

Red Wing Family YMCA e-newsletter for August

Building Update

The entire YMCA will be closed August 18th – 20th to allow us to re-finish the gyms floors and re-carpet the Wellness Center. The office will be open from 7:00 am – 7:00 pm to allow you to register for programs, make payments and if needed, scan your card. If you go for a jog or bike ride and need credit for your insurance reimbursement plan, give us a call and we will check you in.

- All the gyms will be closed from August 16th-30th for sanding and re-finishing
- [Alternative Group Fitness Class Schedule](#) for the week of August 16th-22nd
- The Rec Pool will reopen on Monday, August 23rd
- Adult locker rooms will reopen on Monday, August 23rd with old lockers. The new lockers will arrive the first week of September and will be installed then.
- HVAC System will be installed August 30th-September 10th.

Fall Programs

Fall programs will begin soon. Mark sure to mark your calendars and we don't want you to miss these important dates.

- [Swim Lesson Registration](#) – Tuesday, August 24th beginning at 10:00 am
- [Gymnastic Class Registration](#) – Wednesday, August 25th beginning at 10:00 am
- [Fall Group Fitness Class Schedule](#) – Begins the week of September 7th
- [Mighty Mite Sports](#) – Play begins Saturday, September 18th for Soccer and Flag Football
- [2nd-6th Grade Youth Sports](#) – Play begins Monday, September 13th for Soccer, Saturday, September 18th for Flag Football and Girls' Volleyball
- [Middle School After School Sports](#) - begins Tuesday, September 13th
- [Youth in Government](#) – Informational Meeting on Monday, September 20th
- Exercise is Medicine – A collaborative between the YMCA and Fairview Red Wing Rehabilitation. Contact [Stephen McKenzie](#) for more information

Special Points of Interest

- [Alternative Lap Swim Schedule](#) for Twin Bluff Middle School & Colvill Aquatic Center
- Sunshine Corner Preschool – Limited openings for children ages 3, 4 and 5. Contact [Mary Niehues](#)
- [Home School Physical Education](#) – Begins Monday, September 13th

Important Dates

- Monday, September 6th – The YMCA is closed in observance of Labor Day.
- Tuesday, September 7th – [Fall Group Fitness Schedule](#) begins
- Monday, September 13th - Women's AA Volleyball Tryout & Meeting at 6:30 pm
- Monday, September 13th – Sunshine Corner Preschool begins
- Monday, September 20th – Women's A Volleyball Meeting at 6:30 pm
- Thursday, September 30th – Men's Volleyball Practice & Meeting at 6:30 pm

Program Highlight

Nutritional Lifestyles: Weight to Go

Learn how to take off weight sensibly while learning how to eat healthy and exercise regularly. Nutritional Lifestyles: Weight to Go is a 10 week course that will meet on Monday nights from 5:30-7:00 pm. It will cover the following topics: Energy Balance, Strategies for Success, Food Measurements Tools, Exercise, Fats, Carbohydrates & Fiber, Label Reading, Portion Distortion, Grocery Shopping, Cooking Techniques and Dining Out. It will be taught by Michelle Hanson, Registered Dietitian. It will meet September 13th-November 15th. The cost is \$225.00 per person, \$175.00 for YMCA members. Space is limited. Registration and payment are required. For more information contact [David Anderson](#).

For complete information on all of our programs, schedules and a printable version of our e-newsletter go to the YMCA's website: www.redwingymca.org