



February 2023

New Fitness Class Offering



Join Personal Trainer Matt Dottenwhy for high intensity interval training. This class will keep your heart rate elevated, which will result in increased calorie expenditure.

All movements will be performed with accommodations for a variety of fitness levels.

WHEN: Wednesdays at 8:00am

LOCATION: Y-Fit Gym

COST: \$45/Month

**REGISTER ONLINE
STARTS FEBRUARY 15**

Join Personal Trainer Matt Dottenwhy for high intensity interval training. This class will keep your heart rate elevated, which will result in increased calorie expenditure. All movements will be performed with accommodations for a variety of fitness levels.

Class will take place on Wednesdays at 8am in the Y-Fit Gym starting February 15. Cost is \$45/month. Register online today.

Join us for a Yoga Retreat on February 12

——**SAVE THE DATE**——

YOGA RETREAT

SUNDAY, FEB. 12

11AM – 3PM

COST: \$50

LUNCH PROVIDED

Join us at the Y for a day of rejuvenation.
A variety of activities & workshops.
Come in, slow down, reset.

February GRIT Schedule

February 2023						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Strength	2 Athletic	3	4 Cardio
5 Athletic	6 Cardio	7 Strength	8 Athletic	9 Cardio	10	11 Strength
12 Cardio	13 Strength	14 Athletic	15 Cardio	16 Strength	17	18 Athletic
19 Strength	20 Athletic	21 Cardio	22 Strength	23 Athletic	24	25 Cardio
26 Athletic	27 Cardio	28 Strength				

Upcoming Program Registrations



Chesley Skate Team

Registration is open for Skate Team. Sessions start on February 13 for Beginners and February 14 for Intermediate.

[Click here](#) for more information.

After School Adventures

Registration for After School Adventures 2023-2024 opens on February 1st for the general public. Registration forms will be available at the front desk.

If you have questions, contact [Dustin Slaughter](#).



Winter/Spring Non-School Day Camps

Mar 10: Shoreview Waterpark
Mar 23: Southern MN Children's Museum
Mar 24: Can Can Wonderland
Mar 27: Crayola Experience
March 28: Eagles Nest Indoor Playground
April 21: Amazing Race Park Day

[Click here](#) for more information and get [registered](#) today!

STRIDE Winter/Spring Season

Register today for STRIDE. Session starts the week of February 27. The end of the season 5K will take place on April 29th.

[Click here](#) to get registered today.



Winter Preschool Sports

Register today for Preschool Sports

Parent/Child Sports: Mondays at 5pm
February 20 - March 20

Preschool Mini Sports - Basketball: Thursdays at 5pm
February 23 - March 23

[Click here](#) to register.

Mankato Family YMCA Summer Camp

The 2023 Summer Camp Guide is [HERE!](#) Click on the button below to get your copy and find all the details you need about Summer Camp 2023!

2023 Summer Camp Guide

NEW THIS YEAR!

Registration for 2023 Summer Camp will be available **online** this year! This means no long lines of waiting to register at the Y!

Before registration opens, you will want to make sure your online account is set up and ready to go when summer camp registration opens February 15 for members and March 1 for non-members.

[Click here](#) for some information about logging in and getting your online account set up, if you haven't done so already!

If you have questions about camp registration, please email [Dustin Slaughter](mailto:Dustin.Slaughter@mankatoyymca.org).



Camp & Membership Information

To receive member pricing, the camper must be a member at the time of registration. To keep member pricing, the camper must remain a member through the last day of camp they are registered for.

If you plan on applying for a financial assistance (FA) membership, you will need to apply no later than Feb. 5th as it takes at least 7-10 business days to process the FA membership to be able to register as a member on February 15. You may apply for membership assistance at any time, however, program registration is not a guarantee.

Summer Camp Penguin Plunge

On February 11, teams of 2 will jump into the freezing Lake Washington to help raise funds for the Y's Summer Camp program.

They need your help!

[Donate online](#) today to your favorite team and help the Y reach its goal of \$15,000.

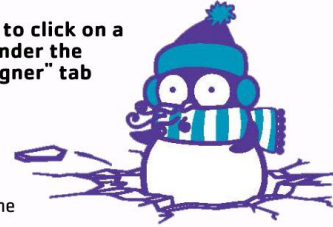
Then join us at the Westwood Marina on February 11 to cheer on our plungers, participate in a silent auction, have some lunch and enjoy some camp music. Find all the details on the Mankato Family YMCA Youth Facebook page.

Want to GIVE?

Help raise funds to send more children to Summer Camp at the Mankato Family YMCA!



*Make sure to click on a name under the "Campaigner" tab



https://operations.daxko.com/online/5287/OnlineGiving/Donation.mvc?campaign_id=3649

Donate to the cause & effort!

Join us on February 11th at
Westwood Marina

Preschool Registration for 2023-2024



Preschool [registration](#) for the 2023-2024 school year is now open!

Contact [Denise](#), Preschool Director for more information!

WE NEED YOU! Volunteer to be a Brother/Sister Mentor Today!

The Brother/Sister Program builds unique friendships between terrific kids and adult volunteers. We recruit, screen & train all our volunteer mentors; as well as provide ongoing support of the relationship and coordinate monthly group activities. Our program is open to all families & youth ages 6-14 in the Mankato/North Mankato area. To find more information and apply, please visit [our website](#).

BECOME A MENTOR

CHECK ALL THAT APPLY

- ☐ 18 years or older
- ☐ Clean driving record *(Brother/Sister only)*
- ☐ Valid car insurance *(Brother/Sister only)*
- ☐ Can pass a background check
- ☐ Can commit to 9-months
- ☐ Available 1-3 hours a week
- ☐ Hold values of caring, honesty, respect & responsibility
- ☐ Share skills, time and interests with youth
- ☐ Celebrate accomplishments
- ☐ Able to choose fun activities together with your youth

Did you check them all? 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!

MANKATO FAMILY YMCA MENTORING PROGRAMS:

BROTHER/SISTER AND SCHOOL-BASED




February ForeverWell Calendar

FEBRUARY 2023 FOREVERWELL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		FW TOUR/ORIENTATION MEET IN LOBBY 9:00AM 1	CIRCUIT TRAINING WELLNESS CENTER W/ZACH & RENEE' 8:45AM - 9:30AM 2	INTRO TO PICKLEBALL BLUE GYM W/RENEE' 9:15AM - 10:00AM 3
MAKE A HOLIDAY RUNNER/ BANNER ROOM 103 W/RENEE' 9:00AM - 10:30AM 6	COFFEE & CHAT LOBBY W/RENEE' 9:00AM - 9:45AM 7	TAI CHI FOR OLDER ADULTS W/SANDRA WALBERG AEROBICS STUDIO 10:00AM - 11:00AM 8	CRIBBAGE/SCRABBLE LOBBY W/RENEE' 9:30AM - 10:30AM 9	MALL WALKING @MADISON EAST MEET AT ENTRANCE BY HANDI MEDICAL 10:30AM - 11:15AM 10
FW TOUR & ORIENTATION MEET IN LOBBY 11:00AM 13	INDOOR TRACK: WALKING POKER (5 LAPS) MEET ROOM 203 W/RENEE' 10:00AM - 10:30AM 14	TAI CHI FOR OLDER ADULTS W/SANDRA WALBERG AEROBICS STUDIO 10:00AM - 11:00AM 15	SOUPER BOWL PARTY ROOM 103 W/RENEE' 10:00AM - 11:30AM Wear your favorite team gear & bring your favorite soup to share, along with recipes! 16	SPOTLIGHT MOVIE THEATER (\$) @MANKATO PLACE MALL MEET IN LOBBY W/RENEE' 10:00AM MOVIE TBD 17
ADULT COLORING LOBBY W/RENEE' 8:45AM - 9:30AM 20	RED JACKET VALLEY PARK WALK: SNOWSHOES/WALKING POLES OPTIONAL MEET IN LOBBY W/RENEE' 10:00AM - 12:00PM 21	FW TOUR/ORIENTATION MEET IN LOBBY 9:30AM 22	INTRO TO PICKLEBALL BLUE GYM W/RENEE' 8:45AM - 9:45AM 23	COMMUNITY TRAIN DOMINOES ROOM 202 W/RENEE' 9:30AM - 11:00AM 24
GRATITUDE & MINDFULNESS ROOM 103 W/RENEE' 9:30AM - 10:30AM 27	BOOKCLUB: 'ORPHAN TRAIN' BY CHRISTINA BAKER-KLINE W/RENEE' 10:30AM - 12AM @CURIOSI-TEA HOUSE (\$) 28	TAI CHI FOR OLDER ADULTS W/SANDRA WALBERG AEROBICS STUDIO 10:00AM - 11:00AM 28	WALK THIS WAY: WALKING GROUP STARTS MEET IN ROOM 103 W/RENEE' 10:00AM - 10:30AM 28	WALK N TALK MEET ON INDOOR TRACK W/RENEE' 8:45AM - 9:15AM LEARN TO PLAY BACKGAMMON ROOM 103 W/RENEE' 9:30AM - 11:30AM 28
HOW TO COOK A MEAL WITH AN AIR FRYER ROOM 103 W/RENEE' 9:30AM - 11:00AM 27	CRIBBAGE LOBBY W/RENEE' 9:00AM - 10:00AM 28			
	INTO TO PICKLEBALL BLUE GYM W/RENEE' 10:30AM - 11:30AM 28			

***ALL CLASSES SUBJECT TO CHANGE OR CANCELLATION BASED ON INSTRUCTOR AVAILABILITY OR UNFORSEEN EVENTS.
\$ - INDICATES COST FOR CLASS OR SELF-PAY AT EVENT
QUESTIONS? CALL OR EMAIL RENEE' AT 507-345-9805 OR RSOLOMONWISE@MANKATOYMCA.ORG

Click the image above to view a larger version.

February Fly Bungee Dates



FLY BUNGEE

REGISTER
TODAY!

LIMITED
SPACE

TUESDAY NIGHTS
6:30 – 7:30 P.M.

CLASS
1

Feb. 7

CLASS
2

Feb. 28

JUST 6 SPOTS AVAILABLE PER CLASS

Members: \$25 per class

Non-Members: \$30 per class

Register online or call the Y at 507-387-8255!

Upcoming Events at the Y

CPR/First Aid Training



Upcoming CPR/First Aid

Trainings:

Feb. 8: 9am - 12pm

Feb. 28: 5:30pm - 9pm

Cost is \$90/person

[Click here](#) to get registered.

Aqua Zumba



Saturdays

8:00am

Taylor Pool

Feb. 11

March 11

April 8

Parents Night Out



Plan for a night out!

Friday, February 3rd from

5:30pm - 8:30pm

[Register online](#) today!

Red Cross Blood Drive Late Skate @Chesley



Thursday, February 16

9:00am - 2:00pm

Red Gym



Saturday, February 18

8:00 - 10:00pm

Things to do at the Y

Celebrate at the YMCA



Did you know you could celebrate a birthday at the YMCA or Chesley Skate Park?

[Click here](#) for more information!

Child Watch Hours



Mon - Fri: 8am - 12pm &
3pm - 8pm
Sat: 8am - 12pm

Get more Child Watch information [online here](#).

Pepsi Rec Room Hours



Staffed Hours:
Mon - Fri: 3pm - 8pm
Sat: 10am - 5:00pm
Sun: 12pm - 5:00pm

Find the Pepsi Rec Room Rules and info [online here](#).

NOW HIRING AT THE Y

WE NEED YOU

Front Desk Staff
Building Managers
Summer Camp Counselors
Housekeeping
Lifeguards
And More!



**Start planning for your
summer job now!**

We have multiple positions open, ready to start right away or this summer, with various shifts available and competitive wages. All Y employees receive a FREE YMCA membership! Complete your application today and get started on your future at the Y! We're a better place with YOU!

[Apply Now](#)



CHILD CARE CENTER



FITNESS CENTER



FAMILY FUN

Let's be social

Mankato Family YMCA

1401 S. Riverfront Drive, Mankato, MN 56001 | 507-387-8255

We like to connect in ways that work for you: [Manage Email Preferences](#)