

# 150 YEARS OF IMPACTING LIVES

MANKATO FAMILY YMCA  
FEB-AUG 2024 PROGRAM GUIDE



FAMILY FUN  
FITNESS CENTER  
CHILD CARE CENTER



## Our Sesquicentennial Celebration

Since our founding in 1874, the Mankato Family YMCA has been a cornerstone of community spirit, health and togetherness. This year, we are overjoyed to celebrate our 150th anniversary, marking a century and a half of empowering individuals, families and communities to thrive.

## WHY WE'RE HERE

### FOR YOUTH DEVELOPMENT

**Empowering young people to reach their full potential**  
At the Mankato Family YMCA, we believe in the boundless potential of our youth. For over a century, we have been dedicated to creating an environment where young people can not only dream big but also develop the skills, character, and confidence needed to turn those dreams into reality.

### FOR HEALTHY LIVING

**Improving individual and community well-being**  
At the Mankato Family YMCA, we know that a healthy lifestyle is the foundation for a fulfilling and active life. For 150 years, the Y has been bringing families closer together, encourages good health, and fosters connections through fitness, sports, fun, and shared interests.

### FOR SOCIAL RESPONSIBILITY

**Giving back and inspiring action in our community**  
Social responsibility is at the heart of building a strong and vibrant community. We have been dedicated to giving back and inspiring action to create positive change in the lives of individuals and families in the Mankato community. We aim to create a sense of belonging and unity among our members through meaningful connections.

### 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.

## Stop in for a tour!

Tours of our facility are available whenever the Y is open. Stop at the front desk to request your free tour and get your membership started!

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



# WHY THE Y?

Where there's a Y there's a way – a way to achieve your goals, support your family, and strengthen our community. Our programs will help you and your family reach your full potential. We are dedicated to providing attainable health and wellness opportunities for all of our friends and neighbors.

## BECOME A MEMBER TODAY

### MEMBERSHIP RATES\*

A photo ID is required to apply for a membership

#### ADULT

One adult age 18-61

JOINING FEE: \$30.00

**\$50.50/Month**

#### ADULT & YOUTH

One adult age 18-61 and one household dependent age 0-17

JOINING FEE: \$40.00

**\$66.00/Month**

#### FAMILY

Up to two adults sharing the same household & expenses, includes dependents ages 0-23, living in the same household

JOINING FEE: \$60.00

**\$71.00/Month**

#### SENIOR

One adult age 62+

JOINING FEE: \$30.00

**\$42.50/Month**

#### SENIOR & YOUTH

One adult age 62+ and one household dependent age 0-17

JOINING FEE: \$40.00

**\$58.00/Month**

#### SENIOR COUPLE

Two household adults ages 62+

JOINING FEE: \$60.00

**\$62.00/Month**

#### YOUTH 1

One youth ages 0-17; must have an adult or guardian present to complete membership application process

JOINING FEE: \$10.00

**\$15.50/Month**

#### YOUTH 2

Two household youth ages 0-17; must have an adult or guardian present to complete membership application process

JOINING FEE: \$20.00

**\$31.00/Month**

#### YOUTH 3

Three household youth ages 0-17; must have an adult or guardian present to complete membership application process

JOINING FEE: \$30.00

**\$46.50/Month**

#### YOUTH 4

Four household youth ages 0-17; must have an adult or guardian present to complete membership application process

JOINING FEE: \$40.00

**\$62.00/Month**

## JOIN ONLINE

If you believe you are eligible for financial assistance or any other type of discount, please visit the Mankato Family YMCA front desk to join.

No Contracts!  
No Annual  
Admin Fees!



### TOWEL & LOCKER ADD-ON\*

Individually assigned lockers & 2 shower towels per visit. Must be assigned to member requesting service.

**\$9.00/Month per  
Assigned Member**

### 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.

### 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

Monthly reimbursement available for most major health insurance carriers. Check with your insurance provider to see if you qualify and for program requirements.

Do you qualify? Bring your insurance cards for each participating member and a routing and account information. We will waive your joining fee.

### Renew Active + One Pass, Silver Sneakers & Silver Fit

Come in to start your free membership today. Requires annual first of the year verification.

\*Membership rates & add-ons costs are subject to change. View the Annual Rate Adjustment policy on page 1.

# 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

### Electronic Funds Transfer (EFT) or Credit Card Authorization

Membership funds automatically drawn on the draft date of the 20th or after of each month. All returned payments may be subject to a \$30 service fee.

### Payroll Deduction

Only certain companies participate. Your employer draws the monthly fee from your paycheck and forwards the payment to the YMCA. A payroll deduct form must be completed at the front desk.

### Annual\*

Full year of payment is collected at the time of sale. Annual memberships are good for one year and are automatically invoiced unless cancelled. 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 3-month or 6-month installments.

**Please note; all memberships are continuous and payment will be billed until member completes cancellation process. Non-payment will result in limited facility access and may result 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.

Membership is reviewed every year.



### How do I apply?

- Download the application at [mankatoymca.org](http://mankatoymca.org) or pick one up at the front desk.
- Return the completed application and copies of required financial documents to the Mankato YMCA.
- Approval process may take up to ten business days.

## 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 \$5.

### 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](http://mankatoymca.org) for more information.

## Membership Cancellations

We hate to see you go, however if you choose to cancel your membership, you must notify the YMCA and provide a 15-day written notice prior to the next payment. It is your responsibility to cancel your membership if you decide to discontinue use of the YMCA facility. Memberships are continuous until written request is given for termination. Failure to give written termination notice will result in fees being non-refundable.

Please note; re-starting a lapsed membership of 30 days or more may require a joining fee. Cancellation forms are available online and at the YMCA front desk. Cancellation inquiries should be emailed to [adahman@mankatoymca.org](mailto:adahman@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.

**Ashley Dahlman, Membership Director // 507.386.2703 // [adahman@mankatoymca.org](mailto:adahman@mankatoymca.org)**



# MEMBERSHIP BENEFITS



FREE WI-FI



2 POOLS



2 GYMS



FREE FITNESS  
CLASSES



FREE AM  
COFFEE



INDOOR  
WALKING  
TRACK



Y-FIT  
GYM



SAUNAS &  
STEAM ROOMS



DAILY  
NEWSPAPERS



PROGRAM  
DISCOUNTS



HOT TUB



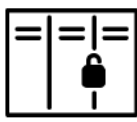
RACQUETBALL  
COURTS



REC ROOM



3 STUDIOS



5 LOCKER  
ROOMS



PICKLEBALL  
COURTS &  
EQUIPMENT



WELLNESS  
CENTER



FREE WEIGHT  
ROOM



FREE CHILD  
WATCH



YMCA  
NATIONWIDE

## 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 at all times

#### Adult

\$20

Age 18+

#### Family/Household

\$30

Up to 2 adults sharing the same household & expenses. Includes dependents, ages 0-23, living in the same household

### Guests of Members

\$5 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.
- An individual can be a guest at the Mankato Family Y 5 times per calendar year. The Y reserves the right to limit guest passes.
- 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 complete the visitor form prior to facility entry. Parent/guardian is required to provide photo ID.
- Members are responsible for their guests and must accompany them and remain in the facility.
- Guests 9 and younger must be accompanied by an adult 18 or older at all times.
- Members are not allowed to bring in groups of guests.
- Visiting Y members, from other YMCAs, cannot bring in guests.
- Y guests cannot bring in guests.

## STAY CONNECTED

Staying in touch has never been easier! Make sure you're connected with the Y and be the first to know the latest news, events, programming, cancellations and closures. Browse our mobile-friendly website, follow us on Social Media and make sure your email preferences and text message settings are updated. **You can also view Current News at [mankatoymca.org/news](http://mankatoymca.org/news)**

### UPDATE EMAIL PREFERENCES

**STEP 1:** Log into your online account and click the settings icon button, next to the Edit Profile Button.

**STEP 2:** Select Email Settings.

**STEP 3:** Confirm your email address is correct\* and click the Send Email button

**STEP 4:** Check your email account and look for the email from Mankato Family YMCA

**STEP 5:** In the email, click the button: Update your preferences

**STEP 6:** Select which email types you want to opt in or out of to receive communication from the Mankato Family YMCA. Save preferences at the bottom of the page.

\*If your email is NOT correct, return to your Dashboard. Click the Edit Profile button and edit your email address.

### OPT-IN TO TEXT MESSAGES

**STEP 1:** Log into your online account and click the settings icon button, next to the Edit Profile Button.

**STEP 2:** Select SMS Settings.

**STEP 3:** Select the phone number(s) you would like to receive text messages about. This will opt you in to receive text messages about facility updates, such as closure notifications and reminders.

**STEP 4:** Hit the save button.



[mankatoymca.org](http://mankatoymca.org)



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



[@MankatoFamilyYMCA](https://www.youtube.com/MankatoFamilyYMCA)



[@ymcamankato](https://www.tiktok.com/@ymcamankato)



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

# ONLINE ACCOUNT

Set up your YMCA 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/YACCOUNT 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.

**QUESTIONS?** Email Liz at [izaruba@mankatoymca.org](mailto:izaruba@mankatoymca.org)

## 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/yaccount/](http://mankatoymca.org/yaccount/)

SCAN  
HERE



## DOWNLOAD THE NEW MOBILE APP

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. Scroll to the bottom of the page.

## WHAT'S YOUR Y?

### Share Your Y Story

The Y has been making opportunities possible for 150 years. What has the Y done for you? Your Y story goes beyond the individual impact - it's a testament to the strength of our community.

Share your Y story with us! Y stories will be featured on our social media pages and on our Y Story wall.

Scan the QR code to submit your story.



HELP US  
COLLECT  
150 Y  
STORIES!



# YMCA PROGRAMS

Welcome to a world of excitement, growth, and community at the Mankato Family YMCA! Our diverse range of programs is designed to inspire, challenge, and uplift individuals and families of all ages. Whether you're looking to break a sweat, enhance your skills, or simply connect with others, our programs cater to your unique needs and interests.

## SESSION DATES

<b>SPRING SESSION</b>	March - May
REGISTRATION DATES	Members: February 5 Non-Members: February 8
<b>SUMMER SESSION</b>	June - August
REGISTRATION DATES	Members: May 6 Non-Members: May 9
<b>FALL SESSION</b>	September - November
REGISTRATION DATES	Members: August 5 Non-Members: August 8
<b>WINTER SESSION</b>	December - February 2025
REGISTRATION DATES	Members: November 4 Non-Members: November 7

## Program Registration

Members receive early registration privileges for YMCA programs three days prior to open registration. Registration can be done in person or online. Early registration is recommended as programs 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. Program minimums must be met or a program may be cancelled. Program dates, levels, themes, field trips and other details are subject to change. Please visit our website for the most up-to-date information regarding specific programs.

## 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](http://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.



# FOR YOUTH DEVELOPMENT



## SWIM STARTERS

Ages  
6 Mo. to  
3 Years



### Parent With Child

Introduces toddlers to the water environment and 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 fun and confidence-building experiences, 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.

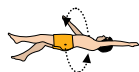


### Preschool B

**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.



# SWIMMING LESSONS

## SWIM STARTERS SWIM BASICS SWIM STROKES

Winter & Spring season classes take place on Tuesday & Thursday. Summer season classes take place Tuesday, Wednesday and Thursday. Levels vary by session.

### Classes Times:

- 5:30pm - 6:10pm
- 6:20pm - 7:00pm
- 7:10pm - 7:50pm

### SWIMMING LESSONS FEE PER SESSION

Member	Non-Member
\$55	\$80

#### WINTER II

Feb. 5 - Feb. 29

REG  
OPEN  
NOW

#### SUMMER I

June 11 - 27

MEM  
REG. ON  
4/1

#### SPRING I

April 2 - April 25

MEM  
REG. ON  
2/5

#### SUMMER II

July 9 - July 25

MEM  
REG. ON  
4/1

#### SPRING II

May 7 - May 30

MEM  
REG. ON  
2/5

#### SUMMER III

August 6 - August 22

MEM  
REG. ON  
6/24



REGISTER ONLINE

## MARLINS SWIM TEAM

MEMS  
ONLY!

### 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. Marlins has 2 seasons: Fall/Winter and Summer.



Scan the QR Code  
for more information!



## MINI MARLINS SWIM ACADEMY

### READY TO BE A MINI MARLIN?

Prerequisite of Level 3 swimming lessons completion.

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 four-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
- Developing a positive, winning attitude
- Social Skills that complement YMCA core values

# FOR YOUTH DEVELOPMENT



## EVERY SUMMER HAS A STORY. FIND YOURS.

YMCA Campers make life-long memories, learn how to create new friendships, and explore the world around them when they participate in summer camp. Our camp activities like art, STEM, music, literacy, nature, swimming, and sports are designed to build confidence, develop skills and discover new talents. Weekly themes, off-site field trips, and special events make it a different adventure every week.

**MEMBER REGISTRATION OPENS FEBRUARY 15**  
**NON-MEM REGISTRATION OPENS FEBRUARY 29**

### PAYMENT & REGISTRATION

A non-refundable & non-transferable deposit of \$25 is required for each week your camper plans to attend. This deposit will be deducted from the overall weekly fee.

Full camp payment is due on the 15th of the month prior to the month of camp. For example, if your camper is signed up for camp(s) in June, full payment for all June camps is due May 15.

### COST PER CAMP

PRESCHOOL CAMPS	MINI-DAY CAMP \$115 Members \$140 Non-Members	SPECIALTY DAY CAMPS	SPORTS CAMP \$230 Members \$255 Non-Members	RESIDENTIAL CAMPS	TRADITIONAL CAMP \$450 Members \$475 Non-Members
	KINDERGARTEN PREP \$175 Members \$200 Non-Members		STRIDE CAMP \$230 Members \$255 Non-Members		LEADER IN TRAINING \$450 Members \$475 Non-Members
SCHOOL-AGE DAY CAMPS	DISCOVERERS \$230 Members \$255 Non-Members		CHESLEY SKATE: GROMMIES \$200 Members \$225 Non-Members		COUNSELOR IN TRAINING \$370 Members \$395 Non-Members
	EXPLORERS \$230 Members \$255 Non-Members		CHESLEY SKATE: HAWKS \$200 Members \$225 Non-Members		
	VOYAGERS \$230 Members \$255 Non-Members		PATHFINDERS CAMP \$230 Members \$255 Non-Members		

See full details in  
the 2024 Summer  
Camp Guide!



### NEW! TEEN DAY TRIPS

Teen Day Trips are a one-day field trip with YMCA staff. Field Trips include Valley Fair, Kerfoot Canopy Tours, a Minnesota Twins Game, and more. Registration will cover the daily entrance fee or game ticket, a snack, and transportation per trip. More details and information to come in the camp program guide!

### Camp Financial Assistance

You can apply for financial assistance before camp registration begins. Financial assistance is available through Connecting Kids or the Mankato Family YMCA. Get more information online.





# QUICK LOOK!

WEEK 1  
June  
10-14

WEEK 2  
June  
17-21

WEEK 3  
June  
24-28

WEEK 4  
July 1-3  
\*3 DAYS\*

WEEK 5  
July  
8-12

WEEK 6  
July  
15-19

WEEK 7  
July  
22-26

WEEK 8  
July 29-  
Aug 2

WEEK 9  
Aug  
5-9

WEEK 10  
Aug  
12-16

WEEK 11  
Aug  
19-23

PRESCHOOL CAMPS	MINI-DAY CAMP (Ages 3-6)	Happy Camper	Awesome Artist	Super Science		Dig It!	Let's Build It	Christmas in July	Treasure Hunt			
	KINDERGARTEN PREP (Entering Kindergarten)									K-Prep Camp		
SCHOOL-AGE DAY CAMPS	DISCOVERERS (Entering Kindergarten)	Buggin' Out	Community Helpers	The Power of Plants	Red, White & Boom  Limited Space Available	Artic Adventures	COLOR WARS	Glowing Galaxy	Super Duper Sports	Music Makers	Barnyard Blast	YMCA Summer Camp Olympics  Limited Space Available
	EXPLORERS (Entering Grades 1-3)	Summer Vibe	A Camping We Will Go	A Wish Upon A Star		All Star Sports	COLOR WARS	3-2-1 Blast Off	Jungle Breeze	Splash Splash Bash	Everyday Science	
	VOYAGERS (Entering Grades 4-5)	Sun-sational Summer	Calling All Champions	Campfire Chronicles		Just Add Water	COLOR WARS	Innovation Vacation	Food For Thought	Medieval Magic	Tropical Paradise	
SPECIALTY DAY CAMPS	SPORTS CAMP (Entering Grades 2-5)	Multi-Sports	Dance	Basketball		Flag Football	COLOR WARS	Soccer	Volleyball	Speed, Strength, Agility	Un-Conventional Sports	
	STRIDE CAMP (BOYS Entering Grades 3-5)		STRIDE									
	CHESLEY SKATE: GROMMIES (Entering Grades 1-5)	Grommies		Grommies Just Girls			Grommies	Grommies	Grommies	Grommies	Grommies	
	CHESLEY SKATE: HAWKS (Entering Grades 6-8)		Hawks			Hawks						
	PATHFINDERS CAMP (Entering Grades 6-8)					Lego Robotics	COLOR WARS	Kids in the Kitchen	Cultivate Curiosity		Woodworkers Wonderland	
RESIDENTIAL CAMPS	TRADITIONAL CAMP (Entering Grades 3-8)	June 9 - 14	June 16 - 21	June 23 - 28						August 4 - 9		
	LEADER IN TRAINING (Entering Grades 9-10)	June 9 - 14	June 16 - 21	June 23 - 28						August 4 - 9		
	COUNSELOR IN TRAINING (Entering Grades 11-12)	June 9 - 14	June 16 - 21	June 23 - 28						August 4 - 9		

## SUMMER CAMP DROP POLICY

Those who wish to withdraw their registration for a camp must do so no later than **two (2) full weeks** before the camp is scheduled to start. The initial \$25 deposit used to register for a camp session is non-refundable & non-transferable. No refunds will be given after the **two (2) week** policy prior to the start of camp. If you are registered for a program and you cancel your membership, you will be billed for the non-member rate of the program.

# 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, & 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.

**MONDAYS**

**5:00 - 5:45PM**

**April 1 - April 29**

### 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.

**TUESDAYS**

**5:00 - 5:45PM**

**April 2 - April 30**

### 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.

**THURSDAYS**

**5:00 - 5:45PM**

**April 4 - May 2**

**Fee per Session:**

**Members: \$50**

**Non-Members: \$75**

## 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!



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

## SCHOOL AGE SPORTS

YMCA Sports / Pre-K - 12th Grade

### Soccer (Gr 5-12)

This soccer league will emphasize team development and fun, while learning the skills of soccer and enjoying the positive non-competitive environment.

**April 29 - June 15**

**Fee per Session:**

**Members: \$90**

**Non-Members: \$110**

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

**T-Ball (K, 1-2 Grade) & Coach Pitch (3-5 Grade)** T-Ball and coach pitch is a fun, non-competitive program designed to teach kids the fundamentals of baseball. Coaches introduce basic topics such as hitting from a tee, fielding balls, throwing to bases, catching, and more. Registration includes cap, jersey & baseball pants.

**June 24 - August 17**

**Fee per Session:**

**Members: \$90**

**Non-Members: \$110**

### NFL Flag Football (Entering Gr K-5)

In partnership with the National Football League the YMCA's NFL Flag Football is a fun and safe way to learn the fundamentals of the sport for all kids! Plus, flag football helps develop coordination, self-confidence and sportsmanship. Registration includes jersey and flags.

**August 26 - November 19**

**Fee per Session:**

**Members: \$115**

**Non-Members: \$135**

### TEAM STRUCTURE

- Kindergarten Co-Ed
- 1st - 2nd Grade Co-Ed
- 3rd - 5th Co-Ed

### PRACTICES

- Kindergarten: Mondays
- 1st - 2nd Grade: Tuesdays
- 3rd - 5th Grade: Thursdays
- 1 hour practices held between 6:00-8:00pm



# STRIDE

Success  
Teamwork  
Respect  
Inspiration  
Determination  
Excellence in Character

Boys Grades 3 - 6  
Mems & Non-Mems



STRIDE 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. STRIDE is designed to boost performance in school, sports, our community, and at home. The program runs 2 or 3 times a week (Fridays rotating) with an end-of-season 5k run, check-marking a goal they trained to achieve all season!

February 26 - April 26

## End of Season 5K

Date: April 27, 2024



Program Fee:

**\$160\***

\*Reduced Fee/  
Financial Assistance  
Available

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

Contact Sophie Tonander at [stonander@mankatoymca.org](mailto:stonander@mankatoymca.org) or 507.386.2724.



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 27 for more information on Chesley Skate Park including hours, costs and rules.



## CHESLEY SKATE TEAM

Ages 6-12



Join the Chesley Skate Team 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.

April 1 - April 29

**MONDAYS**  
5:30 - 7:00PM

Fee per Session:

Members: \$70

Non-Members: \$95



## LESSONS

(1) 1-Hour Lesson: \$50  
(3) 1-Hour Lessons: \$120

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. Inquiries for lessons, contact [nrieger@mankatoymca.org](mailto:nrieger@mankatoymca.org).

# 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 required to be active August-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  
Water Play & Safety  
Parent/Teacher Conferences  
Christmas Program  
Spring Program or Pre-K Graduation

**MEMS!**  
ONLY  
SEPT-MAY

### Y PRESCHOOL CLASSES AGES 3 - 5 YEARS

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

Preschool	Days	Time	Price
3-4 Year Olds	Tues/Thurs	8:30 am - 11:00 am	\$124/mo

[Must turn 3 by September 1, 2024 & not old enough to enroll in PreK classes. Child must also be toilet trained.]

PreK	Days	Time	Price
4-5 Year Olds	Mon/Wed/Fri	8:30 am - 11:00 am	\$177/mo
	Mon-Fri	12:15 pm - 3:15 pm	\$347/mo
	Mon-Fri	9:00 am - 3:00 pm	\$694/mo

### Y Extended Care

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.

Y Extended Care is available for \$5/hr.

Time
7:30 am - 9:00 am
11 am - 12:00 pm
3:00 pm - 5:15 pm

### Registration for

2024-2025 is open now!



**PARENTS' NIGHT OUT**

## PARENTS' NIGHT OUT

\$23 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.

**MEMS!**  
ONLY

WHEN IS  
YOUR NEXT  
NIGHT OUT



Feb 2

Mar 1

Apr 5

May 3

Youth must be picked up promptly by 8:30 pm by a parent or guardian. Pre-registration is required and can be done online. Activities may be cancelled if minimum registration is not met (10 participants).







# AFTER SCHOOL ADVENTURES

**MEMS ONLY!**

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

The Mankato Family YMCA After School Adventures program is designed for youth in grades Kindergarten through 5th grade. The program includes the following components: Arts and Humanities, Character Development, Health and Wellness, Homework Support, Literacy, Science and Technology, Service Learning, Social Competence and Conflict Resolution. The themes and curriculum provide a stimulating environment where children can develop in a positive manner. The ratio of staff to children within the After-School Adventures program is approximately one staff for every 12 children.

## Cost per Youth:

\$282/month

OR

\$2,538

for the 24-25  
School Year

## Registration for 2024-2025 is open now!

Contact our Youth Activities Director for availability & registration forms.

### YMCA MEMBERSHIP REQUIRED

A YMCA membership is required to enroll in the After School Adventures program. This can be a youth membership for the youth or a family membership. Membership required to be active August-May.



# NON-SCHOOL DAY CAMPS

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

**Ages  
K-5**

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. Lunch is not provided, a cold lunch will need to be packed. Registration is required.

## Fee per Camp:

Mems: \$65

Non-Mems: \$85

## CAMP DATES:

Jan 2: Kids Empire

Jan 15: Urban Air

Jan 22: Fun Lab

Mar 8: Good Times Park

Mar 22: Eagles Nest

Mar 25: Boundless

Mar 26 Crayola Experience

Mar 27: Sky Zone

Mar 28: Can Can Wonderland

April 10: MN Zoo



# NON-SCHOOL DAY SKATEBOARDING CLINICS

9:00am - 1:00pm on District 77 Non-School Days

**Ages  
6-12**

Skateboarding Clinics take place on Non-School Days at Chesley Skate Park. Come learn to skate or improve your skills in a small group setting. Lunch is not provided. Registration is required. Limited space is available. Skateboard rentals and safety equipment provided. \*Extended care available upon request.

## CLINIC DATES

January 2, 15, 22

March 8, 22, 25, 26, 27, 28

April 10

## Fee per Clinic:

Mems: \$55

Non-Mems: \$75



## YPALOOZA YOUTH SOCIAL

Mems & Non Mems | 7-9:30pm | April 6th |

Grades  
2-5

We don't need a reason to celebrate! YPalooza is filled with bounce houses, nerf war, glow-in-the-dark activities, jumbo games, and more! Who's ready to party? Grab your friends and come on down for a night you won't forget! Register online!

SATURDAY, APRIL 6

COST: \$17

\$5 Concession Card  
available for purchase  
(Lanyards included with  
punch cards)



# 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 for more details and to secure your date today!**



FOR HEALTHY LIVING

# 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.

## WORK WITH A PERSONAL TRAINER

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

\*Buddy/Small Group: 2-4 People

Private training sessions in water fitness are also available.

Contact Zach Erickson, Wellness Director, at [zerickson@mankatoymca.org](mailto:zerickson@mankatoymca.org) for Personal Training pricing information.

GET RESULTS. REACH YOUR GOALS.

## IRON Y CHALLENGE

Challenge yourself to accumulate the TOTAL DISTANCE of a FULL IronMan Triathlon!

**\$15**

2.4 miles  
**SWIM**

112 miles  
**BIKE**

26.2 miles  
**RUN/  
WALK**

**March 1<sup>st</sup> – 31<sup>st</sup>**  
**Register Online**

All finishers receive an IRON Y t-shirt when you register by March 8th



# FOR HEALTHY LIVING 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. You control your intensity, allowing you to increase your fitness over time. 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!

**RISE & GRIND** This intense yet scalable workout combines cardio moves and endurance strength training to help you burn body fat and build lean muscle.

**AMRAP** As many reps as possible!

**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.

**LES MILLS 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.

**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.

### 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 strength your core from the hips and glutes all the way up to your shoulders.

**LES MILLS SHAPES™** This is a full body targeted workout that is mixed intensity and suitable for all fitness and ability levels. Created in an interval training structure, it is a concentrated workout that remains connected to the floor - so there is minimal impact on joints.

### 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

### 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.



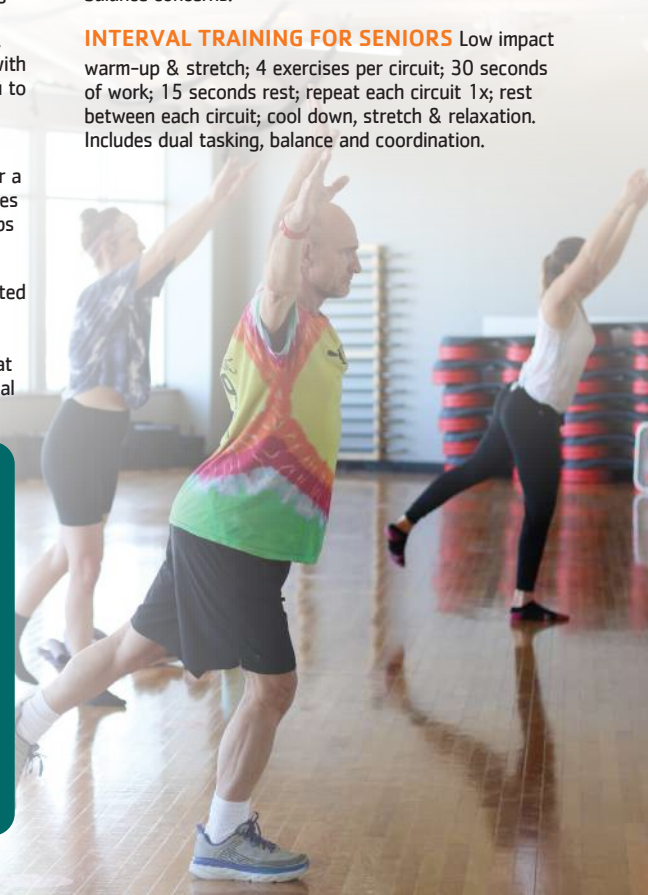
### CARDIO & STRENGTH FOR SENIORS

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.



## 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)

**BODYBALANCE™** 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.

**All Levels Yoga** Perfect for all levels including beginners or anyone looking for therapeutic benefits of yoga.

**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. 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.

**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.

**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.

**Deep Stretch** Use a variety of props including bolsters, blocks and blankets extensively to support your body as you hold poses for long periods.

# 150 FITNESS CHALLENGE

CELEBRATE FITNESS



Whether you're a fitness enthusiast or just getting started, this is your opportunity to crush goals, build healthy habits, and celebrate the best version of you. Are you ready to commit to a 150 challenge of self-discovery, strength, and well-being? Join the challenge and let the fitness adventure begin!

CHALLENGE #1

## 150-Rep Cardio Blast

January 15 - February 11

CHALLENGE #2

## 150-Minutes Mindful Movement

June 2 - 29

Join the Challenge on our mobile app or by using a tracking card, located at the Wellness Desk in the Wellness Center. Challenge #3 will happen in November!

## B.Y.O.M.

Bring your own Mat



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

**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.

## 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. Locations: 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!

**Aqua 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 - in the water!



## WHEN'S MY CLASS?

Download our free mobile app for quick reference or visit our website [mankatoymca.org/schedule/](http://mankatoymca.org/schedule/) and access our schedule online.



Scan for a quick link!



## LOOKING AHEAD 2024 LES MILLS LAUNCHES

Each year, the Y will host four Les Mills launches. These launches bring fresh and innovative choreography, music and training techniques to participants. Classes held during a Les Mills launch are open to the public. Watch our social media pages for specific dates and information.

FEBRUARY 24 & 25, 2024

MAY 17 & 18, 2024

AUGUST 10 & 11, 2024



# RECREATION@THE Y

View age requirements on page 25

## 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. During the months of September - May, you will often find games of Pickleball happening in the Blue Gym on week-day mornings, Wednesday nights and Sunday afternoons.

Equipment is available at the front desk.

## 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.

Two courts can also be set up for Walleyball. Ask the front desk for assistance.

## ADULT 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:



## 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°



# FOREVERWELL

## GET ACTIVE. STAY FIT. BE SOCIAL.



At Mankato Family YMCA, we are dedicated to helping you thrive at every stage of life. ForeverWell is not just a program; it's a celebration of the vibrant spirit that defines our active older adults. Embrace the journey, get active, stay fit, and be social with ForeverWell!

**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](mailto:rsolomonwise@mankatoymca.org).



# LIVESTRONG<sup>®</sup>

## AT THE YMCA

**A FREE 12 week program for  
adult cancer survivors**

**MOVE BEYOND  
CANCER IN SPIRIT,  
MIND, AND BODY**

**Upcoming Dates:**

**February 20 - May 9  
Tuesdays & Thursdays  
6:00pm - 7:30pm**



**REGISTER  
ONLINE**



Contact Zach Erickson with questions:  
[zerickson@mankatoymca.org](mailto:zerickson@mankatoymca.org)

FOR SOCIAL RESPONSIBILITY

# BECOME A MENTOR. CHANGE LIVES.

Who believed in you?

Who had an impact on you?

Do you see yourself doing  
this for someone else?

## ASK YOURSELF

Can you commit to a 9-month minimum, meet with a youth about once a week, demonstrate values of caring, honesty, respect and responsibility, share your skills, time and interests with youth, 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?

Building unique  
friendships between  
terrific kids and  
adult volunteers.

**Every young person deserves a companion.** By simply listening to their stories, supporting them through challenges, and encouraging their dreams you help them find joy. Riding bikes, doing arts and crafts, playing board games, or simply hanging out are just some of the things a community-based mentoring match might enjoy together. With the support of a Program Advocate, each match develops and cultivates a unique relationship that empowers mentees to navigate life's challenges and celebrate personal successes. In our school-based mentoring program youth receive the same life-changing benefits, but instead of meeting in the community, matches meet throughout the school year during the youth's lunch period at school. Matches are supported by the Brother/Sister program and a school-site coordinator. See below for a mentoring volunteer opportunity that fits your unique strengths and schedule.

### Community-Based Mentoring

Adults (mentor) are matched with a 6-14 year old youth (mentee) to provide support, encouragement, and friendship. Matches spend time together in the community doing activities they both enjoy on a schedule that works best for them. View requirements and application process online.

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.



## BROTHER/SISTER MENTORING MANKATO FAMILY YMCA

### When is a good time to become a mentor?

We accept applications and match youth with mentors year-round. A Community-Based commitment lasts for nine-months. A School-Based commitment lasts for the duration of the school year.

Making a difference in the life of a kid who needs it most.

That's the role - & reward - of a mentor!

Taking applications  
year-round.

Scan below and  
**APPLY TODAY!**



Lincoln shares what his pen pal Hunter means to him, "He understands what I am saying. He has made a great impact on my life he's like the friend that perfectly understands you. Thank you Hunter!"

Why I am a pen pal to Lincoln, Hunter says, "I had a ton of pen pals growing up and they taught me a lot of things. They came to my football practice & that had a huge impact on me."



**MAKING A DIFFERENCE.  
IT'S WHAT WE DO.**

### School-Based Mentoring

This opportunity pairs adults (mentor) with 5-16 year old students (mentee) for lunch or other school activities once a week. For students, you are an adult who will listen without judging and take a genuine interest in their lives. A limited number of Pen Pal Mentors who exchange letters monthly throughout the academic year are also available. View requirements and application process online.

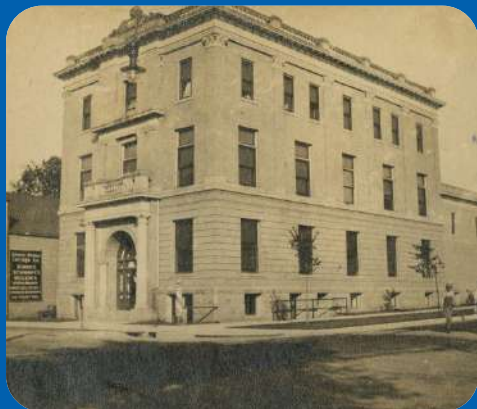


Learn more at: [mankatoymca.org/mentoring-overview/](http://mankatoymca.org/mentoring-overview/)



GET INVOLVED AT THE Y

HERE FOR OUR COMMUNITY.  
THEN, NOW & ALWAYS.



## Embracing our Legacy & Building Our Future: We Need You.

Our 2024 Strong Community Campaign invites you to join a continuum of impact that has spanned 150 years. Your support has fueled our journey, enabling us to make a tangible impact on countless lives. Now, as we look ahead, we need your continued support to ensure that our programs, facilities, and community outreach remain accessible and vibrant.

Every contribution, no matter the size, plays a crucial role in building a stronger, healthier community. Be a part of the Mankato Family YMCA story – Then, Now, & Always.

Together, let's make a lasting impact! Give today!



**YMCA  
DAY OF  
GIVING**

**Save the Date:  
Tuesday, May 7, 2024**

This is a one-day effort to show support the Y's Annual Campaign, which supports the important programs and operations of the Mankato Family YMCA. Join us for a day of giving, fun incentives, raffle prizes and more!

**GOAL: 150 Donors**



GET INVOLVED AT THE Y

# 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
- Special Events
- And more!



Scan to view current  
volunteer opportunities!



# EVENTS @ THE Y

The Mankato Family YMCA hosts a number of fun events throughout the year. Join us as we celebrate 150 years of community impact! Watch our social media pages for more details and information.



Get ready for an unforgettable evening of joy, laughter, and family bonding at our Family Fun Night! This special event is our way of saying "thank you" to our incredible YMCA members. Bring the entire family for a FREE Family Fun Night!

**CARNIVAL NIGHT:  
FRIDAY, JAN. 26**

**SUMMER PICNIC:  
WEDNESDAY, JUNE 5**

## MANKATO FAMILY YMCA PENGUIN PLUNGE

**SATURDAY, FEB. 10  
WESTWOOD MARINA**

Plunge into the waters of Lake Washington to help raise funds for the Mankato Family YMCA!

- PLUNGE
- VOLUNTEER
- DONATE



Learn more online at [mankatoymca.org](http://mankatoymca.org)



## SAT. APRIL 20

Get ready for summer with healthy, fun activities for kids and adults. Bring your friends, bring your family, and let's create a stronger, healthier community for everyone. Watch for more information!



## SAVE THE DATE JUNE 10

## MANKATO FAMILY YMCA GOLF TOURNAMENT

# 150TH CELEBRATION & ANNUAL CORN ROAST

## SAVE THE DATE MON, AUGUST 19

Help us celebrate 150 years of the Mankato Family YMCA as we take our annual corn roast and ramp things up a bit. This year, join us at the Y for the corn roast dinner, fun family activities, an open house, facility tours of the Y and more! Come celebrate with us - where community, health and happiness come together!





# 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, 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, cannabis, 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 accused or 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](http://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 or online. 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 two times a year. These guides are available at the facility or online at [mankatoymca.org](http://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](http://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.



## AGE PRIVILEGE GUIDELINES

Children under the age of 10 **MUST** be accompanied and supervised by a parent/guardian (ages 18+) at all times, unless the child is in an organized program. Adults supervising the child **MUST** sign in at the front desk and may **NOT** use the facility themselves (if they do not have a membership or purchase a day pass), unless the child is participating in youth sports or swim lessons.

**One hour prior to the YMCA closing, youth 15 years of age and younger are not to be in the facility unless accompanied by an adult (ages 18+).**

### FACILITY AREA AGE REQUIREMENTS

Youth under 10 must be accompanied & supervised by a parent/guardian (ages 18+) in the following areas:

**YMCA REC ROOM & JUST KIDS GYM**  
**POOLSIDE LOUNGE**  
**RED & BLUE GYM**  
**RAQUETBALL/HANDBALL COURTS**  
**TAYLOR POOL & LAP POOL**

### WALKING TRACK

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

### HOT TUB & SAUNA

Must be 18 years of age or older

### WELLNESS CENTER

Youth 10-17 must complete a Youth Orientation before using the Wellness Center. Youth ages 10-11 must be accompanied side by side an adult/guardian

### FREE WEIGHT ROOM

Youth must be 14 years of age or older to use the Free Weight Room and complete a Youth Orientation.

### Y-FIT GYM

Youth must be 14 years of age or older to use the Y-Fit Gym and complete a Youth Orientation

### GROUP FITNESS

Youth 10-17 are welcome to attend all Group Fitness classes. Youth ages 10-11 must be accompanied side by side an adult/guardian

### ADULT LOCKER ROOMS

Must be 18 years of age or older

## 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 can 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.



## YMCA REC ROOM

A recreational area designed for families.



**Poolside Lounge**  
**"Just" Kids Gym**  
**Air Hockey**  
**Billiards**  
**Foosball**  
**Ping Pong**



### 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.

### Staffed Hours:

Saturday 8:00 a.m. – 4:00 p.m.  
Sunday 12:00 p.m. – 5:00 p.m.  
Non-School Days 1:00 p.m. – 4:00 p.m.

### Rec Room Rules:

- Youth under 10 must be accompanied by an adult 18 years or older.
- Equipment for air hockey, ping pong, foosball and billiards can be checked out at the front desk.
- Food & drink permitted in the poolside lounge only.
- Socks must be worn in Just Kids Gym



# FACILITY RULES

Everyone's safety is important to us. We ask that all abide by our facility rules & guidelines.

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

- Workout attire is required (shirt, sweats, tennis shoes; sports bras are not a shirt). 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.
- 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.
- No throwing or dropping weights. Use spotters when needed or contact the Wellness Center staff for a spotter.
- Return weights when finished.
- 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 may be alongside cardio equipment. Infants in strollers or carriers may not be in the Free Weight Room.
- 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.

## 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.

## POOL RULES

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.

### 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 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. Breastfeeding is allowed in the adult locker rooms.
- The use of cameras or video recording devices is prohibited (this includes video-calls)
- 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.

## LOCKER ROOMS

The YMCA's practice is to welcome all members and do our best to accommodate everyone. Family and adult only locker rooms are available. We strongly encourage you to use the family locker room with children of the opposite sex. By offering separate individual locker rooms, including adults only, and family locker rooms, we believe everyone can find a reasonable solution which will allow all members to have access to our facilities. Use of the family locker room is an option for any individual would like to use an alternate locker room.

## 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.

## 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 deate 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 been worn.
- Wait until play has stopped before knocking or opening door.
- Eye protection is strongly recommended.



161 Jaycee Court, Mankato MN  
507.387.8222

## PARK HOURS

MONDAY - SATURDAY  
1 PM - 8 PM

Monday-Saturday  
Youth Hours:  
1 PM - 3 PM

SUNDAY  
1 PM - 6 PM

## RENTALS

Helmets: \$2

Pads: \$2

Skateboard: \$5

Rollerblades: \$5

Scooters: \$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**

United  
Way



@chesleyskatepark



/skatechesley





# 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



Scan to apply:

## WANT TO BECOME CERTIFIED?

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



**American Red Cross**

Fee:  
\$90

Contact Julie Hudrlik for more information & to sign up.  
Call 507-345-9803 or email [jhudrlik@mankatoymca.org](mailto:jhudrlik@mankatoymca.org)

## LIFEGUARD CERTIFICATION TRAINING

Lifeguard, First Aid, and CPR/AED certification is valid for two years. Visit [mankatoymca.org](http://mankatoymca.org) for training dates.

### Lifeguard Training Fee

Member	\$180
Non-Member	\$200



**American Red Cross**

EARN  
YOUR  
WHISTLE!

## MANKATO FAMILY YMCA DIRECTORY

### 387-8255

387-2522	Fax Number
345-9813	Adult Fitness
386-9816	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
386-2706	School-Age Programming
386-2724	STRIDE
386-2711	Swim Lessons
345-9809	Volunteer at the YMCA
345-9816	Wellness Center/Personal Training
386-2724	Youth Sports

### General Information

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



### YMCA Board of Directors

The Mankato Family YMCA Annual Meeting is held in February. The new board members and executive members are voted on at this meeting. To view our list of current board members, please visit our website.

Interested in joining the YMCA Board?  
Contact Andrew Burk at [aburk@mankatoymca.org](mailto:aburk@mankatoymca.org)



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## MANKATO FAMILY YMCA

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

**The Y.™ For a better us.™**

### YMCA Hours

**Monday – 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

### Y Member News & Updates

Stay in the loop by signing up for Mankato Family YMCA  
Member E-Updates. Sign up at [mankatoymca.org](https://mankatoymca.org)

You can also view Current News at [mankatoymca.org/news](https://mankatoymca.org/news)

### Follow us

 [mankatoymca.org](https://mankatoymca.org)

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

 [@MankatoFamilyYMCA](https://youtube.com/MankatoFamilyYMCA)

 [@ymcamankato](https://tiktok.com/@ymcamankato)

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



## 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.

### 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

Child Watch is open for Nationwide Members. Please see the Front Desk before visiting Child Watch.

Learn more on page 25.

