



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**ANDOVER YMCA COMMUNITY CENTER**

15200 Hanson Blvd., Andover, MN 55304

September 2019

www.andoverymca.org

763.230.9622

# SEPTEMBER 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 <b>Yoga</b> 8:30am Studio 3	2 <b>Labor Day Hours</b> 7am-4pm Kid's Stuff 8-12	3 <b>Indoor Walking most</b> Mondays/Wednesdays/Fridays 5-9am Tuesdays/Thursdays 6-9am. Fall hours start September 9th in the Field House. Sign in at Member Services.			6 <b>Free Friend Friday!</b> (one per member) *bring photo ID	7 <b>Balance &amp; Flex Together</b> 8:15am Studio 2
8 	9 <b>Fall Programming Begins</b>	10 <b>Water Interval Training</b> 7am Lap Pool	11 <b>Youth Fitness Orientation</b> 6pm	<b>Homeschool Gym and Swim</b> 1-3pm	13 <b>Group Cycle</b> 9:30am Studio 1	14 <b>Parents Night Out</b> 4-8pm Mad Scientist
15 <b>Does your Employer partner with the Y?</b>	16 <b>Body Pump</b> 8pm Studio 3	17 <b>The Jason Show and Amazon Tour</b> Registration required	18 <b>R.I.P.P.E.D</b> 5:10am Studio 3	19 <b>Water Exercise</b> 9:05am Lap Pool	20 <b>Unique Boutique &amp; Antique Fall Trip</b> Registration required	21 
22 <b>Defend Together</b> 9:35am Studio 3	23 	24 <b>Late Fall Registration Opens</b>	25 <b>OULA Dance</b> 10:30am & 3:45pm Studio 2	26 <b>Kids Yoga</b> 6pm Kid's Stuff	27 <b>Refer a friend to join the Y &amp; get \$25.00 in YBucks</b>	28 <b>Youth Fitness Orientation</b> 12:30pm
29 <b>Body Pump</b> 4:30pm Studio 2	30 <b>Group Cycle</b> 6:15pm Studio 1	<div style="border: 1px solid red; border-radius: 15px; padding: 10px; text-align: center;"> <p><b>SAVE THE DATE</b></p> <p>Harvest Fest—All are welcome in the community—FREE October 24th from 5-7pm</p> </div>				

## HELP US MAKE A DIFFERENCE

Every day, we work side-by-side with our neighbors to make sure everyone, regardless of age, income, or background, has the opportunity to learn, grow and thrive at the Y. Each year, the Andover Y raises funds through our Annual Fund. The money raised stays right here in the communities we serve and provides scholarships so that no one is turned away from membership, swimming lessons, camps or programs due to financial need. Please consider giving a gift. Visit us online at [ymcamn.org/give/give\\_online](http://ymcamn.org/give/give_online) and choose the Andover YMCA or feel free to drop off donations at Member Services.

# ANDOVER MEMBER NEWS



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## BUILDING A HEALTHY FAMILY: SLEEP



Sleep is an essential part of healthy living. So many good things happen when our minds and bodies are resting. Explore these healthy habits, tips and tools designed to help your family reassess its approach to getting the rest that we all need.



## CONTACT INFORMATION

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## FACILITY HOURS

Monday-Thursday 5am-10pm  
Friday 5am-9pm  
Saturday & Sunday 6am-8pm

## KIDS STUFF HOURS

Monday-Thursday 8am-8:30pm  
Friday 8am-7pm  
Saturday 8am-4pm  
Sunday 9am-7pm

## SUPPORT YOUR COMMUNITY: BECOME A BOARD MEMBER

The Andover YMCA is looking for a supportive and active member in the community to volunteer on the Board of Directors. Our Board of Directors is made up of dedicated community leaders who use their knowledge and talents to fundraise and help address and support community programs and activities. Interested? Contact Allison Boes, the Executive Director, at 763.230.6525 or [allison.boes@ymcamn.org](mailto:allison.boes@ymcamn.org)

## TEAM MEMBER SPOTLIGHT

Dean Boyer has been with the YMCA for just over two years starting at the White Bear Area YMCA as a custodian and is now a full-time custodian at the Andover YMCA. Dean takes time to interact with others and makes sure areas around the building are clean. He works here as he enjoys communicating with others. Dean is passionate about fishing with anyone who wants to fish. He loves it J. He also likes hunting. Dean wants to make a difference by making people at the Y and outside the Y feel better.



## SEPTEMBER IS NATIONAL CHILDHOOD OBESITY AWARENESS MONTH

One in three children in the United States is overweight or obese. Childhood obesity puts kids at risk for health problems that were once seen only in adults, like type 2 diabetes, high blood pressure, and heart disease. The good news? Childhood obesity can be prevented! As a leading nonprofit strengthening community through youth development, healthy living and social responsibility, the Y believes that getting children more active and allowing them to play on a regular basis is an important factor in improving their health. The Y knows finding the time to be more active may be a challenge, but simple activities at home such as turning on your favorite music and dancing counts. The Centers for Disease Control and Prevention (CDC) have a few recommendations. They recommend that parents make sure kids get 60 minutes of physical activity a day. The CDC also suggests that plenty of fruits and vegetables are provided and that foods high in fat and sugar are limited.

