



MORE THAN A GYM: A MISSION IN MOTION.

MANKATO FAMILY YMCA
MEMBERSHIP GUIDE 2025



FITNESS CENTER



CHILD CARE CENTER



FAMILY FUN



WELCOME

150 Years of Community Impact

Since our founding in 1874, the Mankato Family YMCA has been a cornerstone of community spirit, health and togetherness. For 150 years, we have empowered individuals, families, and communities to thrive—and we're just getting started. As we honor our rich history, we remain committed to serving and strengthening our community for generations to come.

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

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!



MEMBERSHIP RATES*

A photo ID is required to apply for a membership

ADULT

One adult age 18-61

\$50.50/Month

JOINING FEE: \$30.00

ADULT & YOUTH

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

\$66.00/Month

JOINING FEE: \$40.00

FAMILY

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

\$71.00/Month

JOINING FEE: \$60.00

SENIOR

One adult age 62+

\$42.50/Month

JOINING FEE: \$30.00

SENIOR & YOUTH

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

\$58.00/Month

JOINING FEE: \$40.00

SENIOR COUPLE

Two household adults ages 62+

\$62.00/Month

JOINING FEE: \$60.00

YOUTH 1

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

\$15.50/Month

JOINING FEE: \$10.00

YOUTH 2

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

\$31.00/Month

JOINING FEE: \$20.00

YOUTH 3

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

\$46.50/Month

JOINING FEE: \$30.00

YOUTH 4

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

\$62.00/Month

JOINING FEE: \$40.00

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 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 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.

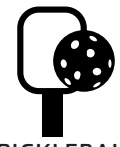
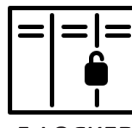
Refunds

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



MEMBERSHIP BENEFITS



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 present with them in the facility for the entirety of their visit.
- Guests 9 and younger must be accompanied by an adult 18 or older at all times.
- Guests 15 & younger must leave the YMCA one hour before closing.
- 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.

DROP-IN CHILDWATCH

▶ 90 Minutes FREE WHILE YOU WORK OUT

MEMS ONLY!

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.

UPDATED SPACE!



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.

\$1.00 per child will be charged per 15 minute increments beyond the first 90 minutes.

Packages can be purchased at the front desk for \$10.

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 & create your password. Your password must be at least 7 characters and contain at least one capital letter & 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

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/

DOWNLOAD THE 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.



SCAN
HERE

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**

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

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

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

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

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

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

SPRING SESSION	March - May
REGISTRATION DATES	Members: January 6, 2025 Non-Members: January 9, 2025
SUMMER SESSION	June - August
REGISTRATION DATES	Members: April 7, 2025 Non-Members: April 10, 2025
FALL SESSION	September - November
REGISTRATION DATES	Members: June 2, 2025 Non-Members: June 5, 2025
WINTER SESSION	December - February 2026
REGISTRATION DATES	Members: October 6, 2025 Non-Members: October 9, 2025

NEW IN 2025!

This year we're giving you the chance to look ahead and see everything that's happening at the Y in 2025. In addition to all of our registration dates, you'll see all our program dates, launch dates, and event dates.



Scan the QR code or visit us at mankatoymca.org/programs-overview/

Please note, things are subject to change. Watch our website & social media for the most current information.

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. 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

SWIMMING LESSONS



SWIM STARTERS SWIM BASICS SWIM STROKES

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

SWIM STARTERS

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.

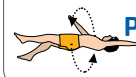


Preschool B

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+



Level 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.



Level 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.



Level 3 Water Stamina

PREREQUISITES: 2 / Water Movement

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



Level 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.



Level 5 Stroke Development

PREREQUISITES: 4 / Stroke Introduction

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



Level 6 Stroke Mechanics

PREREQUISITES: 5 / Stroke Development

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

MARLINS SWIM TEAM

For Swimmers ages 6-18 years

The Marlins Swim Team is for youth interested in being involved on a competitive level. The team focuses on team unity, the YMCA core values, and critiquing and refining the 4 competitive strokes

and racing components. Participants need to have completed YMCA level 5 or Red Cross Level 5 and be able to swim 25 yards or 1 length of the YMCA pool comfortably in each stroke.

Scan the QR Code for more information!



MINI MARLINS SWIM ACADEMY READY TO BE A MINI MARLIN?

Not sure if you're ready to compete on the swim team? Then this program is for you! The 8 week session program 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
- Goal Setting

Participants need to have completed YMCA level 5.

Scan the QR code to get more information online!



YMCA PRESCHOOL



+ Extended Care Options

THE Y DIFFERENCE

Why the Y? We are dedicated to providing the highest quality education and learning experience. Our nurturing environment offers a day filled with opportunities to grow and learn.

OUR CURRICULUM

Our State-Approved curriculum is a hands-on opportunity for your child to learn through education, music and physical activities; preparing them for a smooth transition to kindergarten, while staying true to the Y's core values of honesty, caring, respect, responsibility and faith.

OUR PRESCHOOL OFFERS

- Bright Classrooms with lots of Natural Light
- Outdoor Play Area
- 2 Full-Size Gyms for Large Motor Activities
- Swimming on Sight (part of curriculum)
- Fit Kids Program
- Christmas, Spring & Graduation Programs



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

3-4 Year Olds [Must turn 3 by September 1st of the school year & not old enough to enroll in PreK classes. Child must also be toilet trained.]

PreK

4-5 Year Olds [Must turn 4 by September 1st of the school year.]

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.

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.



AFTER SCHOOL ADVENTURES



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.



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.

FOR YOUTH DEVELOPMENT



NON-SCHOOL DAY CAMPS

District 77 Non-School Days

Ages
K-5

When school is out, the fun doesn't stop at the YMCA! Our Non-School Day Camps provide full-day programs filled with adventure, learning, and new friendships. Each camp day features themed activities, sports, crafts, and play, giving kids a fun and safe way to spend their day off.



NON-SCHOOL DAY SKATEBOARDING CLINICS

District 77 Non-School Days

Ages
6-12

Skateboarding Clinics are offered on some Non-School Days at Chesley Skate Park. Perfect for young skaters or beginners, the Non-School Day Skate Clinics focus on skill-building, safety, and confidence on wheels. Led by experienced instructors, these clinics provide personalized instruction and plenty of practice time to help skaters of all levels improve and enjoy their day out of school.



SPOOKTACULAR YOUTH SOCIAL

Mems & Non Mems

It's a hauntingly fun evening at the YMCA SPOOKTACULAR Youth Social, which takes place every October. This Halloween-themed event invites kids for a night of costumes, games, music, and spooky activities in a safe, festive setting. With themed crafts, treats, and a haunted gym, it's the perfect chance for kids to celebrate Halloween with friends and make new memories.

Grades
2-5



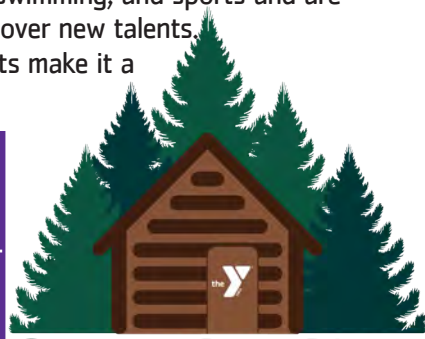


FIND YOUR PEOPLE. FIND YOUR PURPOSE.

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 include art, STEM, music, literacy, nature, swimming, and sports and 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.



PRESCHOOL	ADVENTURERS Ages 3-5	SPECIALTY DAY CAMPS	SPORTS CAMP Entering Grades 2-5	OVERNIGHT CAMPS	OVERNIGHT CAMP MANKATO FAMILY YMCA
	SCHOOL-AGE DAY CAMPS		DISCOVERERS Entering Kindergarten		STRIDE CAMP Entering Grades 3-5
EXPLORERS Entering Grades 1-3			CHESLEY SKATE: GROMMIES Entering Grades 1-5		LEADER IN TRAINING Entering Grades 9-10
VOYAGERS Entering Grades 4-5			CHESLEY SKATE: HAWKS Entering Grades 6-8		COUNSELOR IN TRAINING Entering Grades 11-12
			PATHFINDERS CAMP Entering Grades 6-8		



OVERNIGHT FALL CAMP

Mems & Non Mems
Join the YMCA over the MEA weekend in October for a Fall Overnight Camp at Kiwanis Camp Patterson. This shorter camp experience is perfect for first-time campers and those who want one more camp adventure before winter. The weekend is filled with fun Fall activities like pumpkin carving, scarecrow building & much more!



BIRTHDAY PARTIES

Mems & Non Mems

Make your child's birthday extra special with one of our exciting party options at the Mankato Family YMCA!

Choose Your Celebration

- POOL PARTY**
- BOUNCE HOUSE**
- GYM PARTY**
- SKATE PARK**

Find more details and then secure your party date online today!



FOR YOUTH DEVELOPMENT

YOUTH SPORTS



Youth Sports run year-round at the Y. 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.

Preschool Sports Sampler (4-5 years old)

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

Preschool Mini Sports (4-5 years old)

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

VOLUNTEER COACHING

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



NEW PROGRAMS IN 2025!

3x3 Basketball (Entering Gr 3-12)

3x3 Basketball (Split according to grades & participants) This summer – join a basketball league focused on fun, competition, and improvement. Perfect for players of all levels looking to stay active, sharpen their skills and connect with others who love the game. No coaches. No pressure. Just basketball.

Youth Pickleball (Entering Gr K-5)

Youth Pickleball (K, 1-2 Grade, 3-5 Grade) YMCA Youth Pickleball introduces kids to one of the fastest-growing sports in the country! This program teaches players the basics of pickleball, including paddle skills, court positioning, and game strategy, in a friendly and supportive setting.

SCHOOL AGE SPORTS

YMCA Sports / Pre-K - 12th Grade

Youth Winter Basketball (Gr K -6)

Youth Basketball (K, 1-2 Grade, 3-4 Grade and 5-6 Grade) YMCA Youth Basketball is a fun and supportive program that helps kids of all skill levels build confidence on the court. Through practices and games, players develop essential basketball skills like dribbling, shooting, and teamwork. With a focus on sportsmanship and personal growth, this league provides a positive, active environment where kids can learn, compete, and make new friends. Each league has both boys and girls teams.

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

T-Ball (K, 1-2 Grade) & Coach Pitch (3-5 Grade) T-Ball and Coach Pitch are designed to introduce young players to the fundamentals of baseball in a supportive, fun environment. In T-Ball, beginners learn the basics of hitting, fielding, and running the bases. As players progress, they practice hitting a pitched ball while continuing to build skills like throwing and catching. Both programs emphasize teamwork, sportsmanship, and confidence-building.

NFL Flag Football (Entering Gr K-5)

Flag Football (K, 1-2 Grade, 3-5 Grade) YMCA's NFL Youth Flag Football league offers kids an exciting way to experience football in a non-contact format. Players learn the fundamentals of the game—passing, catching, and teamwork—while building agility and strategy skills. With team-based drills and games, participants gain confidence and sportsmanship, all while wearing official NFL-licensed jerseys.

Youth Volleyball (Entering Gr K-5)

Volleyball (K, 1-2 Grade, 3-5 Grade) The YMCA Youth Volleyball program is a great way for kids to learn the fundamentals of volleyball in a fun and encouraging environment. With a focus on serving, passing, and teamwork, players of all skill levels can build confidence and improve their game. Coaches guide players through drills and games, promoting sportsmanship and camaraderie on and off the court.

Youth Fall Basketball (Entering Gr K-6)

Youth Fall Basketball (K, 1-2 Grade, 3-4 Grade and 5-6 Grade) YMCA Youth Basketball is a fun and supportive program that helps kids of all skill levels build confidence on the court. Through practices and games, players develop essential basketball skills like dribbling, shooting, and teamwork. With a focus on sportsmanship and personal growth, this league provides a positive, active environment where kids can learn, compete, and make new friends.

Basketball Clinic (Entering Gr K-5)

Basketball Clinic (K, 1-2 Grade, 3-5 Grade) Basketball Clinic at the Y provides young athletes with an exciting way to kick off the season and sharpen their basketball skills. With practices and games tailored to different age groups, players work on fundamentals like shooting, dribbling, and teamwork. Kids develop both their skills and confidence on the court, while enjoying friendly competition and building lifelong friendships.

STRIDE FOR ALL



- Success
- Teamwork
- Respect
- Inspiration
- Determination
- Excellence in Character



ALL YOUTH
Grades 3-6

Mems & Non-Mems

STRIDE for ALL (Youth grades 3-6) is an interactive program that provides lessons on leadership, character development, healthy choices, goal-setting, and cooperation, all within the framework of a fitness and running plan for kids in grades 3rd-6th. STRIDE for ALL is designed to boost performance in school, sports, our community, and at home.



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.

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.

More information on Chesley Skate Park including hours, costs and rules can be found near the back of this guide.



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 stonander@mankatoymca.org.



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.



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 for Personal Training pricing information.

GET RESULTS. REACH YOUR GOALS.



LIVESTRONG[®] AT THE YMCA

A FREE 12 week program for adult cancer survivors.

Contact Zach Erickson with questions: zerickson@mankatoymca.org

MOVE BEYOND
CANCER IN SPIRIT,
MIND, AND BODY



RECREATION@THE Y

OPEN GYM

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

PICKLEBALL

Pickleball is a sport played with a whiffle ball on a badminton-sized court with a tennis-style net. Pickleball can be enjoyed by people of all ages and athletic abilities thanks to its ease of play and straightforward rules. During 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 Basketball League every year, October - January. 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.

3X3 BASKETBALL

Get ready to hit the court this summer with the Mankato Family YMCA's NEW 3x3 Basketball League. Open to all ages, this exciting league is perfect for players of all skill levels looking to enjoy the fast-paced dynamic game of 3x3 basketball. Whether you're a seasoned player or just love the game, this is your chance to stay active!

NEW!

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 times before arriving.

THURSDAY TODDLER SWIM

Every Thursday between 11:00am and 1:00pm, the Taylor Pool zero-depth entry area is available for ages 5 & under along with their parents or guardians. Certified and trained lifeguards are stationed at the pool at all times.

LAP SWIM/WATER WALKING

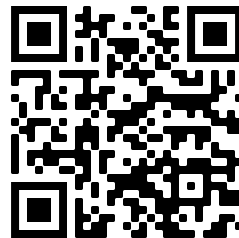
The Y offers lap swimming/water walking in both pools (Lap Pool & Taylor Pool) daily. Certified and trained lifeguards are stationed at each section of the pool at all times. Please always check the pool schedule to confirm pool availability before arriving.

PRIVATE SWIM LESSON

Private swim lessons are books in 30-minute sessions with one of our swim lesson instructors. There is no age requirement & no prior knowledge of swimming necessary. Registration for private lessons is done directly with our Swim Lesson Coordinator. Please reach out them at swimlessons@mankatoymca.org with any questions or to get registered.

SCHEDULES

Scan the QR Code to view our daily schedules:



View all age requirements in the Be In the Know section.

POOL STATS

Lap Pool

- 4 Lanes
- Length: 25 yards
- Depth: 3'6" - 9'6"
- Average Temp: 80°-82°

Taylor Pool

- Zero-depth Entry
- 3 Lanes
- Depth: 3'6" - 3'9"
- Average Temp: 82°-84°

PRIVATE SWIMMING LESSON PACKAGES

	Member	Non-Member
1 SESSION	\$30	\$40
3 SESSIONS	\$60	\$75
5 SESSIONS	\$100	\$125
10 SESSIONS	\$160	\$200

FOR HEALTHY LIVING

GROUP FITNESS

MEMS!
ONLY!



WITH 75+ FREE CLASSES/WEEK

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. 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 circles, 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.

SAVE THE DATE

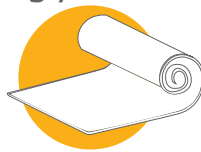
SELF-CARE RETREAT

SUN. NOV. 9, 2025

Join us for a day of rejuvenation at the Y! More details will be released closer to the date.

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/ and access our schedule online.



Scan for a quick link!



LOOKING AHEAD

2025 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 22 & 23, 2025

MAY 17 & 18, 2025

AUGUST 9 & 10, 2025

OCTOBER 25 & 26, 2025

FOR HEALTHY LIVING

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!



View our Monthly Calendar of Activities Online!



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



For additional information, questions or if you're interested in volunteering to help organize activities, scan the QR code above or contact Michelle Cords at 507-345-9805 or mcords@mankatoymca.org.

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!



FOR SOCIAL RESPONSIBILITY

WANT TO MAKE A DIFFERENCE?

BECOME A MENTOR. CHANGE LIVES.

Building unique friendships between terrific kids and adult volunteers.



BRINGS
ME JOY
“



“

AWESOME
PROGRAM

BROTHER/SISTER MENTORING

FOREVER
FRIENDSHIP
“

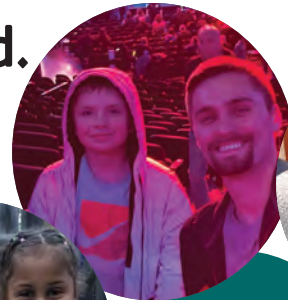
Community-Based • School-Based • Pen Pals

“

A LOT OF
LAUGHTER

Taking applications year-round.

Scan below and
APPLY TODAY!



KINDNESS
“

OR CALL 507-345-9815!

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



HAVING
FUN
“



If mentoring isn't possible for you, please consider making a monetary donation to support the YMCA's mission & ensure everyone in our community has access to these impactful programs.

MANKATOYMCA.ORG/DONATE/

Learn more at: mankatoymca.org/mentoring-overview/

FOR SOCIAL RESPONSIBILITY

MORE THAN A GYM: A MISSION IN MOTION.



YOUR SUPPORT POWERS OUR MISSION IN MOTION.

The Y is not just a place to exercise; it's a community hub that transforms lives every day. This campaign invites our neighbors to support programs that serve those who need us most. **When you give to the annual campaign, you're not just supporting a facility - you're investing in a mission.** Your generosity provides financial assistance and ensures no one is turned away from the Y and powers programs that foster belonging and connection. Together, we can keep the Y's mission in motion and transform lives right here in Mankato.

"The YMCA truly serves the community. From pre-school to children to seniors, the Y has activities for all." - YMCA Member



Together, we can create a stronger community!



WHAT'S YOUR Y?

Help Us Share the Y's Mission in Motion

At the Mankato Family YMCA, we're more than a gym - we're a place where lives are transformed every day. We want to highlight the incredible stories of how the Y has impacted people like you.

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
Y STORIES!

2025 EVENTS@THE Y

The Mankato Family YMCA hosts a number of fun events throughout the year. Mark your calendars with these dates below. Then watch our social media pages and website for more details and information.

MANKATO FAMILY YMCA PENGUIN PLUNGE

**SATURDAY, FEB. 8
WESTWOOD MARINA**

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

- **PLUNGE**
- **VOLUNTEER**
- **DONATE**



A fun night of joy, laughter and family bonding at the YMCA! Just our way of saying 'Thank You' to our incredible members! Join us for a FREE Family Fun Night!

MARCH 13 & DEC. 7

YMCA DAY OF GIVING

Save the Date:
Wed, May 7, 2025

This is a one-day effort to show support for 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

HEALTHY KIDS DAY® APRIL 26, 2025

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 9
MANKATO FAMILY YMCA
GOLF TOURNAMENT**



YMCA CORN ROAST

**SAVE THE DATE
AUGUST 18**

Join us on August 18, 2025, for the 65th Annual YMCA Corn Roast! Celebrate a beloved community tradition with family, friends, and neighbors!



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

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.

Program Cancellations

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

When you cancel

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

Emergency closings

In the event of severe weather, call the Y at 507.387.8255 or check the website at mankatoymca.org. Local radio stations (including KTOE 1420 AM) will broadcast closing announcements. If class is cancelled because of severe weather or for any other reason beyond the YMCA's control, and classes cannot be made up, no refund will be given.



SAFETY FIRST

ZERO TOLERANCE POLICY

TO ALL PARENTS/GUARDIANS OF YMCA PARTICIPANTS:

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

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

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

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.

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.



BE IN THE KNOW

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 at all times:

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

LAP POOL: LAP SWIM/WATER WALKING

Youth 10-17 are welcome to lap swim and water walk.
Youth ages 10-14 must be accompanied side by side with an adult/guardian

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 10-13 must be accompanied side by side with an adult/guardian

ADULT LOCKER ROOMS

Must be 18 years of age or older

LOCKER ROOMS

The YMCA's practice is to welcome all & do our best to accommodate everyone. Family & 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, & family locker rooms, we believe everyone can find a reasonable solution which will allow everyone 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.

MEN & BOYS
●
ADULT MEN
WOMEN & GIRLS
●
ADULT WOMEN
●
FAMILY

YMCA REC ROOM

A recreational area designed for families.

Sponsored by the WOW! Zone

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.



“Just” Kids Gym
Arcade Games
Air Hockey
Billiards
Foosball
Ping Pong



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



Poolside Lounge

The Poolside Lounge is a space available to sit and relax, catch up on some homework or play a game with friends. This area is designated to be a quieter space. Food and drink are permitted in the poolside lounge.



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.

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. Inflatables of any kind (rafts, tubes, toys, etc.) and outside sports balls are prohibited.
9. Do not run or engage in rough play in the pool area or locker-rooms
10. Diving is prohibited in water less than 9 feet in depth
11. Spitting, spouting water from mouth or blowing nose in the pool is prohibited
12. Diaper changing in the pool area is prohibited. Please use locker-rooms
13. Do not bring domestic animals into the pool area
14. Do not bring food, drink, or gum into the pool area
15. Glass and shatterable items are prohibited in the pool area
16. 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. 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.

PICKLEBALL RULES

- Players may utilize and return all equipment as it was found.
- Please clean shoes before entering the court.
- Paddle saddle is used for who is up next to play on an open court.
- Stop playing immediately if a ball rolls into your court to prevent injuries.
- While playing, if a fall court opens up, slide to that court so that the incoming players don't have to cross a court to play.
- The YMCA reserves the right to use all or part of the Blue Gym for any programming, such as Non-School Days or special events.

BLUE & RED GYM RULES

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

WALKING TRACK RULES

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

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 - FRIDAY
2PM - 9PM
SATURDAY
1PM - 8PM
SUNDAY
1PM - 7PM

\$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, vaping 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

RENTALS
Helmets: \$2
Pads: \$2
Skateboard: \$5
Rollerblades: \$5
Scooters: \$5

DISCOUNTED PRICES & HOURS

SAVE!
UNDER 18: \$3
18 & OVER: \$6
MONDAY - FRIDAY
2PM - 5PM
SATURDAY
1PM - 3PM

FREE WIFI



@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 Denise Larson for more information & to sign up. Call 507-345-9803 or email dlarson@mankatoymca.org

LIFEGUARD CERTIFICATION TRAINING

Lifeguard, First Aid, and CPR/AED certification is valid for two years. Visit mankatoymca.org for training dates.



American Red Cross

Lifeguard Training Fee

Member	\$180
Non-Member	\$200

EARN YOUR WHISTLE

MANKATO FAMILY YMCA DIRECTORY

387-8255

- 387-2522 Fax Number
- 345-9813 Adult Fitness
- 386-9816 Adult Sports & Recreation
- 386-2707 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



**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

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. This (members only) 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.

STAY CONNECTED

Y Member News & Updates

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

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

Follow us

 mankatoymca.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)



DOWNLOAD THE MOBILE APP

Scan the QR code to download the mobile app and connect it to your Y account. Use the app to scan into the Y, plus view all schedules including fitness classes, pools and gyms.



FITNESS CENTER



CHILD CARE CENTER



FAMILY FUN