BE HAPPY
BE HEALTHY
BELONG

YMCA IN HUDSON PROGRAM GUIDE
Fitness, Aquatics, Sports, Family Engagement, Youth Development Programs and more!

Late Fall Session
October 28 – December 15

Session information and registration is also available online at www.ymcamn.org/hudson.
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*PERSONAL TRAINING & SMALL GROUP TRAINING: PAGES 15-20*

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*SPORTS: PAGES 27-29*
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Dan West, Membership Sales Director
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YMCA IN HUDSON, WI
2211 Vine Street, Hudson WI 54016
P 715-386-1616 www.ymcamn.org/hudson
YMCA MEMBER, PARTICIPANT, AND GUEST CODE OF CONDUCT

We expect persons using YMCA programs and facilities to behave in a mature and responsible way, and to respect the rights and dignity of others. Our Code of Conduct does not permit language or any action that can hurt or frighten another person, or that falls below a generally accepted standard of conduct.

The following activities are prohibited in all YMCA facilities and programs:

- Inappropriate attire. Appropriate attire must be worn at all times.
- Angry or vulgar language, including swearing, name-calling or shouting.
- Physical contact with another person in any angry or threatening way.
- Any demonstration of sexual activity or sexual contact with another person.
- Harassment or intimidation by words, gestures, body language or any menacing behavior.
- Theft or behavior that results in the destruction of property.
- Carrying or concealing any weapons or devices or objects that may be used as weapons.
- Using or possessing illegal chemicals or alcohol on YMCA property, in YMCA vehicles, or at YMCA sponsored programs.
- Any other conduct of an inappropriate, threatening or offensive nature.
- Loitering is not permitted in or outside YMCA facilities or programs.
- Smoking is not permitted in or outside YMCA facilities or programs, or on YMCA property or program sites.
- YMCA facilities and grounds are a smoke-free environment.

Members, participants, and guests are encouraged to be responsible for their personal comfort and safety, and to ask any person whose behavior threatens their comfort to refrain. If a member, participant or guest feels uncomfortable in confronting the person directly, they should report the behavior to a YMCA staff person.

A member, participant, or guest who is in violation of the Code of Conduct could be subject to consequences including removal from a program and/or termination of membership or program privileges.

KEY REMINDERS:

- Use of cell phones and electronic devices is prohibited in all locker rooms and restrooms. Music and games are permitted in program areas; however, talking on the phone is limited to the lobby area only. Members and guests may only take pictures of themselves or child(ren).
- Children under 7 years of age must be accompanied by a parent/adult guardian at all times when in the facility, unless in a YMCA staff supervised area.
- Parents must remain in the building while children under the age of 10 are in registered programs. We expect persons using YMCA programs and facilities to behave in a mature and responsible way, and to respect the rights and dignity of others.
- An adult guardian must be 16 years of age or older.
- Children ages 10 and above may use the facility without parent/adult guardian.
- Children under age 16 must complete a swim test, unless within arms reach of a parent or adult guardian.
- Youth 10 – 14 years may participate in adult fitness classes when accompanied by an adult.
- 15+ years may participate in adult fitness classes unaccompanied by adult.
- Fitness Center Youth Orientation required for members age 10-17 years old (the fitness center is not available to non members under 17 years).
- The Women’s Locker Room is for females ages 15 years and up, the Men’s Locker Room is for males ages 15 and up.
- The Girls Locker Room is for girls ages 6 and over, or adult women with children of opposite gender under the age of 6 years.
ABOUT Y SWIM LESSONS
Swim Lessons provide important life skills that could save a life, and will benefit you for a lifetime. All age groups are taught the same skills but divided according to their developmental milestones. In YMCA Swim Lessons you can expect to:

- Get personalized attention in a caring environment
- Begin with the skills you are ready to learn
- Build self-confidence as you learn new skills
- Reduce the risk of developing chronic diseases through physical activity
- Have fun and foster relationships
- Learn an important life skill from well-trained instructors

SWIM STARTERS
PARENT & CHILD: STAGES A-B
ACCOMPANIED BY A PARENT, INFANTS AND TODDLERS LEARN TO BE COMFORTABLE IN THE WATER AND DEVELOP SWIM READINESS SKILLS THROUGH FUN AND CONFIDENCE-BUILDING EXPERIENCES, WHILE PARENTS LEARN ABOUT WATER SAFETY, DROWNING PREVENTION, AND THE IMPORTANCE OF SUPERVISION.

STAGE A: WATER DISCOVERY 6 MONTHS - 3 YEARS
Parents accompany children in stage A, which introduces infants and toddlers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about the water.

STAGE B: WATER EXPLORATION 6 MONTHS - 3 YEARS
In this stage, parents work with their children to explore body positions, floating, blowing bubbles, and fundamental safety and aquatic skills.

PRESCHOOL SWIM
STAGES 1-3
STUDENTS LEARN PERSONAL WATER SAFETY AND ACHIEVE BASIC SWIMMING COMPETENCY BY LEARNING TWO BENCHMARK SKILLS:
- SWIM, FLOAT, SWIM—SEQUENCING FRONT GLIDE, ROLL, BACK FLOAT, ROLL, FRONT GLIDE, AND EXIT
- JUMP, PUSH, TURN, GRAB

STAGE 1: WATER ACCLIMATION 3 YEARS - 5 YEARS
Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water in stage 1. This stage lays the foundation that allows for a student’s future progress in swimming.

STAGE 2: WATER MOVEMENT 3 YEARS - 5 YEARS
Students focus on body position and control, directional change, and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water.

STAGE 3: WATER STAMINA 3 YEARS - 5 YEARS
Students learn how to swim to safety from a longer distance than in previous stages in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action.
SWIM BASICS
SCHOOL AGE: STAGES 1-3

STUDENTS LEARN PERSONAL WATER SAFETY AND ACHIEVE BASIC SWIMMING COMPETENCY BY LEARNING TWO BENCHMARK SKILLS:

- SWIM, FLOAT, SWIM—SEQUENCING FRONT GLIDE, ROLL, BACK FLOAT, ROLL, FRONT GLIDE, AND EXIT
- JUMP, PUSH, TURN, GRAB

STAGE 1: WATER ACCLIMATION
5 YEARS - 12 YEARS

Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water in stage 1. This stage lays the foundation that allows for a student’s future progress in swimming.

STAGE 2: WATER MOVEMENT
5 YEARS - 12 YEARS

Students focus on body position and control, directional change, and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water.

STAGE 3: WATER STAMINA
5 YEARS - 12 YEARS

Students learn how to swim to safety from a longer distance than in previous stages in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action.

SWIM STROKES
SCHOOL AGE: STAGE 4

HAVING MASTERED THE FUNDAMENTALS, STUDENTS LEARN ADDITIONAL WATER SAFETY SKILLS AND BUILD STROKE TECHNIQUE, DEVELOPING SKILLS THAT PREVENT CHRONIC DISEASE, INCREASE SOCIAL-EMOTIONAL AND COGNITIVE WELL-BEING, AND FOSTER A LIFETIME OF PHYSICAL ACTIVITY.

STAGE 4: STROKE INTRODUCTION
4 YEARS - 12 YEARS

Students develop stroke technique in front crawl and back crawl and learn the breaststroke kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke.

SWIM STROKES
SCHOOL AGE: STAGES 5-6

STAGE 5: STROKE DEVELOPMENT
5 YEARS - 12 YEARS

Students work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading water and sidestroke.

STAGE 6: STROKE MECHANICS
5 YEARS - 12 YEARS

Students refine stroke technique on all major competitive strokes, learn about competitive swimming, and discover how to incorporate swimming into a healthy lifestyle.

GROUP LESSON RATES:
You don’t need to be a member of the Y to take swimming lessons, but members receive a discount on lessons.

Lessons for Parent/Child and Preschool classes are 30 minutes long, and lessons for School Age and Teen/Adult classes are 40 minutes long.

MEMBERS: $55
NON-MEMBERS: $109
TEEN/ADULT SWIM
Participants aged 13+ who are developing their skill should start in the Teen/Adult Swim Basics program including three stages: 1 - Water Acclimation, 2 - Water Movement, and 3 - Water Stamina. Those who can swim 10–15 yards (half of the length of the lap pool) on their front and back, without floatation, should start in the Teen/Adult Swim Strokes program including three stages: 4 – Stroke Introduction, 5 – Stroke Development and, 6 – Stroke Mechanics. (To view descriptions of each of the six stages, please see pages 3 and 4.)

Questions can be directed to our Aquatics department at (715) 386–1616, option 3.

SPECIALTY SWIM

SWIM CREW
Ages 5–14
Must pass Swim Strokes stage 5 or perform equivalent skills. Swimmers explore what it's like to be on a swim team without committing to a whole season. Participants will learn competitive swimming techniques, drills and endurance building. Swimmers are introduced to competitive swimming language and organized workouts.

See Member Services for pricing details.

ADAPTIVE SWIM
Ages 3–12
An adaptive lesson modified for individuals with disabilities. Adaptive swim lessons offer a 2:1 participant to instructor ratio, and customized instruction based on each child’s unique skills and abilities. Children may participate on their own, or with an aid or parent.

See Member Services for pricing details.

LEAGUES
LEAGUES let kids take their skills to the next level and experience positive competition. Age-based offerings vary by session and by sport. Youth Leagues consist of organized practices and team contests. Each team will focus on skill development, practice and teamwork while preparing for games or meets. The fun isn’t just for kids - high school and adult leagues are available too!

Note: a structured game or meet schedule will be developed and issued the first week of each session.

SCHOOLS OUT SPORTS CAMPS
At SCHOOLS OUT SPORTS CAMPS, kids come to the Y to learn new sports, build skills and have fun playing, on days when school is not in session. Kids build the positive relationships that lead to good sportsmanship and teamwork. Ages vary by location.

CLINICS
CLINICS let kids try out a sport they’re curious to explore in a no-pressure environment. Come test out something new, or learn more about your favorite sports. Clinics are available for a variety of sports and are offered at different locations and dates throughout the year.

Questions can be directed to our Aquatics department at (715) 386–1616, option 3.
YMCA Youth Fitness Guidelines promote a safe and positive environment for all members. YMCA members 7-9 years will be allowed to participate in designated family fitness workouts in the Fitness Center with a parent or adult guardian or as a part of a YMCA program, ONLY after completing a family fitness orientation and wearing appropriate wristband. Youth ages 7-9 must be directly supervised and within arms-reach of a parent or adult guardian at all times. YMCA members age 10-17 years can use the Fitness Center without direct supervision ONLY after completing a youth orientation and wearing appropriate wristband. All youth members must sign and abide by the Youth Consent/Agreement Form. Youth using the free weight area must read and sign a copy of the Free Weight Guidelines.

Sign up for an orientation at Member Services. Youth are required to receive an orientation at each YMCA branch they visit as equipment and facilities may vary slightly.

Family and Youth Fitness orientations are available to current YMCA members only.

Family Fitness Orientation - Ages 7-9 w/Parent or Adult Guardian: White Wristband

This age group may participate in Family Fitness workouts in the Fitness Center or other designated area(s) with a parent or adult guardian. We will provide family friendly workouts using body weight and appropriate strength training apparatus (resistance bands and balls). Workout guides will show kids and parents how to work out in an environment that will safely challenge fitness enthusiasts of all ages and abilities. This age group can attend all Kids and Family Fitness Group Exercise classes.

Youth Ages 10-11: Green Wristband

This age group may use all the cardiovascular equipment according to proper fit, with the exception of treadmills and steppers. This age group will also be shown basic strength training techniques primarily using body weight and appropriate strength training apparatus (resistance bands and balls, hand weights, etc.). This age group can attend all Kids and Family Fitness Group Exercise classes and select Group Exercise Classes (w/parent or adult guardian). Parents or adult guardians are strongly encouraged to attend orientation.

Youth Ages 12-14: Orange Wristband

This age group may use all the cardiovascular and strength training machines upon completion of an orientation and according to proper fit. This age group can attend select Group Fitness Classes (w/ parent or adult guardian).

Youth Ages 15-17: Purple Wristband

This age group may use the entire fitness center including the free weight area upon completion of a free weight orientation. This age group can attend all Group Exercise Classes.

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WHAT AGE GROUP DOES THE STUDENT FALL INTO?

WHICH STAGE IS THE STUDENT READY FOR?

NOT YET 1ST STAGE

NOT YET 2ND STAGE

NOT YET 3RD STAGE

NOT YET 4TH STAGE

NOT YET 5TH STAGE

NOT YET 6TH STAGE

NOT YET 7TH STAGE

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NOT YET 99TH STAGE

NOT YET 100TH STAGE
### LATE FALL SWIM LESSON SCHEDULE

<table>
<thead>
<tr>
<th>Time</th>
<th>01.28.2023 - 12.05.2023</th>
<th>(Once a week for 7 weeks)</th>
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<tbody>
<tr>
<td>10:00 am to 10:30 am</td>
<td>Preschool/Child Swim Basics (ages 3-6)</td>
<td>04 AQ 2281.10, 102110, YRD</td>
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<tr>
<td>10:35 am to 11:05 am</td>
<td>Preschool Swim Basics (ages 3-6)</td>
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<tr>
<td>11:00 am to 11:30 am</td>
<td>School Age Swim Basics (ages 5-6)</td>
<td>04 AQ 2281.10, 102110, YRD</td>
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<tr>
<td>11:35 am to 12:05 am</td>
<td>Beginner Swim Basics (ages 4-6)</td>
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<tr>
<td>12:00 pm to 12:30 pm</td>
<td>Preschool Swim Basics (ages 3-6)</td>
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<td>12:35 pm to 1:05 pm</td>
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<td>1:00 pm to 1:30 pm</td>
<td>Beginner Swim Basics (ages 4-6)</td>
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<td>1:35 pm to 2:05 pm</td>
<td>Preschool Swim Basics (ages 3-6)</td>
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<td>2:00 pm to 2:30 pm</td>
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<td>Preschool Swim Basics (ages 3-6)</td>
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<td>School Age Swim Basics (ages 5-6)</td>
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<td>8:35 pm to 9:05 pm</td>
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</table>

**Youth Programming**

- **Swimming Lessons**
  - Accompanied by parent/guardian
  - Drilled off/No removal/Summary supervision needed

- **Volleyball/Pool Volleyball**
  - Drilled/off/No removal/Summary supervision needed

- **Water Aerobics/Swim Class**
  - Drilled/off/No removal/Summary supervision needed

- **Camps**
  - Drilled/off/No removal/Summary supervision needed

- **Y’s for You**
  - Drilled/off/No removal/Summary supervision needed

- **Private Lessons**
  - Supervision required

- **Synchronized Training Team**
  - Supervision required

- **Advanced Training Team**
  - Supervision required

- **Registration is Required**
- *Recommended for participants.*

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*Members/Non-members rates*

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**Note:**

- Classes will begin on October 3rd and end on December 19th.
- Registration is required for all participants.
- Supervision is required for all swim lessons.
- *Recommended for participants.*
**LATE FALL SWIM LESSON SCHEDULE**

<table>
<thead>
<tr>
<th>Day</th>
<th>November 1 - December 13</th>
<th>(Once a week for 7 weeks)</th>
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<tbody>
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<td>Class</td>
<td>Product Code</td>
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<td>School Age Swim Basics (stages 1-5)</td>
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<td>Beginner Swim Stroke (stage 4)</td>
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<tr>
<td>10:20 am to 10:50 am</td>
<td>Parent/Child Swim Starters (stages A-4)</td>
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<td>10:20 am to 11:00 am</td>
<td>Advanced Swim Strokes (stages 4-5)</td>
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<td>12:20 pm to 1:00 pm</td>
<td>Beginner Swim Stroke (stage 4)</td>
<td>04_AQ.2283.71,110315,YID</td>
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<tr>
<td>12:25 pm to 1:05 pm</td>
<td>Preschool Swim Basics (stages 1-3)</td>
<td>04_AQ.2283.71,110315,YID</td>
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<tr>
<td>1:05 pm to 1:45 pm</td>
<td>Beginner Swim Stroke (stage 4)</td>
<td>04_AQ.2283.72,110315,YID</td>
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<td>1:05 pm to 1:45 pm</td>
<td>Advanced Swim Strokes (stages 4-5)</td>
<td>04_AQ.2285.71,110315,YID</td>
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*Lessons availability varies by location. Schedules subject to change. Please visit www.yuccam.org for updated class listings.*

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**Babysitting Classes**

**ASHI Child and Babysitting Safety: ages 11-15**

- 9:30 am to 4:30 pm
- Room 309
- $65.00

**Class Descriptions**

**ASHI Child and Babysitting Safety: ages 11-15**

- Program provides information in the business of babysitting, proper supervision, basic caregiving skills, and responding properly to ill or injured children or infants. No prerequisites CPR/AED and Basic First Aid certification strongly recommended.

**Dance: Ballet/Tap 30**

- An introduction class to two core dance styles: Ballet and Tap. Dancers learn the basics of ballet and tap technique within this 30 min class, in progression over the weeks. Dancers also learn choreography in a fun class setting. Encourages self-confidence.

**Drawing: All Skill Levels**

- Learn how to expand your drawing abilities in a class that meets you at your skill level From stick figures to perspective and 3D drawing, you can experience it all.

**Drawing: All Skill Levels ages 15-99**

- Learn how to expand your drawing abilities in a class that meets you at your skill level From stick figures to perspective and 3D drawing, you can experience it all.

**Home Alone Safety for Kids (1 day)**

- A comprehensive safety program that prepares children to stay home alone.

**Hudson Language Class**

- Participants are introduced to a foreign language in classes that encourage exploration of language and culture. Classes range from beginner to more advanced options for kids and adults.

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**REGISTRATION BEGINS SEPTEMBER 24, 2019**

Class availability varies by location. Schedules subject to change. Please visit www.yuccam.org for updated class listings.
HEALTHY LIVING
IMPROVING THE NATION’S HEALTH AND WELL-BEING

COMPETITIVE SWIM

HURRICANES SWIM TEAM
Becoming a member of the YMCA Swim Team means fun, fitness and teamwork. Our swim team is a developmental swim program run by trained coaches to improve swimmers’ competitive skills and endurance through progression rather than intense competition. Team promotes healthy lifestyles while embracing the four core values of caring, honesty, respect and responsibility. Practices are structured much the same way as any competitive swim team: warm-up, stretching, technique, endurance, and cool-down. Participants are expected to come to practice to work hard and improve skills. Expect to be a part of the team by participating in the meets. While it is not a requirement to participate in the meets, it does showcase the team aspect of swimming: you swim together, you win together.

Participant Requirements:
- Front crawl 25 yards without stopping
- Pass YMCA Swim Lessons Swim Strokes stages 5 or Red Cross level 4
- 5 years-21 years old
- Swimmers must be YMCA members to participate

WHEN
Fall/Winter: September 23 - February 23
Fall Only: September 23 - December 1
Winter Only: December 2 - February 23

NOVICE
- $230 Fall Only OR Winter Only
- $335 Full Season

AGE GROUP
- $245 Fall Only OR Winter Only
- $360 Full Season

SENIOR GROUP (INVITE ONLY)
- $260 Fall Only OR Winter Only
- $385 Full Season

PRIVATE LESSONS

PRIVATE SWIM LESSONS
These lessons are designed to give participants individualized attention to improve or master their swimming skills. Together, the instructor, participant and/or parent determine the goals for the session and the curriculum is customized for the swimmer’s success. Each private or customized small group lesson is 30 minutes in length.

Ages: All

Private Lessons:
One-on-one instruction.

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One instructor and 2-3 participants. Prices are split among all participants.

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VOLUNTEERING
The success of our team is closely linked with the participation of families. The team depends on volunteers to help run swim meets, plan and host social gatherings, or contribute to administrative support throughout the season. It teaches participants the value of helping others selflessly and doing something good for themselves as well as others.

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FOREVERWELL PROGRAMMING

PROGRAMS TO ENHANCE WELLNESS THROUGH AGING FOR Y MEMBERS AND THE COMMUNITY

NEW MEMBER ORIENTATIONS
Do you want to know more about what is happening at our Y? Whether it is fitness, education or socializing that you are looking for, come and learn more during the group orientations. Contact Pat Graf to set it up at (651) 259-9646 or Pat.Graf@ymcamn.org.

FOREVERWELL NEWSLETTER & CLASS SCHEDULE
For a more detailed look at our ForeverWell classes and programs, please print a copy of our monthly newsletter and class schedule. Go online to http://tinyurl.com/gp4o5rp and look for it under Printable Schedules > ForeverWell Newsletter or ForeverWell Group Fitness Schedule.

OPEN PICKLEBALL
Pickleball is a member run, court sport much like tennis but on a smaller court with a solid racquet the size of a racquetball paddle. The ball is a whiffle ball so it slows the game a little to make it more family/senior citizen friendly. There is also a no-volley zone to prevent slamming the ball into the opponents’ court. Scoring is similar to tennis. Pick up a Gym Schedule to see all the hours of play.

PICKLEBALL LESSONS
Starting Tues. Oct. 29 or Wed. Oct. 30, 7 weeks
Learn to play Pickleball or improve your game and skills by taking lessons. See the flyer for details. Register at Member Services. Early bird registration discount of 10% applies 9/24-10/8.

KNITTING TOGETHER
Every Friday 10:00–12:00, Community Room
Bring your knitting/craft projects and meet new people. Share ideas, patterns, tips, etc. FREE and open to the public with photo ID. No registration required.

MAH JONGG
Thursdays, 12:30–2:30pm (Community Room)
Learn to play Mah Jongg, the ancient Chinese game of strategy and luck. FREE. No registration necessary.

MEMORY CAFE
Come together for coffee, conversation and community at this social event for people with dementia and/or their care givers. This event is in coordination with the Aging and Disability Resource Center (ADRC). Snack provided.
• First Thursday of the month from 9:30–11:00am
• FREE and open to the community

STRENGTH TRAINING FOR SENIORS
Work with a personal trainer in a small class setting to maximize the benefits of strength training. Master the skills necessary to safely and effectively use the strength training equipment on our fitness floor. You will learn about sets, reps, tempo, and the proper amount of weight you should be lifting. Each week presents a new challenge as you learn proper form and exercise execution.
• Mondays from 9:00-9:45am, Wednesdays from 8:30-9:15am, or Wednesdays from 11:30-12:15pm in the Fitness Center.
• 7-week classes begin the week of 10/28.
• Sign up at Member Services to reserve your spot!

** SAVE THE DATE FOR OUR HOLIDAY PARTY!! **
Wednesday, December 4th from 8:00-10:00 a.m. in the gymnasium. Bring a healthy or holiday treat to share and join in the fun. Entertainment provided by Magic Jeff. FREE!
POOL RULES
- Children should be supervised at all times.
- Diving in shallow water is prohibited.
- Do not enter the pool if you suspect you have a communicable disease or an open cut or blister.
- Wear family appropriate and clean swim attire only.
- Shower, using warm water and soap, before entering the pool or after use of toilet facilities.
- Children in diapers must wear a reusable plastic pant with snug elasticized legs and waistband.
- Diving is prohibited in water less than 9 feet deep.
- Spitting, spouting water from mouth or blowing the nose in the pool is prohibited.
- Do not run or engage in rough play in the pool area or within arm’s reach of an adult.
- Do not bring animals into the pool area.
- Do not bring food, drink, gum or tobacco into the pool area.
- Do not bring items that may float or dangle in the pool.
- Only U.S. Coast Guard approved lifejackets and wearable foam flotation devices are allowed. Users must remain within arm’s reach of an adult.
- Do not run or engage in rough play in the pool area or locker rooms.
- Diaper changing in the pool area is prohibited. Please use locker rooms.
- Do not bring animals into the pool area.
- Do not bring food, drink, gum or tobacco into the pool area.
- Glass and shatterable items are prohibited in the pool area.
- No extended breath-holding or hyperventilation.
- Children in diapers must wear a reusable plastic pant with snug elasticized legs and waistband.
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WATERSLIDE RULES
- Due to the uniqueness of each YMCA facility, waterslide rules may differ.
- Children must pass the YMCA Shallow Water Test and be at least 48 inches tall or pass the YMCA Deep Water Swim Test to use the waterslide.
- Follow instructions of the attendant.
- Do not use the slide while under the influence of alcohol or drugs.
- Single riders only.
- WARNING: Water Depth is 42 inches.

AQUATIC SAFETY DRILLS
- For aquatic staff training, the YMCA does periodic safety drills by simulating emergencies.
- Your cooperation in following staff instructions during a drill is greatly appreciated.
- Thank you for your support in making your YMCA safe.

SWIM ATTIRE GUIDELINES
- Clothing may be worn over a swimsuit if it is clean and family appropriate.
- Clothing must be rinsed off thoroughly in the shower before entering the water.
- Children in diapers must wear reusable plastic pants with elasticized legs and waistband.
- Please see Aquatic staff for details about water depth restrictions when wearing clothing in the water.
STRENGTH TRAINING FOR SENIORS

Registration is NOW OPEN for late fall classes!
Sign up today to reserve your spot.

Work with a Certified Personal Trainer in a small class setting to maximize the benefits of strength training. Master the skills necessary to safely and effectively use the strength training equipment on our fitness floor. You will learn about sets, reps, tempo, and the proper amount of weight you should be lifting. Each week presents a new challenge as you learn proper form and exercises for two major muscles groups of the body.

Upon completion of this progressive class, you will have increased confidence and knowledge to workout more independently.

Three 7-week classes will be offered beginning the week of October 28 led by a Certified Personal Trainer.

Classes are limited to 6 participants.
$70/member or $84/non-member
- Mondays from 9:00 - 9:45 a.m. (Kelly)
- Wednesdays from 8:30 - 9:15 a.m. (Angie)
- Wednesdays from 11:30 a.m. - 12:15 p.m. (Angie)

Registration is open at Member Services or online at www.ymcamn.org. Questions can be directed to Kelly Fox, Director of Healthy Living, at Kelly.Fox@ymcamn.org.

WHIRLPOOL RULES

WARNING
- Minimum age to use the whirlpool is 15.
- Elderly persons and person suffering from heart disease, diabetes, or high or low blood pressure should not enter the whirlpool.
- Persons with medical conditions should not enter the whirlpool without prior consultation and permission from their physician.
- Pregnant women should consult their physician’s regarding whirlpool usage.
- Family appropriate and clean swim attire only.
- Shower, using warm water and soap, before entering the whirlpool or after use of toilet facilities.
- Lengthy exposure may be hazardous to your health and may result in nausea, dizziness or fainting.
- Persons under the influence of alcohol or drugs may not use the whirlpool.

SWIM AGE GUIDELINES

For the safety of our members and guests, swimmers may be asked to pass a YMCA Swim Test.
- Children under the age of 7 must be accompanied by an adult in the water unless they are able to pass an appropriate YMCA Swim Test.
- Children who pass the swim test must still have a parent in the pool area.
- Children 7, 8 and 9 years old may be in the pool unaccompanied, but a parent must remain in the facility.
- Children 10 and up may be in the pool and facility unaccompanied.

SWIM TEST POLICY

For the safety of our members and guests, swimmers under the age of 15 must be within arm’s reach of an adult at all times, or pass a YMCA swim test.

Lifeguards are not able to give the swim test if they are actively guarding therefore swim test will be done at 7:05pm Mon-Fri or 1:55pm on Sat-Sun. Swim test may be given at the top of each hour if needed.

Deep Water
To swim in water deeper than the swimmer’s armpits, the swimmer must pass the Deep Water Swim Test.
- Jump into water
- Tread water for 30 seconds
- Transition from treading to a front float for 10 seconds
- Return to treading for an additional 10 seconds

Shallow Water
To swim without an adult in water shallower than the swimmer’s armpits or in the designated shallow end, the swimmer must pass the Shallow Water Swim Test or if they are over they are 5 or older may wear a lifejacket in the pool area.
- Enter water to armpit depth
- Front float for 5 seconds
- Transition from floating to standing in water
- Back float for 5 seconds and return to standing

Any Swimmer Ages 5-14 that cannot pass one of the swim test is allowed to wear a lifejacket in the pool with out a parent in the water.

Not sure where to start with Y Swim Lessons?
Our instructors can do a brief in-water assessment to determine which level is appropriate for swimmers of any age or ability.
Questions can be directed to our Aquatics department at (651) 259-9658 or online at www.ymcamn.com/swimming.
HEALTHY LIVING

IMPROVING THE NATION’S HEALTH AND WELL-BEING

CERTIFICATION COURSES

ASHI BLENDED LEARNING BASIC LIFE SUPPORT (BLS) AGES 15+

The ASHI BLS training provides basic life-saving training including CPR, the use of an AED, and the relief of choking for adult, child and infant patients. The goal of this skills-based training is to help students develop the knowledge, skills, and confidence to respond in a medical emergency.

To achieve certification, participants must score 70% or better on the written exam, and demonstrate all knowledge and skill objectives. BLS certification is valid for two years.

Course Fee $70

ASHI BLENDED LEARNING OXYGEN AGES 15+

The ASHI Emergency Oxygen Administration initial training program helps students develop the knowledge, skills, and confidence to provide emergency oxygen for all suddenly ill or injured victims.

Participants must possess current certification in BLS and First Aid (through ASHI or another national organization), and should bring proof of current certification with them to class.

To achieve certification, participants must score 70% or better on the written exam, Emergency Oxygen Administration and all knowledge objectives. Emergency Oxygen Administration certification is valid for two years.

Course Fee $25

ASHI BLENDED LEARNING FIRST AID AGES 15+

The ASHI Basic First Aid training program provides workplace and community training in first aid emergency skills. The goal of this training is to help students develop the knowledge, skills, and confidence to respond in a medical emergency. The program is designed to focus on caring for injured or ill adults and children in a variety of settings, including soft tissue injuries, muscle and bone injuries, burns, sudden illness, and environmental emergencies.

To achieve certification, participants must score 70% or better on the written exam, and demonstrate all knowledge and skill objectives. Basic First Aid certification is valid for two years.

Course Fee $50

AMERICAN RED CROSS LIFEGUARD TRAINING AGES 15 & UP

The purpose of the American Red Cross Lifeguard training course is to provide entry-level lifeguard participants with the knowledge and skills to prevent, recognize, and respond to aquatic emergencies and to provide care for breathing and cardiac emergencies, injuries and sudden illnesses until emergency medical services (EMS) personnel take over.

Participants will all receive access to an American Red Cross Lifeguarding Participants e-book (books will be available for use during the course but not sent home with the participants). Upon completion of this course, participants will receive an American Red Cross certificate for Lifeguarding/First Aid/CPR/AED valid for 2 years, and a certificate for American Red Cross Administering Emergency Oxygen valid for 2 years.

Prerequisites: Swim 300 yards continuously demonstrating breath control and rhythmic breathing. (Candidates may use front crawl, breaststroke, or a combination of both. Swimming on back or side is not allowed.) Tread water for 2 minutes using only the legs. Complete a 10-pound object retrieval in 1 minute, 40 seconds.

Certification Requirements:

- Attend and participate in all class sessions.
- Demonstrate competency in all required skills and activities.
- Demonstrate competency in all required final rescue skill scenarios.
- Pass the CPR/AED for the Professional Rescuer, First Aid, Administering Emergency Oxygen and Lifeguarding Skills final written exams with minimum grades of 80%.

Full Course Fee $200  Review Course Fee $100
Members are invited to schedule a one-on-one 60-minute FITNESS SOLUTION session with a Certified Personal Trainer to assess goals, address areas they want to improve and to design a custom path to achieve their health and fitness goals.

Stop by the fitness desk or Member Services to schedule your appointment today!

Questions can be directed to Kelly Fox, Director of Healthy Living, at (651) 259-9661 or Kelly.Fox@ymcamn.org.

We sell packages of 4, 8, 12 and 20 sessions for 30 or 60-minutes. Visit us online at www.ymcamn.org/health_fitness, talk to a Personal Trainer in the fitness center, or stop by Member Services for more information!
# Personal Training

Get results faster with the help of a personal trainer. Enjoy custom fitness plans built around your goals and schedule.

### 60-Minute Introductory Package

- New to training? Find out if it’s the right path for you to reach your goals with a special rate for new training clients. (Limit one per customer, members only)
- **Package** | **Price** | **Price Per Session**
  - 4 Sessions | $239 | $59.75/session

### 60-Minute Training Packages

- Looking to lose weight, improve strength and endurance or train for a competition?
- Get the most out of your training time with a customized 60-minute workout.

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### 30-Minute Training Packages

- Looking for guidance on safe exercise techniques, new ideas to add to independent workouts, or training that fits into your busy schedule? Get customized answers and advice during a concentrated 30-minute training session.

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<td>4 sessions</td>
<td>$180</td>
<td>$45/session</td>
<td>$260</td>
</tr>
<tr>
<td>8 sessions</td>
<td>$340</td>
<td>$42.50/session</td>
<td>$500</td>
</tr>
<tr>
<td>12 sessions</td>
<td>$490</td>
<td>$40/session</td>
<td>$720</td>
</tr>
<tr>
<td>20 sessions</td>
<td>$640</td>
<td>$32/session</td>
<td>$1,040</td>
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# Buddy Training

Want to work out with a friend or partner? Enjoy concentrated attention as you work together with (or compete against) a buddy to reach shared goals. Prices listed are per participant.

### 60-Minute Introductory Package

- New to buddy training? Find out if it’s the right path for you both to reach your goals with a special rate for new training clients. (Limit one per customer, members only)
- **Package** | **Price** | **Price Per Session**
  - 4 Sessions | $159 | $39.75/session

### 60-Minute Training Packages

- Looking to lose weight, improve strength and endurance or train for a competition?
- Get the most out of your training time with a customized 60-minute workout.

<table>
<thead>
<tr>
<th></th>
<th><strong>Member</strong></th>
<th></th>
<th><strong>Non Member</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td><strong>Package</strong></td>
<td><strong>Price</strong></td>
<td><strong>Price Per Session</strong></td>
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<tr>
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<td>$45</td>
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<td>20 sessions</td>
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### 30-Minute Training Packages

- Looking for guidance on safe exercise techniques, new ideas to add to independent workouts, or training that fits into your busy schedules? Get customized answers and advice during a concentrated 30-minute training session.

<table>
<thead>
<tr>
<th></th>
<th><strong>Member</strong></th>
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<th><strong>Non Member</strong></th>
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<tbody>
<tr>
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