



Southdale YMCA Newsletter

April 2018

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Southdale YMCA

7355 York Ave South
Edina, MN 55435
952-835-2567

Facility Hours:

Monday-Friday
5 am-10 pm
Saturday and Sunday
6 am-9 pm

Kid's Stuff Hours:

Monday-Thursday
8 am-8:30 pm
Friday
8 am-8 pm
Saturday
8 am-6 pm
Sunday
9 am-6 pm

Southdaleymca.org



Like us on Facebook and Instagram

It's Tennis Time!

Tennis is an exciting and fun sport that can be played throughout your whole life. The Southdale YMCA is now offering youth tennis classes and leagues this spring and summer. We use age appropriate, USTA equipment and curriculum to ensure youth are successful. For more info visit southdaleymca.org and click on "Kid and Teen Activities." Additional Questions? Email Anna at anna.stopka@ymcamn.org



Online Racquetball Court Reservations

You can now reserve the Southdale YMCA racquetball courts online! Simply visit:

www.sportscarnival.com/southdaleymca. You need to create a username, password and enter in our passcode in order to view the schedule.

Our passcode is: 9622

If you have any questions, please ask a front desk team member.



Member of the Month: Jocelyn Kortan

We asked our April member of the month a few questions about why she loves the Y. Congrats Jocelyn!

What motivates you?

When I'm 90, I want to be the lady at the gym pushing weight around. The feeling of strength is empowering and I never want to let that go!

What activities do you enjoy?

I love weight training, but adding Mat Pilates to my routine has been the biggest game changer for me. I'm also the girl requesting all the hills in Jen's Friday night Spin class. For the record, I hate running!

What keeps you coming back to the Y?

Seeing improvements (no matter how big or small) keeps me coming back, but the Y is so much more than just a spot for me to be active. It's all about community—it feels good being part of this family!



Jocelyn with Jillian Michaels!

Personal Training Sale

Let our highly motivating and skilled personal trainers help you reach your fitness goals! Whether it's weight loss, training for a race, improving balance, or just learning the basics, our trainers will guide you down the right path.

From April 1st-13th you will receive \$30 off thirty minute packages and \$60 off sixty minute packages (minimum of 8 sessions). You can purchase your package at member services or online at ymcamn.org.



April 2018

Southdale YMCA Important Dates and Special Events

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Easter Sunday YMCA Closed	2 Spring Sports Session Begins	3 FYI: Open Gym starts at 7:45 pm tonight	Spring Savings! Personal Training Sale April 1st-13th			7 
8 	9	10 FYI: Open Gym starts at 7:45 pm tonight	11 	12	13 Personal Training Sale Ends	14
15	16 Late-Spring Swim Lesson Session begins today	17 FYI: Open Gym starts at 7:45 pm tonight	18 Blood Drive 10 am-4 pm Multi Purpose Room A	19	20 	21
22 Happy Earth Day! 	23	24 FYI: Open Gym starts at 7:45 pm tonight Registration for Summer Sports Session Begins	25 	26	27 	28 Our Life Senior Expo, Southdale YMCA, 11:00-3:00
29	30					