



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GET READY TO GET SUMMER

GET MORE THAN A MEMBERSHIP. EXPERIENCE THE Y.

For more information on everything the Y offers with a Get Summer membership including monthly calendars and to sign up for a variety of programs, please stop by Member Services.

FITNESS CENTER

- Access to Y fitness facilities including:
- Group exercise classes
- Gyms for hoops, volleyball and more
- Weights
- Cardio machines
- Access to fitness center staff for training assistance

AQUATICS

- Open swim
- Swim lessons
- Lifeguard training
- Swim Instructor training
- Opportunities to work as Lifeguards and Swim Instructors once training is completed

CAREER SUCCESS

- Gain the knowledge required to get and keep a job in high-growth industries
- Explore crucial workplace skills
- Learn valuable tools to find that perfect job, including resumes, cover letters and interviewing techniques

VOLUNTEER

- Volunteer opportunities will be offered throughout the summer

LEADERSHIP DEVELOPMENT

Become a leader in your community, speak your mind and meet new people during this weekly youth-driven program. Activities will focus on community building, identity and inclusion, healthy living, and more!

MEALS

Free nutritious meals offered throughout the summer

YMCA locations offering meals:

St. Paul Downtown
Mounds View Community Center
Southdale
New Hope
Blaisdell
Burnsville
Emma B Howe - Coon Rapids
Maplewood Community Center
Midway - St. Paul
East St. Paul
West St. Paul
Hastings