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The Free Press

FITNESS CENTER

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CHILD CARE CENTER

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FAMILY FUN



FIND YOUR PURPOSE. FIND YOUR Y.

MANKATO FAMILY YMCA
MAR-AUG 2025 PROGRAM GUIDE

REGISTER & STAY CONNECTED

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.

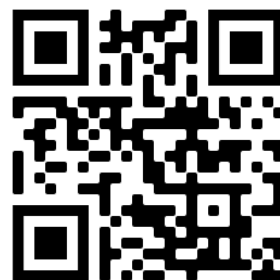
QUESTIONS? Email Liz at lzaruba@mankatoymca.org

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/

SCAN
TO
VIEW
OUR
WEBSITE



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



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 and must be done in person. 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.

BE IN THE KNOW

On our website and in our Membership Guide, you will find our YMCA Code of Conduct, safety policy, full age guidelines and facilities rules. If you have any questions at any time, please do not hesitate to ask a YMCA staff member.



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 view full descriptions and prerequisites for each swimming level and find current swimming lesson 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.

SWIM BASICS

Ages 3 - 5 Years and comfortable
without parent in water

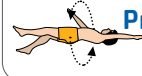
Ages
3-5 Years



Preschool A



Preschool B



Preschool C

SWIM STROKES

Ages
6+



Level 1 Water Acclimation



Level 2 Water Movement



Level 3 Water Stamina



Level 4 Stroke Introduction



Level 5 Stroke Development



Level 6 Stroke Mechanics

AQUATICS REGISTRATION DATES

WINTER I Jan. 14 - Feb. 6
WINTER II Feb. 11 - Mar. 6
REGISTRATION DATES Members: November 25, 2024
Non-Members: November 26, 2024

SPRING I Apr. 1 - Apr. 26
SPRING II May 6 - May 29
REGISTRATION DATES Members: March 10, 2025
Non-Members: March 13, 2025

JUNE & JULY June 10 - 26 & July 8 - 24
REGISTRATION DATES Members: May 19, 2025
Non-Members: May 22, 2025

AUGUST August 5 - 21
REGISTRATION DATES Members: July 14, 2025
Non-Members: July 17, 2025

FALL I Sept. 16 - Oct. 9
FALL II Oct. 23 - Nov. 20
REGISTRATION DATES Members: Aug. 25, 2025
Non-Members: Aug. 28, 2025

PRIVATE SWIM LESSONS

Private swim lessons are booked 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 to them at swimlessons@mankatoymca.org with any questions or to get registered.

PRIVATE LESSON PACKAGES

SESSIONS	MEMBERS	NON-MEMBERS
1	\$30	\$40
3	\$60	\$75
5	\$100	\$125
8	\$160	\$200

SPRING I

April 1 – 29
Tues & Thur

	Parent with Child	Preschool A	Preschool B	Preschool C	Swim Strokes 1	Swim Strokes 2	Swim Strokes 3	Swim Strokes 4	Swim Strokes 5	Swim Strokes 6
5:30 – 6:10pm	•	•	•		•					
6:20 – 7:00pm		•		•			•			•
7:10 – 7:50pm			•		•	•		•		



SPRING WKND

Apr 5-May 10
Saturday

	Parent with Child	Preschool A	Preschool B	Preschool C	Swim Strokes 1	Swim Strokes 2	Swim Strokes 3	Swim Strokes 4	Swim Strokes 5	Swim Strokes 6
9:20 – 10:20am		•			•	•				

SPRING II

May 6 – 29
Tues & Thur

	Parent with Child	Preschool A	Preschool B	Preschool C	Swim Strokes 1	Swim Strokes 2	Swim Strokes 3	Swim Strokes 4	Swim Strokes 5	Swim Strokes 6
5:30 – 6:10pm	•	•		•	•					
6:20 – 7:00pm		•	•			•		•		
7:10 – 7:50pm				•	•		•		•	

JUNE

June 10 – 26
Tues, Wed, Thur

	Parent with Child	Preschool A	Preschool B	Preschool C	Swim Strokes 1	Swim Strokes 2	Swim Strokes 3	Swim Strokes 4	Swim Strokes 5	Swim Strokes 6
5:30 – 6:10pm	•	•	•		•					
6:20 – 7:00pm		•		•			•			•
7:10 – 7:50pm			•		•	•		•		

JULY

July 8 – 24
Tues, Wed, Thur

	Parent with Child	Preschool A	Preschool B	Preschool C	Swim Strokes 1	Swim Strokes 2	Swim Strokes 3	Swim Strokes 4	Swim Strokes 5	Swim Strokes 6
8:10 – 8:50am		•	•			•		•		
9:00 – 9:40am				•	•		•		•	
9:50 – 10:30am	•	•		•	•					

AUGUST

Aug 5 – 21
Tues, Wed, Thur

	Parent with Child	Preschool A	Preschool B	Preschool C	Swim Strokes 1	Swim Strokes 2	Swim Strokes 3	Swim Strokes 4	Swim Strokes 5	Swim Strokes 6
8:10 – 8:50am		•		•			•		•	
9:00 – 9:40am			•		•	•		•		
9:50 – 10:30am	•	•	•		•					



REGISTER ONLINE

SWIMMING LESSONS FEE PER SESSION

Member	Non-Member
\$60	\$85



MARLINS SUMMER SWIM TEAM

SUMMER SEASON: May 5 – August 8, 2025

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.

MARLINS SUMMER FEE

CHIPS/BRONZE	GOLD/PLAT
\$70/month (Aug Only \$45)	\$125/month (Aug Only \$62.50)



- CHIPS & BRONZE:** 6 – 11 years old
- GOLD:** 9 – 14 years old
- PLATINUM:** 9 – 18 years old

FOR YOUTH DEVELOPMENT



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 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 14
NON-MEM REGISTRATION OPENS FEBRUARY 28

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		SPECIALTY DAY CAMPS	OVERNIGHT CAMPS		
SCHOOL-AGE DAY CAMPS	ADVENTURERS \$250 Members \$270 Non-Members		SPORTS CAMP \$240 Members \$270 Non-Members	TRADITIONAL CAMP \$450 Members \$475 Non-Members	
	DISCOVERERS \$240 Members \$270 Non-Members		STRIDE CAMP \$240 Members \$270 Non-Members	LEADER IN TRAINING \$450 Members \$475 Non-Members	
	EXPLORERS \$240 Members \$270 Non-Members		CHESLEY SKATE: GROMMIES \$210 Members \$240 Non-Members	COUNSELOR IN TRAINING \$370 Members \$395 Non-Members	
VOYAGERS \$240 Members \$270 Non-Members	CHESLEY SKATE: HAWKS \$210 Members \$240 Non-Members				
	PATHFINDERS CAMP \$240 Members \$270 Non-Members				

See full details in
the 2025 Summer
Camp Guide!



NEW!

Overnight Camp Access Grant

The Mankato Family YMCA has been awarded a \$10,000 grant from the Y of the USA to offer scholarships for first-time and diverse campers. All funds will be applied to the 2025 camp season. Don't miss this opportunity—apply now to see if you qualify! For questions, contact Dustin at dslaughter@mankatoymca.org.

QUICK LOOK!

	WEEK 1 June 9-13	WEEK 2 June 16-20	WEEK 3 June 23-27	WEEK 4 June 30 - July 3	WEEK 5 July 7 - 11	WEEK 6 July 14 - 18	WEEK 7 July 21 - 25	WEEK 8 July 28- Aug 1	WEEK 9 Aug 4 - 8	WEEK 10 Aug 11 - 15	WEEK 11 Aug 18 - 22	WEEK 12 Aug 25 - 29
PRE-SCHOOL	ADVENTURERS Ages 3-5	Roly Poly Woods	Polar Express	Outback Adventure	Captain America	Deck the Halls	Back Yard Barn	Color Me Fun	Watch Me Grow	Game On	Ahoy Me Alphabet	Lights Camera Action
SCHOOL-AGE DAY CAMPS	DISCOVERERS Entering Kindergarten	Buggin' Out	Artic Adventure	Safari Seekers	Red, White & Boom *4 DAYS* Limited Space Available	Holly Jolly Heatwave	Barnyard Blast	COLOR WARS	The Power of Plants	Super Duper Sports	Alphabet Soup	Neon Takeover Limited Space Available Funfair Frenzy Limited Space Available
	EXPLORERS Entering Grades 1-3	Endless Sunshine	A Wish Upon A Star	A Camping We Will Go		Holly Jolly Heatwave	Splish Splash Bash	COLOR WARS	Rainforest Rumble	The Game Plan	Sci-Fi Spectacular	
	VOYAGERS Entering Grades 4-5	Sun's Out Fun's Out	Campfire Chronicles	Calling All Champions		Holly Jolly Heatwave	Innovation Vacation	COLOR WARS	Just Add Water	Tropical Paradise	Mystery Madness	
SPECIALTY DAY CAMPS	SPORTS CAMP Entering Grades 2-5	Multi-Sports	Dance	Un-conventional Sports		Flag Football	Soccer	COLOR WARS	Basketball		Volleyball	
	STRIDE CAMP Entering Grades 3-5		STRIDE for ALL									
	CHESLEY SKATE: GROMMIES Entering Grades 1-5	Grommies	Grommies Just Girls	Grommies					Grommies Just Girls		Grommies	Grommies
	CHESLEY SKATE: HAWKS Entering Grades 6-8						Hawks					
	PATHFINDERS CAMP Entering Grades 6-8					Lego Robotics	Kids in the Kitchen	COLOR WARS	Cultivate Curiosity		Nature's Playground	
OVERNIGHT CAMPS	TRADITIONAL CAMP Entering Grades 3-8	June 8 - 13	June 15 - 20	June 22 - 27						August 3 - 8		
	LEADER IN TRAINING Entering Grades 9-10	June 8 - 13	June 15 - 20	June 22 - 27						August 3 - 8		
	COUNSELOR IN TRAINING Entering Grades 11-12	June 8 - 13	June 15 - 20	June 22 - 27						August 3 - 8		



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.

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.

YMCA PRESCHOOL + Extended Care Options



**MEMS!
ONLY!**
SEPT-MAY

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

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

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.

FINANCIAL ASSISTANCE

The YMCA Preschool Program is now accepting Childcare Assistance Program (CCAP). Financial Assistance is also offered through Parent Aware and the YMCA offers Financial Assistance for memberships. Please reach out to the Preschool Director for more information.

Registration for 2025-2026 is open now!

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	\$128/mo

[Must turn 3 by September 1, 2025 & 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	\$183/mo
	Mon-Fri	8:30 am - 3:00 pm	\$714/mo

[Must turn 4 by September 1, 2025]

Y Extended Care

Extended Child Care is offered each day Preschool is in session.

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

Time
7:30 am - 8:30 am
11:00 am - 5:00 pm
3:00 pm - 5:00 pm

Playdays

Playdays are offered on most District 77 non-school days. These playdays are offered to students in all YMCA preschool classes. Parents must register for each playday online.

Price
\$42/Playday

*More classes might be offered in the Fall of 2025. Check online at mankatoymca.org

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



Parties are hosted Saturdays and Sundays from 1-3pm.



Find more details and secure your party date online today!



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:
\$288/month
OR
\$2,592 for the 25-26
School Year

Registration for 2025-2026 is open now!

Contact our Director of Youth Development 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

**Grades
K-5**

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

School may be out, but the fun is just beginning! Our non-school day camp programs are age-specific to ensure a fun and exciting experience for all of our campers. Lunch is not provided, a cold lunch will need to be packed.

CAMP DATES:

March 14: Super Hero Showdown

March 26: Nickelodeon Universe 

March 27: I Can't Drive 55!

March 28: World Traveler

March 31: The Fun Lab 

COST: MEMS: \$65
NON-MEMS: \$90

COST: MEMS: \$70
NON-MEMS: \$95 

If there is a bus icon next to the NSDC Activity, this indicates that a field trip is taking place. On field trip days, there is a small additional increase in price to help cover the cost of bussing.

Registration is required.



NON-SCHOOL DAY SKATEBOARDING CLINICS

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

Skateboarding Clinics take place on Non-School Days at Chesley Skate Park

CLINIC DATES

March 31

April 18

**Ages
6-12**

Come learn to skate or improve your skills in a small group setting. Lunch is not provided. Limited space is available. Skateboard rentals and safety equipment provided. *Extended care available upon request.

Registration is required.



Fee per Clinic:
Mems: \$55
Non-Mems: \$75

FOR YOUTH DEVELOPMENT

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!

SCHOOL AGE SPORTS

YMCA Sports / Pre-K - 12th Grade

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 23 - August 16

Fee per Session:

Members: \$100

Non-Members: \$125

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 25 - October 18

Fee per Session:

Members: \$115

Non-Members: \$140

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!

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.

SPRING

April 7 - May 5

SUMMER I

June 2 - June 30

SUMMER II

Aug 11 - Sept 8

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.

SPRING

April 8 - May 6

SUMMER I

June 3 - July 1

SUMMER II

Aug 12 - Sept 9

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.

SPRING: SOCCER

April 7 - May 8

SUMMER I: T-BALL

June 5 - July 3

SUMMER II: FLAG FOOTBALL

Aug 14 - Sept 11

Fee per Session:

Members: \$55

Non-Members: \$80



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.



SPRING

April 7 - May 5

SUMMER

Aug 11 - Sept 8

MONDAYS
5:30 - 7:00PM

Fee per Session:
Members: \$70 Non-Members: \$95

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

Please visit our website for more information on the Chesley Skate Park including hours, costs and rules.



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 skateparkmanager@mankatoymca.org.

BASKETBALL

LEAGUE

3x3

YOUTH AND ADULT

WHO: Open to Grades 3 and up (no limit!) & all abilities

WHEN: Weekly games in June & July

FORMAT: Teams of 3 with optional substitutes, officiated games, and a fun, competitive atmosphere



Get ready to hit the court this summer with the Mankato Family YMCA's 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. Gather your team or join as a free agent and meet new friends while sharpening your skills.

MORE INFO SOON!

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

**MEMS!
ONLY!**

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

IRON Y CHALLENGE

\$15

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

2.4 miles
SWIM

112 miles
BIKE

26.2 miles
**RUN/
WALK**

March 1st – 31st

Register Online

**MEMS!
ONLY!**

All finishers receive an IRON Y t-shirt when you register by March 10th

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.

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!



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.

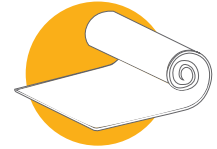
AUGUST 9 & 10, 2025
OCTOBER 25 & 26, 2025

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

B.Y.O.M.

Bring your own Mat



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

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 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

Taking applications year-round.

Scan below and
APPLY TODAY!

“
A LOT OF
LAUGHTER



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.



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/

GET INVOLVED AT THE Y

2025 EVENTS

@ THE Y



A fun night of joy, laughter and family bonding at the YMCA! Join us for a FREE Family Fun Night!

MAR 13, 2025

PI(E) A STAFF



Help the Y raise money and vote for your favorite Y staff to get a PIE in the face on PI Day! More details coming soon!

MARCH 14, 2025

HEALTHY KIDS DAY APRIL 26, 2025

Get ready for summer with healthy, fun activities for kids and adults. Let's create a stronger, healthier community for everyone!

YMCA DAY OF GIVING

Save the Date:
Wed, May 7, 2025

Join us for a one-day event of giving, fun incentives, raffle prizes and more!

GOAL: 150 Donors

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!

SAVE THE DATE
JUNE 9, 2025

MANKATO FAMILY YMCA GOLF TOURNAMENT



YMCA CORN ROAST

SAVE THE DATE
AUG. 18, 2025

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





**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

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



FITNESS CENTER



CHILD CARE CENTER



FAMILY FUN

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)

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

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

MANKATO FAMILY YMCA DIRECTORY

387-8255

387-2522

345-9813

386-9816

386-2707

386-2710

345-9815

387-8222

382-7760

386-2703

387-8255

345-9803

387-8255

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386-2724

386-2711

345-9809

345-9816

386-2724

General Information

Fax Number

Adult Fitness

Adult Sports & Recreation

Aquatics

Birthday Parties

Brother/Sister Program

Chesley Skate Park Facility

Contributions

Facility Rental

Financial Assistance Membership

HR/Employment

Memberships

Preschool

School-Age Programming

STRIDE

Swim Lessons

Volunteer at the YMCA

Wellness Center/Personal Training

Youth Sports