

SPRING/SUMMER 2017



FOR A
BETTER
US

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

COMMUNITY



OPENING LATE MAY 2017

It is our vision to become the front porch of the community. A place to knit together neighbors and newcomers through physical, educational and spiritual growth.

The St Cloud Area Family YMCA is working to build a better us. When we say us, we mean the children, families, individuals and local businesses of our community. We feel very fortunate to have the support of our community. We could not build the future multi-million dollar aquatics and community center, and fill it with life and health enhancing programs for all generations without the continued support from you! Together, we are building a better us!

GIVING BACK TO THE COMMUNITY

As a non-profit organization, the St. Cloud Area Family YMCA works with community members throughout the year to raise funds that help support programs such as summer camps, youth sports, swim lessons, and more. Because of your donations, the Y never turns anyone away for lack of finances. Nearly 11,000 community youth and adults will benefit from our programs this year.

Thank you to all our donors who help create a stronger community.



*A United Way
supported
organization*

Our Golf Tournament, Promenade, and Annual Campaign all help raise funds so we can make it possible for the Y to never anyone away from lack of finances. In 2016, we provided \$375,000 in scholarships. Consider getting involved in one of these three programs to help build a better us!

34TH ANNUAL GOLF TOURNAMENT

Monday, July 31st, 2017 marks the 34th Annual Y Golf Tournament.

Interested in golfing for the good? Visit our website to see how you can get a team of four involved in this popular event!

PROMENADE

The new construction of the Y building has inspired us to create a whole new experience for Promenade 2017.

New season, new venue, and new VIP opportunities. Mark your calendars for Thursday, September 21st, 2017 and join us at Rolling Ridge Wedding and Event Center for the Y's premier fine wine and craft beer event!

ANNUAL CAMPAIGN

The Y. For A Better Us. We are looking for volunteers that will help raise awareness of the St. Cloud Area Family YMCA and the programs we offer. Visit the Giving Page to learn how to get involved in the Annual Campaign and make a difference in our community.



FOR SOCIAL RESPONSIBILITY

BUILDING HEALTHY FAMILIES.

The Y prides itself on being a multi-generational facility for our community. We truly have something for every age and everyone in the family. Our goal is to bring wellbeing to the whole family at a savings!

6 weeks to 3 years

Kids Zone
Parent/Child Swimming
Lessons
Bernick's Family Fitness
Series Events

3 to 4 years

Kids Zone
Micro Youth Sports
Parents Night Out
Birthday Parties
Swimming Lessons
Bernick's Family Fitness
Series Events
Fitter Critters

5 to 9 years

Kids Zone
Rock Climbing
Youth Sports
Gator Swim Team Prep
Gator Swim Team
Parents Night Out
Birthday Parties
Swimming Lessons
Bernick's Family Fitness
Series Events
School Day Out Camp
Summer Day Camp
Fit Kids

10 years +

Build a Better Athlete
Indoor Triathlons
Rock Climbing
Youth Sports
Group X Classes (with
parents)
Cardio Room (with
parents)
Parents Night Out
Gator Swim Team
Swimming Lessons
Bernick's Family Fitness
Series Events
Fit Kids
School Day Out Camp
Summer Day Camp
Birthday Parties

16+

Water Exercise Classes
Rock Climbing
Group X Classes
Cardio Room
Personal Training
Boot Camp
Counselor in Training
(Summer Day Camp)
Gator Swim Team
Adult Swim Team
Bernick's Family Fitness
Series Events
Indoor Triathlons
Volunteering

Seniors

Rock Climbing
Group X Classes
Cardio Room
Personal Training
Boot Camp
Adult Swim Team
Active Older Adult Water
Exercise Classes
Bernick's Family Fitness
Series Events
Indoor Triathlons
Volunteering

MONTHLY MEMBERSHIP

| | |
|---------|-------------------------------|
| \$17.00 | Youth |
| \$37.00 | Adult |
| \$36.00 | Senior (62+) |
| \$50.00 | Senior Couple (1 must be 62+) |
| \$55.00 | Family |

Y members save an average of \$20 on programs.

KIDS & FAMILY FUN

KIDS ZONE

This drop-in child-care area is for children ages 6 weeks – 11 years. It's a great place for members and guests who need child care while they use the Y. Cost and hours at scymca.org.



PARENTS NIGHT OUT

Your child enjoys a Saturday evening of activities, games and food in age-appropriate groups led by caring Y staff – and you get some time off! Schedules, dates and costs under Community Programs at scymca.org.

BIRTHDAY PARTIES

We make it easy and fun to celebrate your child's birthday at the Y! Choose areas like our Kids Zone and Family Pool to make this celebration a real hit with your child and their guests. Friday, Saturday, and Sunday dates available. More info and available under Youth Activities at scymca.org

NEW BIRTHDAY PARTY FORMAT STARTING IN JUNE!

Pool Parties, Rock Climbing Parties, Fitness Parties and More!

ROCK CLIMBING WALL

Coming in our new building, experience the adventure of rock climbing! Great for ages 5 and up, participants will be able to climb year round on the indoor rock climbing wall. Different routes will be offered for those who are brand new to the sport and for those who are looking for more of a challenge, both physically and mentally.

MICRO SPORTS

For kids ages 3-5 years. Kids learn the basics of the sport in a fun, supportive environment. This is a great introduction into sports for your young children. Parents required to be on the field with child.



Early Bird Pricing Now-May 13th: Members \$25 | Non-Members \$45
Regular Cost Starting May 14th: Members \$35 | Non-Members \$55
Registration Deadline: May 24th

T-BALL

Mondays June 5th-July 17th

(no practice July 3rd)

Mornings: 10:00 am - 10:45 am

*Practice held at Wilson Park

Tuesdays June 6th-July 18th

(no practice July 4th)

Mornings: 11:00 am – 11:45 am

Evenings: 4:30 pm – 5:15 pm

5:15 pm – 6:00 pm

6:00 pm – 6:45 pm

*Practice held at Wilson Park

Wednesdays June 7th-July 19th

(no practice July 5th)

Mornings: 10:00 am - 10:45 am

*Practice held at Wilson Park

Saturdays

June 3rd-July 8th

Mornings: 8:00 am - 8:45 am

*Practice held at Whitney Park

UPCOMING FALL/WINTER MICRO SPORTS

Soccer Tues., Nov. 7th -28th

5:00pm – 5:30pm

5:30pm – 6:00pm

Early Bird Pricing Deadline: October 22nd

Registration Deadline: October 29th

Tball Mon., Nov. 27th -Dec. 18th.

5:00pm – 5:30pm

5:30pm – 6:00pm

Early Bird Pricing Deadline: November 12th

Registration Deadline: November 19th

Pricing

Early Bird Pricing:

\$25 Members | \$45 Non-Members

Regular Pricing:

\$35 Members | \$55 Non-Members

MICRO CLINICS 4 WEEKS

These 4 week clinics are perfect for young athletes ages 3-5 who are looking for an introduction to the sport. Kids can expect to learn the basic skills & drills with some fun games along the way.

SOCCER

Tuesdays: August 1st-August 22nd

Evenings: 4:30 pm – 5:00 pm

5:00 pm – 5:30 pm

BASKETBALL

Wednesdays: August 2nd – August 23rd

Evenings: 4:30 pm – 5:00 pm

5:00 pm – 5:30 pm

Early Bird Pricing

Now - July 15th

Members \$20 | Non-Members \$30

Regular Cost Starting July 16th

Members \$25 | Non-Members \$35

Registration Deadline: July 26th



FOR YOUTH DEVELOPMENT

Y SPORTS LEAGUES

Recreation League: For kids in K/1st grade and 2nd/3rd grades, our recreation league is a great introduction to learn the fundamentals of these sports. With these 6 week programs, you can expect ½ hour practices with ½ hour games in a fun, supportive environment as they are introduced to the game.

Competitive Sports League: For kids in 2nd/3rd grade and 4th/5th grade, this league takes the skills & drills learned in earlier sessions and applies them to the next level. This 6-8 week program helps further kids skills and knowledge of the sport as they move into a competitive sports environment. Parent-led practices take place during the week with a one-hour game on Saturdays.

COACH PITCH

A recreation league for K/1st grade and 2nd/3rd grade. Parents will be underhand pitching to kids for games. Kids need to bring their own gloves and closed-toe shoes (tennis shoes/sneakers.) All other equipment will be provided.

MONDAYS

June 5th-July 17th

(no practice July 3rd)

Coach Pitch K/1: 5:00 pm - 6:00 pm

Coach Pitch 2/3: 6:00 - 7:00 pm

*Practice held at Wilson Park

SATURDAYS

June 3rd-July 8th

Coach Pitch K/1: 9:00 am -10:00 am

Coach Pitch 2/3: 10:00 am -11:00 am

*Practice held at Whitney Park

WEDNESDAYS

June 7th-July 19th

(no practice July 5th)

Coach Pitch K/1: 5:00 - 6:00 pm

Coach Pitch 2/3: 6:00 - 7:00 pm

*Practice held at Wilson Park

Early Bird Pricing Now-May 13th:

Members \$25 | Non-Members \$45

Regular Cost Starting May 14th:

Members \$35 | Non-Members \$55

Registration Deadline: May 24th

UPCOMING FALL/ WINTER Y SPORTS LEAGUES

Recreation League

Soccer: Tues., Nov. 7th – Dec. 12th

K/1: 6:00pm – 7:00pm

2/3: 7:00pm – 8:00pm

Early Bird Registration Deadline: October 22nd

Registration Deadline: October 29th

Basketball: Tues., March 6th – April 10th

K/1: 5:00pm – 6:00pm

2/3: 6:00pm – 7:00pm

Early Bird Registration Deadline: February 17th

Registration Deadline: February 24th

PRICING:

Early Bird Pricing:

\$25 Members | \$45 Non-Members

Regular Pricing:

\$35 Members | \$55 Non-Members

Competitive League

Soccer: Sept. 16th – Oct. 21st

Times TBD

Flag Football: Sept. 16th – Oct. 21st

Times TBD

Volleyball: Sept. 16th – October 21st

Times TBD

Fall Sports Deadline:

Early Bird Registration Deadline: August 27th

Registration Deadline: September 9th

Basketball: Jan. 6th – Feb. 24th

Times TBD

Winter Sports Deadline:

Early Bird Registration Deadline: December 23rd

Registration Deadline: December 30th

PRICING

Early Bird Pricing:

\$35 Members | \$55 Non-Members

Regular Pricing:

\$45 Members | \$65 Non-Members



Y Jerseys are required for all youth sports. Once purchased, the jersey can be used for all sports. **Jersey Cost \$16**

PARENT COACH VOLUNTEERS!

We are always looking for more volunteers, and coaching a youth sport is a great way to get involved at the Y! Coaches will be provided coaching and practice manuals and organized plan and schedule. We do the heavy lifting, you have all the fun! Please see scymca.org/coaching on how you can get involved.

AQUATICS

SWIM LESSONS

Our monthly lessons meet weekly for four weeks. Lessons are 30-50 minutes and available for ages 6 months – 15 years. Private and semi-private lessons are available for all ages. Call the Front Desk at 320.253.2664 to register.

Monthly session: Members \$17 | Non-Members \$37

Two Week Session: Members \$33 | Non-Members \$53

GATOR PREP & GATOR TRANSITION

If your child is not sure about joining the team, Gator Prep and Gator Transition offer a no-pressure, skill-building environment into swim team. Monthly sessions.

Gator Prep For ages 8 years and under. Meets in the large pool.

Tues/Thurs 4:00 pm – 5:00 pm

Gator Transition For ages 9 and above. Meets in the large pool.

Mon/Wed/Fri 5:30 pm – 6:30 pm

YMCA GATOR SWIM TEAM

The St. Cloud Y Swim Team is a year-round swim team for ages 5-18 years.

We give swimmers of all levels an opportunity to develop swimming skills while making lifelong friendships in a fun, team environment. Our team offers competitive swimming opportunities in both the YMCA League and USA Swimming. We have two convenient practice locations: The St. Cloud Y and Foley High School.



For swim team questions, contact evan.shanley@scymca.org or visit teamunify.com/mnscyst



OPEN SWIM

Looking to swim laps? Swim-time with the family? Check out our Pool Schedule for Open Swim times!

WATER FITNESS

For those who prefer a cardio and toning pool workout, to those in need of arthritic water exercise. Water Fitness is a great alternative or addition to your every day workout! Scymca.org has all the details and pool schedules.

Y ADULT SWIMMING

Triathlete in training? Former competitive swimmer? Active adult looking for a great cardio workout? Y Adult Swimming is for you! This organized swim program is for adults 18+. Members vary in skill level and participate in a variety of ways ranging from lap swimming to national competition. Our USA-registered club team competes in Masters Swim Meets as well as open water swims.

LIFEGUARD/CPR/FIRST AID CLASSES

Gain the skills and knowledge needed to provide care and act in an emergency with training and Red Cross certifications in CPR, first aid, AED and lifeguarding. Find class dates and information on our website.

Lifeguard Certification \$150 | **CPR/First Aid/AED** \$35

SUMMER DAY CAMP

Our camp is the St. Cloud area's premiere summer day camp, focused on activity and healthy living. Children ages 5-13 play games, swim, receive a hot, healthy lunch every day, do crafts, go on nature walks, take field trips, have daily reading times, and much more. Camp runs for 13 weeks.

JUNE 5TH – SEPTEMBER 1ST

Hours: 7:30 a.m. – 6 p.m. Monday-Friday

Early drop-off and late pick-up times are available for a nominal fee.

3 days a week: \$90

4 days a week: \$105

5 days a week: Members: \$110 per week | Non-Members: \$130 per week

Visit scymca.org/summer-day-camp, for more information on camp including weekly activities, about our camp staff, and the 2017 registration form.



BEST SUMMER EVER



BERNICK'S FAMILY FITNESS SERIES

We've partnered with Bernick's in conjunction with Leighton Broadcasting and SC Times to bring the St. Cloud community affordable, family-friendly fitness events. Together, our goal is to improve the health and wellness of our community through a series of fun, educational, activity-based seasonal events. Get the family together and join us this year! Sign up under Events at scymca.org.

COUNTRY FINANCIAL POT O' GOLD

Saturday, March 18th

WELLS FARGO MISSISSIPPI MOVE & GROOVE 5K

Saturday, May 20th

ANDERSON TRUCKING ROCK YOUR SOLE TRAIL RUN

Saturday, August 12th

CENTRACARE WISHBONE WALK / RUN 5K / 1K

Thanksgiving!

HEALTH & WELLNESS

FITNESS COACHING

All Y members receive two free Fitness Coaching sessions that include: body composition tests, goal setting and machine orientation. Sign up for your two free sessions at the Front Desk.

BUILD A BETTER ATHLETE

For ages 10-17 years, this program is for all athlete levels and abilities. Young athletes can expect to train on agility, speed and power using a variety of training equipment such as speed ladders, mini hurdles, weights, and more. Visit scymca.org for days & times.

PERSONAL TRAINING & GROUP TRAINING

Y personal training focuses on what you need. With affordable pricing, flexible sessions and Certified Personal Trainers with over 60 years of experience, there's no excuse to not Invest In Yourself! Visit scymca.org for details or call to set up a consultation.

BOOT CAMP

No choreography, no dancing, no messin' around. Push yourself to new levels in a fun, supportive environment. Convenient class times. Eight-week sessions. Visit scymca.org for dates and times. Register online or at the Front Desk.
Members \$100 | Non-Members \$120



FOR HEALTHY LIVING

GROUP EXERCISE

Bored with the same old routine? Group Exercise is one of the most effective and efficient ways to work out and we offer a great variety of classes. Our trained, enthusiastic instructors guide you through all the moves and keep classes fresh and fun. Visit scymca.org for a full list of classes offered. Classes are free to all members.

LAND

Group Cycle

High energy, heart pumping fun on a bike!

Pilates Mat

Focusing on developing core strength, flexibility, balance and stamina. Breath patterns and spinal alignment while engaging deep muscles of the core.

Muscle Pump

Tone and strengthen all muscles using bars and weight plates, dumbbells, bands, body weight and/or stability balls.

Zumba

Zumba fuses Latin rhythms and easy-to-follow moves to create a workout that is more fun than work. Come join the party!

Yoga

Fundamental principles of alignment, breath and yoga postures. Some examples include Vinyasa Flow, Hatha, Gentle, Restorative and Hot Yoga.

R.I.P.P.E.D.

Resistance, Intervals, Power, Plyometrics, Endurance, Diet/Nutrition.

WATER

Water fitness concentrates on mobility, flexibility and building cardiovascular fitness and strength. Classes are easy on your joints, yet challenging enough to help you reach new levels of fitness. Some classes include Joints in Motion, Arthritis Exercise, Seniors in Motion and Aqua Aerobics.

3 GROUP EXERCISE STUDIOS!

For those who are used to one group exercise studio and sharing space/class times with each other, you'll be happy to know we are expanding to THREE group exercise studios in our new building! [Cycle Studio](#) | [High Impact Studio](#) | [Mind Body Studio](#)

ACTIVE OLDER ADULTS

Here at the Y, we've made the health and wellness of our seniors a top priority by offering both land and aquatic programs that concentrate on strength, cardiovascular health, mobility, flexibility and balance. View our water and fitness class schedule online for full details.

SUPERVISED VISITATIONS

Our Y provides supervised visitations and exchanges to families who are in need of a safe and neutral setting. Please call for more information to set up an appointment with the program director before starting visits.

Now providing offsite supervised parenting time at:

- Crossroads Mall
- Great River Regional Library
- Great River Bowl
- Chuck E Cheese's & more!

EMPLOYMENT

Join a growing movement serving Central Minnesota in Youth Development, Healthy Living, and Social Responsibility. Serving over 12,000 and growing, we are opening our new YMCA in May of 2017 and are looking for motivated individuals who love working with people!

Lifeguards, Personal Trainers, Swim Instructors and Fitness Coaches are a few positions we will be hiring for. Visit our website for the most up to date job vacancies www.scymca.org

SUMMER BUILDING HOURS

M-F 5AM-10PM

Sat. 6AM-9PM

Sun 10AM-8PM

Summer hours run from Memorial Day through Labor Day.
Kids Zone hours available on website.

Member and program scholarships are available to those with proven financial need.

St. Cloud Area Family Y | 1530 Northway Drive, St. Cloud, MN 56303

Soon to be 2001 Stockinger Drive, St. Cloud, MN 56303

320.253.2664 | www.scymca.org