



FOREVERWELL

JULY 2025 | EAGAN

**HAPPY JULY
2025!**

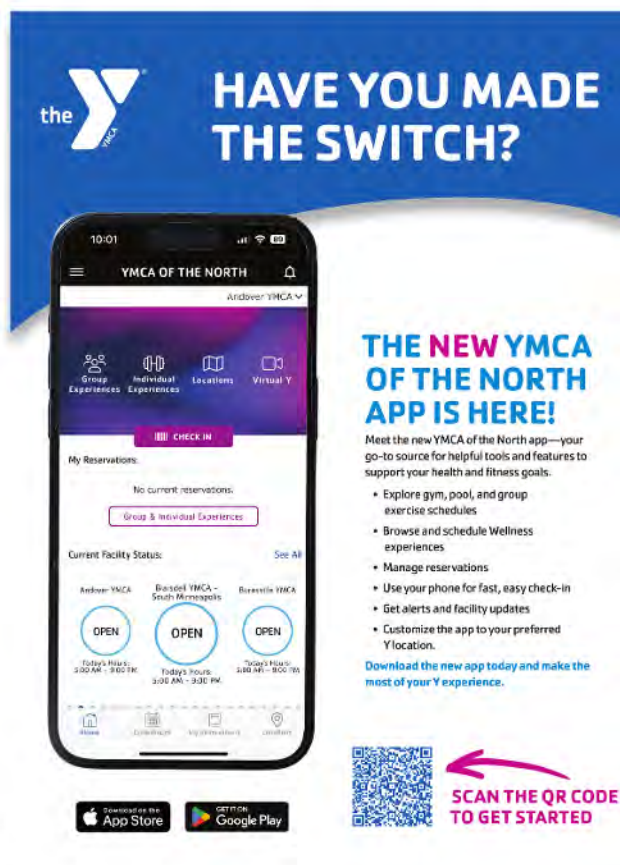


WEX CLASS UPDATE!!

The West St. Paul Outdoor Pool is open again for the season and so is Water Exercise at the Outdoor Pool!!!! Classes can be found in the app and they start on Tuesday June 17th and Thursday June 19th!

NEW WEX CLASS!!!

Monday June 2nd @ 9AM



Learning new things can be exhausting and frustrating! Please allow us to help you!! Join me on the dates below for new app questions!!! :)

Monday's 9:30am - 11am

Wednesday's 9:30am - 11am

Friday's 9:30am - 11am

BRANCH HOURS

Weekdays: 5am - 9pm
Saturday: 7am - 5pm
Sunday 7am - 5pm

EAGAN YMCA

Coordinator: Tommy Smith
651-319-8020
tommy.smith@ymcamn.org





COFFEE TIME

DAYS: T/W/TH TIME: 9:30AM - 11AM LOCATION: MPR

Enjoy a cup of coffee with friends. Feel free to hang out in the multi-purpose room, where the coffee is located or at the tables out in the main hall.

GAME GROUPS

DAYS: T & W TIME: 10AM | LOCATION: MAIN STREET

Whether you love to play scrabble, cribbage, or cards, join other members for some playtime. Cribbage boards are available at the front desk. Feel free to bring any other games you wish to play! Coffee is located in the Multi-Purpose Room.

FREE MOVIE MATINEE!

MONDAY, JULY 14TH @ 10AM | LOCATION: MPR

Join us for a showing of the film Rocket Man!

The 2019 film: Rocketman is a biographical musical film about Elton John's life and career. The film is titled after his hit song and uses his music to tell his story.

NOTE: Time has changed for movie matinee to 10AM!



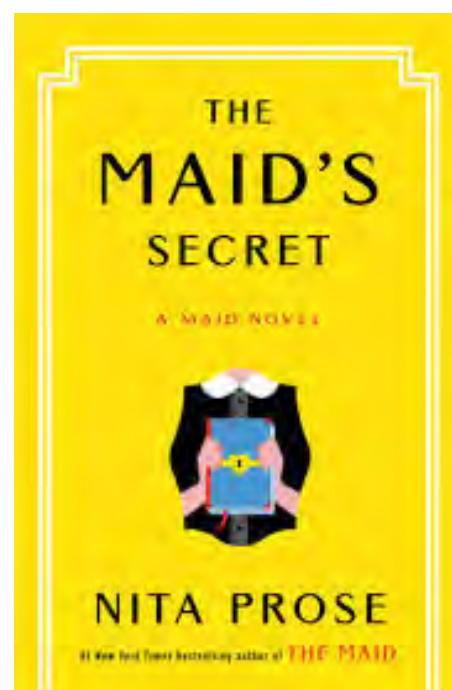
BOOK CLUB

Book Club for June. Our amazing Julie Michelson will be leading the book club!! Come join! Book Club meets at 10:30AM.

Julie.Michelson@ymcamn.org

UPCOMING BOOKS

July 30th @ 10:30AM. The Maid's Secret - by Nita Prose



FOREVERWELL GROUP EXERCISE CLASSES

Monday			
8:10am-8:55am	ForeverWell Cardio	Naomi	Studio B
9:00am - 9:45am <u>NEW CLASS!</u>	Water Exercise	Kassie	Pool
1:30pm - 2:15pm	SilverSneakers Classice	Julie	Studio A
Tuesday			
8:00am-8:45am	SilverSneakers Circuit	Naomi	Studio A
9:00am-9:45am	ForeverWell Yoga	Naomi	Studio B
9:00am-9:45am	Water Tabata	Susan	Pool
Wednesday			
9:00am-9:45am	Water Exercise	Susan	Pool
11:50am-12:50pm	ForeverWell Combo	Mary	Studio A
1:30pm-2:15pm	SilverSneakers Classic	Julie	Studio A
5:00pm-5:45pm	Arthritis Water Exercise	Mara	Leisure Pool
Thursday			
8:00am-8:45am	SilverSneakers Circuit	Naomi	Studio A
9:00am-9:45am	ForeverWell Yoga	Naomi	Studio B
9:00am-9:45am	Shallow Water Exercise	Mary F.	Pool
11:50am-12:35pm	SilverSneakers Yoga	Julie	Studio A
7:15pm-8:00pm	Water Exercise	Kristi	Pool
Friday			
9:00am-9:45am	Water Exercise	Ginny	Pool
10:00am-10:45am	Arthritis Water Exercise	Mara	Leisure Pool
11:50am-12:50pm	ForeverWell Combo	Mary	Studio A
1:00pm-1:55pm	Line Dancing (beginner)	Deena	Studio A
2:00pm-3:00pm	Line Dancing (inter/adv)	Deena	Studio A
Saturday			
8:00am-8:45am	Salsa Splash	Mary	Pool



JULY

HOUR	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	1 COFFEE HOUR 9:30 AM	2 GAME TIME 10 AM COFFEE HOUR	3 COFFEE HOUR 9:30 AM	4 YMCA's are closed!!! 	
6	7	8 COFFEE HOUR 9:30 AM	9 GAME TIME 10 AM COFFEE HOUR	10 COFFEE HOUR 9:30 AM	11	12
13	14 MOVIE MATINEE 10 AM	15 COFFEE HOUR 9:30 AM	16 GAME TIME 10 AM COFFEE HOUR	17 COFFEE HOUR 9:30 AM	18	19
20	21	22 COFFEE HOUR 9:30 AM	23 GAME TIME 10 AM COFFEE HOUR	24 COFFEE HOUR 9:30 AM	25	26
27	28	29 COFFEE HOUR 9:30 AM	30 Book Club 10:30AM	COFFEE HOUR 9:30 AM		

House

All the words are hidden vertically, horizontally or diagonally—in both directions. The letters that remain unused form a sentence from left to right.

S T U D I O L B A T H R O O M
C A N H O L L O W W A L L A T
P O T I E C L D A E T S D E B
E A L W I N D O W S I L L B C
T S N O I T A D N U O F D E H
S D E R N G U T T E R I I D I
R R O H C N A L L A W R S R M
O F F I C E A R C A D E A O N
O C R E T T I D A R A E S O E
D O C T A E B L E G L S T M Y
E R L A D R D E I R E C O T H
A R T I S R I N S N T A V A K
O I T A P U L L E D G P E C I
N D S I T T I N G A R E A T O
T O W O D N I W R E M R O D H
D R A I N P I P E E T F L O O
N E H C T I K R O A F A N A T
T R O O L F I S H U T T E R C

DORMER WINDOW
DRAINPIPE
FIRE ESCAPE
FLOOR
FOUNDATIONS
GARAGE
GUTTER
HAT RACK
HOLLOW WALL
KITCHEN
OFFICE
PATIO
SHUTTER
SITTING AREA
STOVE
STUDIO
TURRET
WALL ANCHOR
WELL
WINDOWSILL

ARCADE
BATHROOM
BEDROOM

BEDSTEAD
CEILING
CHIMNEY

COLONNADE
CORRIDOR
DOORSTEP



WEST ST. PAUL OUTDOOR POOL CLASSES!!!



TUESDAY'S CLASSES

10AM - 10:45AM WATER EX

11AM - 11:45AM WATER EX

THURSDAY'S CLASSES

10AM - 10:45AM WATER EX

11AM - 11:45AM WATER EX

CLASSES START ON TUESDAY JUNE 17TH AND WILL END ON AUGUST 12TH AND 14TH.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



LUCKY DUCKY

10TH ANNUAL COMMUNITY DUCK RACE AT CASCADE BAY YMCA IN EAGAN

Raffle

\$10 Each Ticket

Cash or check payments accepted, no credit cards

Purchase a duck raffle ticket and watch your duck race through Cascade Bay's Lazy River. Up to 1000 tickets total, only 1 ticket needed to win! Winners need not be present to win. Person's under 18 years of age may not purchase a raffle ticket and/or win a raffle prize.

10 Prizes Will Be Awarded

- First 9 to cross finish line
- Final to cross finish line

Scan the QR to purchase
discounted admission tickets!



SUNDAY, JULY 13, 2025
5:00–7:00pm
Duck Race Begins at 6:30pm

This event is rain or shine. Should Cascade Bay close, the race will be rescheduled.

Permit # X-92860-25-043

22-GE01



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

EAGAN YMCA FAMILY FUN OBSTACLE COURSE!!

ARE YOU LOOKING FOR SOMETHING FUN
TO DO WITH THE FAMILY OVER THE
SUMMER? COME JOIN THE FUN IN JUNE,
JULY, AND AUGUST IN OUR GYMNASIUM
WHERE YOU CAN CRAWL, JUMP, AND
WIGGLE YOUR WAY THROUGH OUR
INDOOR OBSTACLE COURSE!!



INFORMATION FOR YOU!

- EVENT IS OPEN TO ALL YMCA MEMBERS.
- PARENTS ARE WELCOME TO HELP/FINISH THE COURSE WITH THEIR KIDS.
- DRAWINGS FOR FUN PRIZES!!
- THE EVENT WILL BE IN THE EAGAN GYMNASIUM.

**SATURDAY
JUNE 28TH
10 - 11AM**

**WEDNESDAY
JULY 23RD
5-6PM**

**SATURDAY
AUGUST
16TH
10 - 11AM**