1 Hour
Mini Session: 30 Minutes

Private training sessions in water fitness are also available.

Contact Zach Erickson, Wellness Director, for Personal Training pricing information.

GET RESULTS. REACH YOUR GOALS.

YOUTH WELLNESS@THE Y

WELLNESS CENTER

Build Healthy Habits!

Youth ages 10 - 17* with completion of a mandatory parent authorized Youth Orientation.

Schedule your 30 Minute Youth Orientation at the Wellness Desk or attend a Drop-In Orientation.

*Ages 10 - 11 must be accompanied side by side with an adult guardian

*Weight Room and Y-Fit Gym are for ages 15 and older.

GROUP FITNESS

Join the Fun!

Youth ages 10 - 17* are welcome to attend all Group Fitness classes at the YMCA.

*Ages 10 - 11 must be accompanied side by side with an adult guardian.

Youth Fitness Cards

Youth can enjoy diverse workouts at the Y with fitness cards now available at the Wellness Center desk. Every card outlines an entire workout, from warm-ups to cool down stretches, and is designed to last 20-30 minutes.

*Youth fitness cards are designed for members ages 12 and up who can workout at the Y without a parent or guardian.



FOR HEALTHY LIVING

FOREVERWELL

GET ACTIVE. STAY FIT. BE SOCIAL.

Wellness Program for
Active Older Adults (55+)

Activities for Mind, Body & Spirit
Community Based & Educational

Indoor & Outdoor Activities

Promote Healthy Lifestyle, Alleviate
Boredom & Isolation

Promote Social Well-Being &
Volunteerism



View our Monthly Calendar of Activities Online!

For additional information, questions or if you're interested in volunteering to help organize activities, contact Renee' Solomon-Wise at 507-345-9805 or rsolomonwise@mankatoymca.org.

GROUP FITNESS

WITH 75+ FREE CLASSES/WEEK

MEMS!
ONLY!

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 your journey toward improved health! Classes can be instructor-led or in-studio virtual. Please note some classes are not offered year-round. Always check the current schedule for available classes.

INDOOR CYCLING

Our group cycling classes deliver maximum results with minimal impact on your joints. Featuring Keiser bikes - you'll be riding smooth with the best indoor bikes in the industry! Location: Cycling Studio (Lower Level)

CYCLING All fitness levels will be challenged by this 45-minute group ride set to uplifting tunes.

LES MILLS RPM™ Expect a mix of climbing hills, sprinting, standing and flat rides all choreographed to the rhythm of powerful music.

DANCE CARDIO

Location: Aerobics Studio (Upper Level)

ZUMBA™ Zumba is a fusion of music and dance that creates a dynamic, exciting, effective cardio workout. These fun, easy routines feature interval aerobic training with a combination of fast and slow rhythms that tone and sculpt the body as you dance.

CARDIO & STRENGTH

Boasting highly energetic and experienced instructors and constantly varying routines, these classes will keep you motivated and coming back for more! Location: Aerobics Studio (Upper Level)

CIRCUIT MAX This intense yet scalable workout combines cardio moves and endurance strength training to help you burn body fat and build lean muscle.

STEP INTERVAL Not your mama's step class! This athletic interval workout utilizes the step and free weights to challenge all fitness levels.

LOW IMPACT HIIT In this class, you will reap all the benefits of HIIT training but without the extra stress on your joints! Timed intervals incorporating a variety of aerobics and strength based movements. Simple, effective and fun!

Total Body Strength + HIIT Total body strength training targets all the major muscle groups while incorporating bursts of HIIT (high intensity interval training) to keep the sweat factor high!

Butts and Guts Train and tighten all regions of the lower body and core with this highly effective barefoot class. This 40-minute workout will focus on the musculature of the glutes, legs, abs and lower back using bodyweight, light weight plates and booty bands.

LES MILLS GRIT™ 30 minute class designed for those who demand an extreme and efficient workout using the scientifically proven technique of high intensity interval training. Three different formats that rotate weekly:

- **GRIT Strength:** Using a barbell, weight plate and bodyweight exercises, this class will blast all major muscle groups and take your strength to the next level.
- **GRIT Athletic:** A sports conditioning workout designed to make you perform like an athlete. Using a step, bodyweight exercises and multi-dimensional sports conditioning training to increase your strength, agility, speed and power.
- **GRIT Cardio:** A high impact cardio workout like nothing else. Designed to burn fat and rapidly improve athletic capability, this explosive class combines bodyweight exercise and uses no equipment.

LES MILLS BARRE™ Escape the everyday with this 30-minute ballet inspired workout that combines cardio and strength with high reps of small ROM movements and light weights. No dance experience required.

Virtual BODYCOMBAT™

The perfect way to punch and kick those calories away. It uses martial arts-inspired exercises to relieve stress, boost cardio fitness and muscular endurance while improving coordination, agility and speed.

STRENGTH TRAINING

Strength training helps you combat the loss of muscle mass that happens with age, control your weight by boosting your metabolism and increase bone density. The group fitness setting is an inspiring way to establish your strength routine and experience these benefits. Location: Aerobics Studio (Upper Level)

BODYPUMP™ Our most popular class! Challenge every major muscle group using a barbell, plates and all the best weight room exercises like squats, curls, lifts and presses. Adjustable weights along with inspiring music and simple choreography allow you to get fit in record time.

LES MILLS CORE™ Exercising muscles around the core, this class provides the vital ingredient for a stronger body. Using resistance tubes, weight plates and bodyweight to strengthen your core from the hips and glutes all the way up to your shoulders.

ACTIVE OLDER ADULTS

Active Older Adults at the YMCA experience a strong sense of belonging and create a network of friends who provide support for sustained health and well-being. Location: Aerobics Studio (Upper Level)

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.



CARDIO & STRENGTH FOR SENIORS

This class blends cardio and strength exercises that are low impact and friendly to joints with gentle stretches for a well-rounded workout.

SILVERSNEAKERS® CIRCUIT Take advantage of muscular strength exercise and range movement. Move through a variety of exercises designed to increase muscular strength and range of movement. Hand-held weights, resistance bands and ball are offered for resistance. A chair is used for seated and standing support.

CHAIR YOGA A practice that modifies yoga poses so that they may be done while seated in a chair or standing near a chair. These modifications make yoga accessible to people recovering from an injury, mobility limitations, or balance concerns.

INTERVAL TRAINING FOR SENIORS

Low impact warm-up & stretch; 4 exercises per circuit; 30 seconds of work; 15 seconds rest; repeat each circuit 1x; rest between each circuit; cool down, stretch & relaxation. Includes dual tasking, balance and coordination.

BENEFITS OF GROUP EXERCISE

- Find motivation & inspiration from others
- Proper form helps prevent injury
- Become part of a community
- Add variety to your workout
- Hold yourself accountable

WHEN'S MY CLASS?

Download our free mobile app for quick reference or visit our website mankatoymca.org/schedule/ and access our schedule on the web.

Scan for a quick link!



WHAT IS IT?

Our Les Mills virtual classes are cinematic versions of our live classes scheduled at non-peak times of the day. They are the same workouts you already know and love, or perhaps want to try, designed for everyone from shift workers to moms, and anyone else who doesn't want to or isn't able to battle "rush hour" at the gym.

WHERE IS IT?

Virtual classes are held right here at the Y in our Aerobics Studio!

GOT GYM-TIMIDATION?

If the thought of stepping into a class full of confident, seasoned group exercisers in a packed fitness studio daunts you... virtual classes could be the way to go. Virtual classes typically attract smaller numbers making them ideal for a novice looking to learn the moves. Virtual classes can be your gateway to our live classes.

CHECK OUT A CLASS!

MIND & BODY

These classes will give you a workout and a sense of total well-being. Find your center, break a sweat, relax and self-reflect. These classes will improve posture, balance and flexibility while leaving you feeling calm and strong. Location: Yoga Studio (Upper Level)

BODYFLOW™ Set to an inspired soundtrack, you will begin with a Tai Chi inspired warm-up before moving through an invigorating series of sun salutations, warrior sequences, hip openers, twists, forward folds and some Pilates-inspired core training.

Yoga Foundations Learn the basics, get grounded, feel good. Beginner friendly!

Yoga for Strength Expect to build strength and work hard with a vigorous practice that puts an emphasis on building stamina along with increasing flexibility. Intermediate to advanced.

Gentle Yoga Explore a slower, softer practice with more seated and lying poses than standing. Perfect for all levels including beginners or anyone looking for therapeutic benefits of yoga.

Vinyasa Yoga Consciously linking movement with breath, Vinyasa Yoga is a dynamic, flowing practice that takes you through a balanced series of poses to open and strengthen the body. Options given for all levels to modify or embellish your practice.

Vinyasa 45 A 45-minute version of Vinyasa, for those who are short on time, but need their zen fix!

Vinyasa Slow Flow Find the space between poses in this Vinyasa style class where the tempo is dropped a bit allowing you to hold postures for longer and move more mindfully. Just because it's "slow" doesn't mean it's easy! Expect to be challenged in a different way!

Mat Pilates Designed to work every muscle in the body in an efficient manner with an emphasis on the core. You will learn the fundamentals and proper technique of Pilates, focusing on body connections, breathing, alignment and awareness. Expert instruction and personalized setting make this class challenging yet accessible for all levels of fitness.

B.Y.O.M.

Bring your own Mat



No communal mats will be provided to help stop the spread of germs.

Pilates & Props Pilates-based class that uses props like foam rollers, magic circle, Thera-Bands and other tools to stretch, strengthen and increase body awareness.

Pilates For Lunch A fun, flowing, Pilates-based movement class to feed undernourished parts and beat the mid-day slump.

Pure Pilates An exploration of the 34 classic Pilates Mat exercises developed by Joseph Pilates.

Restore Your Core & More Alignment-based core work like you've never experienced before!

Restorative Flow Alignment-based restorative movement that stretches and strengthens in a flowing sequence.

Slow Flow Pilates Deepen your movement practice by slowing things down, to strengthen and mobilize all the hidden sweet spots.

Restorative Yoga For those experiencing stress, recovering from illness or injury and anyone seeking to relax and renew. Use a variety of props including bolsters, blocks and blankets extensively to support your body as you hold poses for long periods without physical strain or effort.

WATER CLASSES

Discover the benefits of aquatic exercise! Water aerobics classes help you get in shape with less stress on your joints & heart. Use the natural resistance of the water and various water props for a great overall workout! All fitness levels welcome. Buoyancy belts available. Location: Lap or Taylor Pool

Water Interval This class alternates between cardio and strength moves in timed intervals for a challenging low impact way to manage your weight by getting your heart pumping.

Aqua Mix Incorporate all elements of fitness in this water workout. Increase your cardio fitness, improve your strength and develop better balance and flexibility.

Aqua Boot Camp Are you ready for a rugged workout of sports drills, circuits and interval training? Using the properties of water, this class is designed to improve your strength and stamina!

RECREATION@THE Y

OPEN GYM

Both the Red Gym and the Blue Gym are open for members to use. The Blue Gym also includes a small rock-climbing wall and the walking track overlooks the Blue Gym. Basketballs are available for pickup basketball games or just shooting hoops. The gyms are also used for various programs so always check the gym schedule to make sure it's available.

PICKLEBALL

Pickleball, a sport played with a whiffle ball on a badminton-sized court with a tennis-style net, is one of the fastest-growing sports in the country. Pickleball can be enjoyed by people of all ages and athletic abilities thanks to its ease of play and straightforward rules. The Y has a large Pickleball community. During the months of September - May, you will often find games of Pickleball happening in the Blue Gym on week-day mornings, Tuesday nights and Sunday afternoons.

RACQUETBALL/HANDBALL

Whether you are a beginner or a power player, there is a place for you to have fun on the racquetball courts at the Y. We have 3 racquetball courts located on the main level of the facility. Racquetball is a fantastic way to sharpen your agility, hand-eye coordination, speed and strength. Court reservations can be made one day in advance by calling the front desk.

MEN'S & CO-ED BASKETBALL LEAGUE

The Mankato Family YMCA hosts an Adult Men's and Adult Co-Ed's Basketball League each winter. Teams must have at least 6 players minimum and 12 players maximum. Full payment with a completed roster is required to be registered. Games take place during week-day evenings and the season ends with a Playoff Tournament.

OPEN SWIM

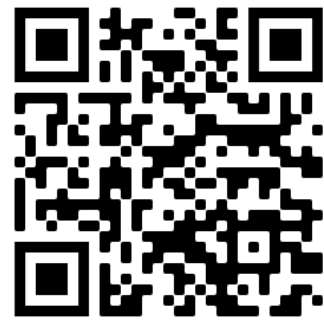
Throughout the week, the Taylor Family Aquatic Center has Open Swim available for individuals and families. This pool includes a zero-depth entry and play area for our youngest members. Certified and trained lifeguards are stationed at each section of the pool at all times. Please always check the pool schedule to confirm Open Swim time before arriving.

LAP SWIM/WATER WALKING

The Y offers lap swimming/water walking in both pools (Lap Pool & Taylor Pool) daily. Certified and trained lifeguards are stationed at each section of the pool at all times. Please always check the pool schedule to confirm pool availability before arriving.

SCHEDULES

Scan the QR Code to view our daily schedules:



LOCKER ROOMS

- **General Women/Girls** (All Ages)
- **General Men/Boys** (All Ages)
- **Family** (Co-Ed; All Ages)
- **Adult Women** (18+ Only)
- **Adult Men** (18+ Only)

Please view Locker Room descriptions and rules on page 5.

POOL STATS

Lap Pool

- 4 Lanes
- Length: 25 yards
- Depth: 3'6" - 9'6"
- Average Temp: 81°-82°

Taylor Pool

- Zero-depth Entry
- 3 Lanes
- Depth: 3'6"
- Average Temp: 84°-86°

Y GIVE?

DONATE TODAY FOR A BETTER US TOMORROW

With a focus on youth development, healthy living and social responsibility, the Y aims to strengthen communities and transform lives. Every day we work side-by-side with our neighbors to make sure that everyone, regardless of age, income or background, has the opportunity to be healthy, confident and connected. When you give to the Y, you are funding life-changing programs that help children, adults and families around Southern Minnesota to learn, grow and thrive.

\$20

Provide a mentoring pair a fun & meaningful activity, building their relationship.

\$40

Teach youth the skills to be safe around water through swimming lessons.

\$75

Provides a 10 punch pass to Chesley Skate Park for youth to develop new skills & gain confidence.

\$150

Help a male youth develop excellence in all aspects of life through the STRIDE program.

\$350

Supports a child with a Camp Patterson experience where they'll develop a sense of community.

\$500

Provides towards a full YMCA membership to a family in need from our community.

Your investment ensures that potential meets opportunity for all in our community. Pledge your support today.



Scan for easy online giving!

VOLUNTEER @ THE Y

The generosity of others is at the core of our existence. When you volunteer at the Y, you take an active role in bringing about meaningful, enduring change in your own community. As a volunteer, you will be working with other caring and committed people who want to make an impact.

Possible opportunities include:

- Brother/Sister Mentor
- Youth Sports Coach
- School-Based Mentor
- Child Care
- Special Events
- And more!



Scan to view current volunteer opportunities!



MANKATO FAMILY YMCA

SEPT-DEC 2022 | 22

FOR SOCIAL RESPONSIBILITY

BECOME A MENTOR

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 & within the community. Make a positive difference in the life of a kid who needs it. That's the role & reward of a Brother/Sister volunteer.

ASK YOURSELF

Are you 18 or older, have a clean driving record, valid car insurance and can successfully pass a background check?

Can you commit to a nine-month minimum, meet with a youth about once a week for 2-3 hours, demonstrate values of caring, honesty, respect and responsibility, share your skills, time and interests with youth, communicate with program staff monthly, celebrate relationship accomplishments, share concerns with parent(s), share in costs of weekly outings with the youth and choose fun activities together with your youth?

If you answered yes to these, then you're invited to complete a mentor application!

Do it today and make a positive difference in the life of a kid who needs it. That's the role - and reward - of a mentor!



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.



TOM KOCH

Volunteering as a mentor gives me an opportunity to give back. Robert Fulghum said it best when he stated, "Hold hands when crossing the street of life." Over the years I've had the privilege of

mentoring some great kids and hope that our time spent together somehow helped what for many are difficult circumstances. Some weeks are easier than others and all-in-all, school-based mentoring has been and is a positive dimension to my life. It's hard not to smile when witnessing the energy of an elementary school!



KENRY ATUBEL

I have been matched with my mentee for almost 3 months. We like to play a lot of basketball at the Y, listen to music, and EAT! I became a mentor because I wanted to change someone's life and knowing that someone like

Malik looks up to me and trusts me, means everything. After 2+ years on the waiting list, Malik says he has everything he needs. Being a mentor is life changing; you never know whose life you can impact just by being yourself.

For more information or to complete an application for mentoring, call 507-345-9815 or scan QR code.



We are grateful to our major financial supporters: The United Way, Otto Bremer Trust, and the YMCA Annual Strong Community Campaign. A full list of community sponsors is available upon request.





THE Y IS ALWAYS HIRING

Our Jobs Mean More

JOB BENEFITS

- FREE YMCA Membership
- Be a part of an amazing team!
- Various Shifts & Flexible Hours
- Make a difference in the lives of others



YMCA EVENTS

The Mankato Family YMCA hosts a number of fun events throughout the year.

- › Annual YMCA Golf Tournament
- › Annual Corn Roast
- › Red Cross Blood Drives
- › STRIDE 5K Challenge
- › Diamond Dash Family Fun Run/Walk
- › Patterson Plunge
- › Healthy Kids Day



Scan the QR code to see when these events are happening & get all the details you need!

MANKATO FAMILY YMCA DIRECTORY

387-8255

General Information
387-2522 Fax Number
345-9813 Adult Fitness
386-2707 Adult Sports & Recreation
345-9804 Aquatics
386-2710 Birthday Parties
345-9815 Brother/Sister Program
387-8222 Chesley Skate Park Facility
386-2703 Facility Rental
387-8255 Financial Assistance Membership
345-9803 HR/Employment
387-8255 Memberships
345-9810 Preschool
345-9808 School-Age Programming
386-2707 STRIDE
386-2711 Swim Lessons
345-9809 Volunteer at the YMCA
345-9814 Wellness Center/Personal Training
386-2707 Youth Sports

To view our current team and contact information, please scan the QR code:



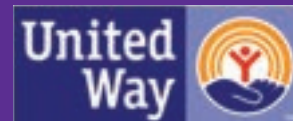
YMCA Board of Directors

Matt DuRose / President
Zack Kolars / Vice President
Kristine Connors / Secretary/Treasurer

Board Members

Mohamed Alsadig	Carla Chesley	Josh Milow	Michael Pederson
Susan Arntz	Kate Cox	Henry Morris	Kim Schwickert
Troy Barnes	Jay Dahlvang	Alyssa Nelson	Craig Sinning
Bob Beadell	Kate Loging	Deb Newman	Ryan Vesey
Lori Benike	Ryan McKeown	Destiny Owens	

Interested in joining the YMCA Board?
Contact John Kind at jkind@mankatoymca.org



YMCA Hours

Mon-Thurs | 5 am – 10 pm

Friday | 5 am – 9 pm

Saturday | 6 am – 7 pm

Sunday | 10 am – 7 pm



507.387.8255

Holidays

Closed on Easter, Memorial Day, Fourth of July, Labor Day, Thanksgiving and Christmas.

Christmas Eve // Y Closes at 2 pm
New Year's Eve // Y Closes at 6 pm
New Year's Day // Noon – 6 pm

Youth Guidelines

Unless a child is actively participating in a YMCA program:

- All youth 9 years of age and under must always be accompanied by an adult*
- No loitering is allowed
- One 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

DROP IN CHILD WATCH

**WE'LL TAKE CARE OF YOUR CHILDREN,
WHILE YOU TAKE CARE OF YOU!**



**90 Minutes FREE
WHILE YOU WORK OUT**

Child Watch is a safe, cheerful, and engaging environment for children to enjoy while their parents spend time at the Y. The program is for children 6 months and older, and is only to be used while parents are at the Y. Learn more on page 7.

Child Watch Hours

Hours also viewable on the mobile app!

Monday- Friday: 8:00 a.m. – 12:00 p.m.
& 3:00 p.m. – 8:00 p.m.

Saturday (Sept-May): 8:00 a.m. – 12:00p.m.

Rules do apply

- 90 minutes may be used 1 time per day per child
- Maximum of 2 hours in Child Watch per day

Pepsi Rec Room

The Pepsi Cube and "Just" Kid's Gym have come together to make the YMCA Pepsi Rec Room, a recreational room designed for families.

Staffed Hours

YMCA Staff Member on site to facilitate activity for Youth ages 8-18.

September-May

Monday-Friday: 3 pm – 8 pm

Saturday: 9 am – 5 pm

Sunday: 12 pm – 5 pm

June-August

Monday-Friday: 12 pm – 5 pm

Pepsi Rec Room Youth Hours begin at noon on District 77's non-school days.

**Open to families during
regular YMCA Business Hours**

Learn more: Page 7

Pepsi Rec Room Rules

- Open to *all ages during YMCA business hours.
- *Children age 9 and under must be accompanied by an adult 18 yrs or older.
- *Participants over 18 must be accompanying a child.
- Food & drink permitted in poolside lounge only.
- Socks must be worn in "Just" Kids Gym.

STAY CONNECTED

Y Member News & Updates

Stay in the loop by signing up for Mankato Family YMCA Member E-Updates. Sign up at mankatoymca.org

You can also view Current News at mankatoymca.org/news

Follow us



/mankatoymca



@mankatofamilyymca



YMCA Mankato

DOWNLOAD THE NEW MOBILE APP

It's easier than ever to stay connected with the Y on the go!

- Quickly scan into the Y
- Easily browse class schedules
- Know when something's changing at the Y
- Improve your workouts



**SCAN
HERE**