



FOREVERWELL

JUNE 2025 | DAYTON AT GAVIIDAE

AT A GLANCE...



FOREVERWELL CLASS GUIDE

What are the best class options for your current level of fitness? Get guidance on how to pick the right class for you on page 2.

JUNE'S SAFETY TOPIC

"Fun & Safety Around Open Water," is the June Safety Topic. Get tips for staying safe around open water on page 3.

WE WANT TO HEAR YOUR IDEAS

Take the ForeverWell Survey and share your ideas. Survey on page 4.



FOREVERWELL IN JUNE

WE WANT TO HEAR FROM YOU...

Staying active mentally, physically and spiritually is important for feeling your best. ForeverWell is programming geared toward all Y members 55 and up, developed to build a healthy mind, body and spirit. ForeverWell programming includes group fitness classes as well as life-long learning, volunteer opportunities, social events, and a wide range of on-going clubs and activities.

We are growing the ForeverWell program at the Dayton at Gaviidae YMCA and need YOU to help us do this. Please complete the ForeverWell Survey on page 4 and return it to the Welcome Desk.

BRANCH HOURS

Monday-Thursday: 5:30am-8pm
Friday :5:30am-7pm
Saturday: 7am-3pm
Sunday: Closed

BRANCH INFORMATION

Dayton at Gaviidae YMCA
651 Nicollet Mall, #300
Minneapolis, MN 55402
612.371.9622

FOREVERWELL CLASS GUIDE

JUST GETTING STARTED

Designed for people new to a fitness program or who prefer to proceed cautiously in their activity. All land exercises are done from a chair or in a standing position. **SilverSneakers Classic, Water Exercise.**

ALREADY ACTIVE

Designed for people who exercise 1-3x per week. Participants should be able to exercise while standing for a minimum of 15 minutes. Some classes may require the ability to get up and down off of the floor. Perfect for people who want to improve their balance and endurance. **ForeverWell Strength, ForeverWell Cycling, Water Exercise.**

EXERCISING REGULARLY

Designed for people who exercise at least 3x per week. Participants should be able to stand for a minimum of 45 minutes. Most classes require the ability to get up and down off of the floor. Perfect for people who want to maintain or improve their balance, cardiovascular health and endurance. **ForeverWell Combo, Gentle Yoga, Water Exercise.**

For a full list of classes grab a Group Exercise schedule from the Welcome Desk, visit the YMCA website at www.ymcanorth.org or use the YMCA of the North app.

OTHER WAYS TO SUPPORT YOUR WELLBEING

FREE WELLBEING CONSULTATIONS AND MORE

Sign up for FREE Fitness Assessment, Health Coaching Consultation and Nutrition Consultation at the Welcome Desk.

FREE ACUPUNCTURE SCHEDULE

FREE COMMUNITY ACUPUNCTURE

Tuesdays 10:30 am – 12:30 pm
Wednesdays Noon – 2:00 pm

JUNE HAPPY HOUR

JUNE 17; 4-6 PM

June's Happy Hour will be at the **Marquette Lounge in the lobby of the Marquette Hotel at 710 S. Marquette Ave.**

Please sign up at the Welcome Desk so we know how many people are coming.

Bring a friend!



ENGAGEMENT OPPORTUNITY

WE'RE LOOKING FOR FOREVERWELL ACTIVITY/EVENT CO-LEADERS

Are you interested in expanding the ForeverWell Activities? Do you know someone that would like to present? Do you have a hobby you'd like to share with others? Let Maureen Bowen know at maureen.bowen@ymcamn.org.

JUNE FREE REFORMER DEMOS

TUESDAYS, JUNE 10 & 24 AT 11:30 AM



10 Open Water Safety Tips



FUN & SAFETY AROUND OPEN WATER

Lakes, beaches, and rivers are popular destinations for all of us during the Spring and the summer seasons. It's the best way to have some fun and remain cool as temperatures rise. Consider the 10 open-water safety tips below to keep yourself, your friends, and family safe while enjoying the beauty and fun of natural open water activities: **It's never too late to learn to swim!** – The first thing needed to prevent drowning incidents when in open water is learning how to swim, which has proven to be a lifesaving skill that can reduce the chances of drowning by 88%.

- **Swim in a designated swimming area** – Most state parks, beaches, and lakefront areas have designated times when swimming is allowed and use flags to indicate borders in which people can swim. Never swim outside those defined areas.
- **When in doubt, get out!** – Don't hesitate to get out of the water if something doesn't feel right. Whether it's that the current is getting rough, rain has started to fall, or your body is just not responding like you would like it to due to fatigue or muscle cramps, then just leave and return to the water another day.
- **Know the weather and water conditions** – Check the water temperature and weather conditions before hitting the water. If the water temperature is low, don't stay too long in the water. Bear in mind it's not safe to swim in the rain, particularly if there is thunder and lightning. If the weather changes, don't hesitate to swim back to shore.
- **Never swim alone** – When you head out into the open water, go with a "swim buddy;" someone who's looking out for you and who you're looking out for in turn. Remember, the lifeguard isn't your "swim buddy." They have lots of people to track when on duty.
- **Choose the right equipment** – It's very important always to choose the right equipment for your open water activity: Wetsuits if the water is cold, goggles if swimming and so on. Please note that if water temperatures are over 75–80 degrees, a wetsuit might not be a good idea. Using one for extended periods could cause heat exhaustion.
- **Understand currents** – Uncontrollables are all part of experiencing rivers and open bodies of water. Rip tides, other currents, and waves can all sweep you away from your swimming route. By choosing a static "beacon" on your boat or at the shore you'll be able to determine if you are being swept away or not. If you do get caught in a riptide, don't panic. Try to remain calm and swim parallel to shore to get out of it.
- **No alcohol** – Alcohol affects your perception of danger, making you more likely to take unnecessary risks. Alcohol also impairs your balance and coordination – all essential for swimming and boating in order to avoid hazards in the water.
- **Wear a US Coast Guard Approved life vest** – Everybody, especially young children and weak swimmers, should wear life jackets whenever they are in, on or around open water.
- **Have a plan for emergencies** – Always have a plan to handle and face emergencies whenever you go out to the water with a swim buddy or alone. Tell someone else where you are going. It's wise to have someone watching from the shore, ready to take action should you need help.

ForeverWell Survey

Your Name:

Preferred Name and Pronouns:

What is your preferred way to hear about ForeverWell news? (please circle)

Email

Phone

Newsletter

In Person

Days you are available to attend an event/activity: (please circle)

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

What events/activities have you participated in before that you would like to see again?

What NEW events/activities would you like to participate in?

Would you like to co-lead an activity/event? If so, what are you interested in?

Anything else you would like to share:

Please return your completed survey to the Welcome Desk.