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RED WING FAMILY YMCA SUMMER 2022 ACTIVITY GUIDE

434 Main Street
Red Wing MN 55066
651-388-4724
redwingymca.org

Red Wing Family YMCA in the
APP Store or on Google Play



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

RED WING FAMILY YMCA

434 Main Street
Red Wing, MN 55066
651-388-4724 | redwingymca.org

HOURS OF OPERATION

Monday – Thursday: 5:00 am– 8:30 pm
Friday: 5:00 am– 7:00 pm
Saturday: 7:00 am – 2:00 pm
Sunday: 7:00 am – 12:00 pm

2022 HOLIDAY SCHEDULE

Easter: Closed
Memorial Day: Closed
4th of July: Closed
Labor Day: Closed
Thanksgiving Day: 7:00 am–12:00 pm
Day after Thanksgiving: 8:00 am–5:00 pm
Christmas Eve: 7:00 am–12:00 pm
Christmas Day: Closed
New Years Eve: 5:00 am–7:00 pm
New Years Day: 7:00 am–12:00 pm

LEADERSHIP STAFF

Bryan Soper **CEO**
Erik Burton **Camp Pepin Director**
Emily Hadler **Healthy Living Coordinator**
Steve Hanson **Membership Associate**
Dalton Huppert **Aquatics Coordinator**
Heather Kahl **Child Care Director**
Shelby Miller **Philanthropy/Admin Coordinator**
Mary Niehues **Preschool-Sunshine Corner**
Matt Zolondek **Facilities Director**

OUR MISSION

To enhance the quality of life for all individuals and the community through programs that build healthy spirit, mind, and body.

What a difference a Year Makes!

Thanks to the unwavering support of our Members and Donors our YMCA has been able to adapt and respond to the ever-changing needs of our community. We have served our community this past year through our key areas.

Through Youth Development we offered Summer Camp so all kids have access to their best summer ever. Child Care and Preschool programs have offered early learning and school readiness throughout the pandemic.

Through Healthy Living, Membership has given individuals and families access to programs that fight chronic disease, provide family time, keep kids active, and help seniors stay forever fit.

Through Social Responsibility, Swim Lessons are preventing drownings and Youth in Government is producing our future leaders, and we continue our economic impact by partnering with over 20 local organizations and employing over 100 community members.

Thank you all for supporting our Red Wing Family YMCA.

Yours in service,
Bryan Soper | CEO

EQUITY STATEMENT

The uniqueness of every individual is valued and celebrated at the Red Wing Family YMCA. We are committed to advancing equity for all so that everyone, regardless of age, gender, income, faith, national origin, race, gender-identity, sexual orientation or diverse abilities, have the opportunity to reach their full potential with dignity and live life to its fullest.

MEMBERSHIP TYPES & RATES

Youth	Ages 12-17	\$10 / month
Young Adult	Ages 18-25	\$38 / month
Adult	Ages 26+	\$53 / month
Dual	2 Household Adults	\$70 / month
Family	2 Household Adults and Dependents*	\$75 / month + Free Child Watch Services

*Dependents must be immediate family, live in the same household, and be listed as dependents on IRS 1040.

HOW DO I PAY FOR MY MEMBERSHIP?

Membership is payable through monthly automatic bank, debit or credit card draft. If rates change, you will be notified 30 days in advance. Returned drafts do incur a \$15 fee.

ENROLLMENT FEE

A \$25 enrollment fee is required for all new memberships. If you have not been a member for 30 days, you are considered a new member. Youth memberships do not carry an enrollment fee.

LOCKER RENTAL

Lockers may be rented for \$60 annually. Lockers are for day use only unless rented through this program.

MEMBERSHIP CANCELLATION

All memberships will auto renew unless given a 30 day written notice before the next draft date. Member fees are not refundable.

HOW DO I REGISTER FOR A MEMBERSHIP?

Stop in and visit us for a tour, while you're here, we will provide you with all of the documents you need to get started. You can also find our complete membership packet on our website!

FINANCIAL ASSISTANCE

The Y's Personal Pricing Program ensures that membership and programs are always available to everyone in our service area regardless of their financial situation. This program is supported by contributions to our Annual Campaign, grants from local funders and direct donations. Applications are available at our Welcome Center and on our website.

INCLEMENT WEATHER POLICY

If programs or classes are cancelled, we will notify participants via our website, social media, and mobile app. If you prefer to call the YMCA to verify your class, speak to the Welcome Desk.

Winter youth sports program make up dates / snow days will be rescheduled as the building schedule allows. Please note that make up /snow days are not guaranteed due to facility use. All youth sports program participants will be notified via BAND and should follow procedures as stated in the Youth Program Handbook.

Other programming may vary due to staffing. All fitness classes will follow the Red Wing Public School District's school delay or cancellation policy as follows:

- If school is delayed, morning classes are cancelled. Classes held after 10:00 am will be held per the regular schedule.
- If school is cancelled, there will be no group fitness classes. A workout of the day will be available in the Wellness Center for members & guests to utilize.

MEMBER BENEFITS

By joining the Red Wing Family YMCA, you get all kinds of great perks from discounted program and Camp fees to full access to our facility all year round!

- Free Child Watch for Family Memberships
- Free Group Fitness Classes
- Free Equipment Orientation
- Reduced Program Registration Fees
- Priority Program Registration
- 2 Gymnasiums
- Walking / Jogging Track
- Two Racquetball Courts
- 1,000 square foot Wellness Center with cardiovascular and weight lifting equipment
- Access to the Aquatics Center:
 - 25-yard Lap Pool
 - Recreation Pool with Waterslide
 - Waterslide will open depending on staff availability-check with a lifeguard
 - Whirlpool
- Men's & Women's Saunas
- Aerobic / Fitness Studio
- Yoga / Pilates Studio
- Locker Rooms for individuals and families



CHILDCARE PROGRAMS



Peach Tree Childcare proudly holds a four star rating from Parent Aware!

PEACH TREE LICENSED CHILDCARE – 33 MONTHS TO 5 YEARS

Whether you are looking for full or part-time care for your child, our fully licensed childcare program has the flexible scheduling you need for your family. Our childcare program offers an engaging environment where your child can learn and grow. We offer enriching, creative hands-on activities and the opportunity for your child to participate in other YMCA programming while in our care.

Peach Tree Curriculum and Highlights:

- Open 6am-6pm
- Age appropriate activities to help your child reach their milestones
- Weekly Swimming time!
- Fall and Spring Swim Lessons
- Library Trips
- Large motor activities in our gym, child watch and track
- Weekly outdoor adventures (weather permitting)
- Healthy morning and afternoon snacks

Full Time M-F Mem \$167/ Non-Member \$182
 Half Day M-F Mem \$104/ Non-Member \$119
 Single Day Mem \$59/ Non-Member \$69

*Additional registrations fees required for all options

For enrollment information, email: hkahl@redwingymca.org



CHILD WATCH – DROP IN CHILD CARE FOR AGES 1-8

FREE with a Family Membership/ \$20 Day for guests

The Y is here to help you achieve balance in your busy lifestyle. We'll watch your children play while you workout! Our Child Watch services are provided for parents while attending classes, using the Y for fitness, or participating in activities **WITHIN THE FACILITY**. Children play under the supervision of caring, trained YMCA staff. This is included in your family membership.

CHILD WATCH HOURS

- Monday-Saturday Mornings
 ○ 9:00 AM – 11:30 AM
 Monday-Thursday Evenings
 ○ 4:30 PM – 7:30 PM

Services may be utilized for up to two hours per day.



REGISTER ONLINE AT REDWINGYMCA.ORG

SUNSHINE CORNER PRESCHOOL (3-5 years old)

Join us at Sunshine Corner for an exciting preschool experience designed to support and enhance your child's social, emotional, intellectual and physical development.

Sunshine Corner is a licensed preschool program available to all children in the surrounding communities. We offer a variety of program options to meet the needs of the children and families. Scholarships are available.

THREE YEAR OLD PROGRAM

Tuesdays & Thursdays
 9:00 am – 11:00 am

Monthly Tuition

\$130 for Non-Members
 \$115 for YMCA Members

FOUR / FIVE YEAR OLD PROGRAM

Mondays, Wednesdays & Fridays
 8:30 am – 11:00 am

Monthly Tuition

\$165 for Non-Members
 \$150 for YMCA Members

CREATIVE PRE-K OLDER 4'S & YOUNGER 5'S

Monday – Thursday
 12:30 pm – 3:30 pm

Monthly Tuition

\$230 for Non-Members
 \$210 for YMCA Members

A \$30 REGISTRATION FEE IS REQUIRED FOR ALL SESSIONS

SUNSHINE CORNER CURRICULUM HIGHLIGHTS:

- Class size of 20 with 2-3 teachers 1:10 ratio
- Highly experienced, qualified and nurturing teachers
- A comprehensive and age appropriate curriculum
- YMCA facilities of gym time
- Parent Advisory Committee
- A variety of field trips to support curriculum
- Offers Spanish and Sign Language to 4/5 year old class
- Parent volunteer opportunities available

For enrollment information, email: sunshinecorner@redwingymca.org

**KIDS POWER CLUB
 JUNE 6-AUG 26**

SUMMER SCHOOL AGE CHILD CARE AGES 5-12

Reminder: Five year olds must be entering kindergarten in the 2022-2023 school year.

Join our certified summer care program. Kids Power Club will offer your child a feeling of connection as they build relationships with peers and staff in a safe, healthy and exciting environment!

Gym Games –Swimming –Field Trips –Outdoor Adventure–STEM activities



Options	Member Rate	Non-Member Rate
• Weekly (M-F).....	\$157	\$177
• Daily (M,T,TH,F)	\$38	\$42
• Wednesdays Only	\$43	\$47
○ Field Trips		

For more information, email: hkahl@redwingymca.org



AQUATICS

Group lessons are offered monthly.
Register online or at the Welcome Center!

SWIM LESSON OPTIONS

Here at the Red Wing YMCA, we provide a safe environment for swimmers of all ages and abilities. We pride ourselves on providing professional swim instruction for all ages and abilities from infants to seniors!

GROUP LESSONS

Member: \$55 | Non-Member: \$75

Group lessons are 30 minutes in length and are designed to fit your families busy lifestyle. Lessons are offered all year long and there is no need to be a member to participate. Group lessons carry an instructor ratio of 5:1

SEMI-PRIVATE LESSONS

Semi-private swim lessons provide an individualized experience to help improve or master swimming skills. Semi-private lessons are the perfect option for families with multiple children at or about the same level. Our semi-private lesson option carry a 3:1 instructor ratio.

2 Swimmers / 4 Sessions
Member: \$80 | Non-Member: \$100
2 Swimmers / 8 Sessions
Member: \$120 | Non-Member: \$140

3 Swimmers / 4 Sessions
Member: \$72 | Non-Member: \$90
3 Swimmers / 8 Sessions
Member: \$112 | Non-Member: \$126

PRIVATE LESSONS (Check online for package options)

Private swim lessons provide a one-on-one experience for individuals. Participants work directly with their instructor to determine lesson goals and schedule. **Please complete a private lesson inquiry for appropriate pricing for your needs and goals: redwingymca.org/swimlessons**

CHOOSING THE RIGHT LESSONS IS EASY!

Can the student respond to verbal cues and jump on land?

NOT YET

A: Water Discovery

Is the student comfortable working with an instructor without a parent in the water?

NOT YET

B: Water Exploration

Will the student go underwater voluntarily?

NOT YET

1: Water Acclimation

Can the student do a front and back float on his or her own?

NOT YET

2: Water Movement

Can the student swim 10-15 yards on his or her front and back with face in the water?

NOT YET

3: Water Stamina

Can the student swim 15 yards of front and back crawl?

NOT YET

4: Stroke Introduction

Can the student swim front crawl, back crawl, and breaststroke across the pool?

NOT YET

5: Stroke Development

Can the student swim front crawl, back crawl, and breaststroke across the pool and back?

NOT YET

6: Stroke Mechanics

WATER WARRIORS



Water Warriors is a one-hour class where participants improve swimming ability and endurance as well as enjoy other aquatic activities like kayaking, floating yoga, and snorkeling. Participants also get a taste of lifeguarding, an introduction to competition swim. **Participants must pass level 6 to participate.**



POOL USE AND LIFEJACKETS

Lifejackets are encouraged and a limited number are available, just ask any lifeguard! Children 11 and under must have an adult in the pool area with them. Children will also be asked to swim test.

WATER GROUP FITNESS CLASSES

From water-walking to boot camps and restorative water fitness, we offer a workout for everybody! See the water group fitness class schedule online at redwingymca.org/schedules.



LIFEGUARD & CPR TRAINING



LIFEGUARD TRAINING – AMERICAN RED CROSS

Certification Course and Re-Certification Courses available-Session & pricing may vary

The Y provides entry-level lifeguard participants with the knowledge and skills to prevent, recognize and respond to aquatics emergencies as well as provide care for breathing and cardiac emergencies, injuries and sudden illnesses until emergency medical services (EMS) can take over. Classes are held year-round, and all hired YMCA staff receive a discount on their training upon successful completion. Lifeguard re-certification is also offered. **Pre-requisites for training and certification requirements can be found on our website: redwingymca.org/training**

CPR FOR THE PROFESSIONAL RESCUER TRAINING AMERICAN RED CROSS (FULL COURSE & REVIEW COURSE)

Sessions & pricing may vary

CPR for the Professional Rescuer training provides basic life-saving training including CPR, use of an AED, and the relief of choking for adult, child, and infant patients. To achieve certification, participants must score 70% or better on the written exam, and demonstrate all knowledge and skill objectives. Classes are held year-round, and all hired YMCA staff receive CPR training at no cost. CPR classes are administered using a blended learning method with some online coursework prior to the class start.



CAMP PEPIN

REGISTER TODAY AT CAMPPEPIN.ORG

WELCOME TO YMCA CAMP PEPIN!

Camp Pepin aims to offer an unparalleled sense of community in which all participants (campers AND staff), regardless of ability, culture, gender, race, religion, or background are valued and active members. Through a variety of activities, participants are empowered to contribute to a shared community and experience the benefits inherent in a society based on collaboration, respect and responsibility. Camp Pepin programs prepare their campers for the future by introducing and fostering the skills needed to be healthy contributing citizens of the world.



DAY CAMP | Ages 4-12

YMCA Members: \$205 Non-Members: \$230

Session 1: June 13-June 17 | Session 2: June 20-June 24

Session 3: July 11-July 15 | Session 4 July 18-July 22

Day Camp Hours: 9:00 AM-4:00 PM

Transportation is available from select locations for an additional fee

Our Day Camp program introduces campers to the summer experience without the commitment of overnights! Day campers still have the opportunity to participate in traditional camp activities like archery, kayaking, outdoor survival and much more!

TRADITIONAL RESIDENT CAMPS

SUMMER SAMPLER | Ages 6-12

YMCA Members: \$350 | Non-Members: \$375

July 5-8

Camp Pepin's Summer Sampler is the perfect way to introduce your young one to experience overnight camp. Campers can try many of camp's activities, learn the traditions of Camp Pepin and make new friends!

TRADITIONAL RESIDENT CAMP | Ages 8-17

YMCA Members: \$590 | Non-Members: \$615

Session 1: June 26-July 1 | Session 2: July 10-15 | Session 3: July 17-22

Session 4: July 24-29 | Session 5: July 31-August 5 | Session 6: August 7-12

For over 85 years, Camp Pepin has welcomed campers from around the country to experience everything it has to offer. With a large waterfront, target range, multiple high-ropes elements and unique skills classes, campers are guaranteed opportunities to try new skills and challenge themselves in new ways. Small, tight-knit cabin groups allow campers to develop friendships that can last long after their time at camp.

FAMILY CABIN RENTALS

Check out our website or contact Erik Burton at eburton@redwingymca.org



SPECIALTY CAMPS

NEW HEIGHTS | Ages 10-17

YMCA Members: \$640 | Non-Members: \$665

June 26-July 1



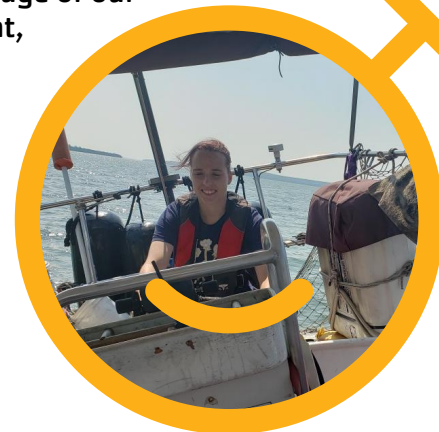
Campers in the New Heights Program will become the experts of our challenge and adventure courses here at Camp Pepin. Campers will practice the skills needed to setup, run, and maintain the climbing wall, high ropes course, and zipline course. Participants will also work through a series of teambuilding activities to experience the necessity of collaboration and communication during challenging scenarios. At the end of their weeklong adventure, campers will travel offsite to apply their newfound knowledge and take part in an exciting climbing excursion!

PREVAILING WINDS | Ages 10-17

YMCA Members: \$640 | Non-Members: \$665

August 7-12

Prevailing Winds sailing camp is designed for campers looking to take full advantage of our incredible location on Lake Pepin. Campers will learn the ins and outs of a sailboat, the theory behind how sailboats work, and how to sail! Guided by certified sailing instructors, campers will put our small fleet of sailboats to good use and harness the lake breezes to work for them. At the end of the week, campers will serve as crew aboard a larger sailing craft and test their skills as budding sailors!



LEADERSHIP CAMPS

LEADERS IN TRAINING | Ages 13-15

YMCA Members: \$1400 | Non-Members: \$1450

July 24-August 5

Leaders in Training is a two-week session designed for teens who are looking to attending camp while also developing valuable leadership skills useful for the road ahead. LITs work through challenge courses, assist counselors with instruction and grow as leaders in a community both at camp and in the "real world".

COUNSELORS IN TRAINING | Ages 16-17

YMCA Members: \$1400 | Non-Members: \$1450

July 10-22

At the end of this two-week session, Counselors in Training campers will leave feeling confident in their leadership, mentorship and teaching skills. They will also be prepared to serve in this role both at camp and in their communities. During week one, CIT campers will gain insight into all aspects of a counselor's job at camp mirroring training, participating in activities that address child development and behavioral management, counseling techniques and best practices, communication and leadership, environmental stewardship and community service. Week two serves as an internship where they will shadow staff and experience what it's like to be a camp counselor!



YOUTH SPORTS & FITNESS

REGISTER TODAY AT REDWINGYMCA.ORG

YOUTH FITNESS POLICY

Safety is our number one priority. The following age guidelines will help to ensure your family's safety while enjoying all that our facility has to offer.

1-8 years
WITH DIRECT PARENT/GUARDIAN SUPERVISION

- Pool
- Racquetball Courts
- Walking Track
- Gyms A, B & C
- Child Watch is available

9-11 years
PARENT/GUARDIAN MUST BE IN THE FACILITY

- *Pool
- Racquetball Courts
- Walking Track
- Gyms A, B & C
- **Wellness Center
 - Youth Orientation Required
 - Members Only
 - Must be with Parent or Guardian

12-15 years
NO PARENT/GUARDIAN SUPERVISION NEEDED

- *Pool
- Racquetball Courts
- Gyms A, B & C
- Wellness Center
 - Youth Orientation Required
 - Members Only
- All fitness classes

16 years
NO PARENT/GUARDIAN SUPERVISION NEEDED

- Full use of facility

- *Passing a swim test is required to be in the pool without parent/guardian supervision.
- **Wellness Center use is allowed with direct adult supervision only, a Youth Wellness Center Orientation and a wrist band upon entry.

YOUTH SPORTS OFFERINGS

BASEBALL / SOFTBALL / T-BALL (SUMMER)

This program combines fun and skill development for a fun introduction to baseball, softball and t-ball. Typically held during the summer months with an occasional indoor camp during the off-season.

Open to children in preschool through grade 2.



BASKETBALL (WINTER)

This program combines fun and skill development for a fun introduction to basketball.

Open to children in kindergarten through grade 6.

FLAG FOOTBALL (FALL)

This program combines fun and skill development for a fun introduction to flag football.

Open to children in kindergarten through grade 6.

SOCCER (SPRING)

Learn the basics of soccer while focusing on fun, growth and sportsmanship.

Open to children in kindergarten through grade 6.

Other programs may become available throughout the year. Check our website or social media for updates!



REGISTERED FOR AN UPCOMING PROGRAM?

The Red Wing Family YMCA utilizes the BAND app to communicate with all families participating in youth sports programming. Make sure you are signed up on the BAND app and have notifications turned ON for all program communication. All updates for sports will be done through the app.

YOUTH WELLNESS CENTER ORIENTATIONS \$20 Members Only

Youth Wellness Center Orientations are designed to instill confidence and understanding in children as they strive to live an active and healthy lifestyle. Youth Wellness Center Orientations teach your child how to work out safely and effectively within the YMCA Wellness Center, along with introducing basic muscle anatomy, exercise concepts and guidelines, gym etiquette and safety practices.

For more information, email: ehadler@redwingymca.org

- Children 10 & 11 years of age are welcome to utilize the Wellness Center **WITH** a parent **AFTER** completing a Youth Wellness Center Orientation.
- Children 12-15 years of age are welcome to utilize the Wellness Center **WITHOUT** a parent **AFTER** completing a Youth Wellness Center Orientation.



- All children ages 10-15 must wear a wristband to utilize the Wellness Center
- **Guests under 15 are NOT permitted to use the Wellness Center**



FAMILY ACTIVITIES



OPEN FAMILY SWIM

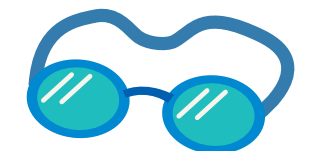
Enjoy our Recreation Pools all week long! Please note that availability for open family swim may be limited Monday-Thursday due to swim lessons.

Life jackets are encouraged but not required. There is a limited number of life jackets available for use in the pool area.

RECREATION POOL HOURS

- Monday-Thursday: 4:00 pm-8:00 pm
- Friday: 4:00 pm-6:30 pm
- Saturday & Sunday: 8:00 am-11:30 am

OPEN GYM TIME & EQUIPMENT



Bring the kids anytime to enjoy our gym spaces. We have a variety of balls and equipment - you can even bring your own equipment and utilize our facilities.



ADULT FITNESS & ACTIVITIES

ADULT FITNESS & ACTIVITIES AT THE Y

Here are YMCA, there is something for everyone! In fact, if you do not see an activity listed that you'd like to start—we are always up for starting new member-led activities.

PICKLEBALL

(No indoor pickleball during summer break—moves to Twin Bluff Middle School)

Pickleball is one of the fastest growing sports in the country and we have a dedicated group right here in Red Wing! Equipment is provided at the Welcome Desk.

Monday, Wednesday & Friday from 8:30 AM–11:30 AM
Tuesday Beginner "Cucumber" Day 8:30–11:30 AM

Members: Free/Non-Members: \$10 Day

RACQUETBALL

Sharpen your agility, hand-eye coordination, speed and strength with racquetball! We have two racquetball courts located on the lower level of our facility. Reserve a court by contacting the Welcome Desk.

Members: Free/Non-Members: \$10 Day

MEN'S VOLLEYBALL

Thursday evenings, September – March

Members: Free/Non-Members: \$85 Season

WOMEN'S VOLLEYBALL

A League: Players that utilize three hits per side and have some experience with organized play.

AA League: Players that have high school or even college level experience and play utilizing strategic court positions. Ongoing entry throughout the season.

Monday Evenings, September – April

Members: Free/Non-Members: \$85 Season

DON'T SEE AN ACTIVITY YOU ENJOY HERE? LET US KNOW!

We will help you promote your new adult fitness and activity to get your idea off the ground! Stop by the Welcome Desk or email: info@redwingymca.org!



SATELLITE PHYSICAL THERAPY CLINIC

The Red Wing Family YMCA and Mayo Clinic Health System have partnered to operate a satellite Physical Therapy Clinic within the Wellness Center of our building. Patients utilize our facilities during appointments including our pools and Wellness Center. Physical therapists (PTs) can help patients reduce pain and improve or restore mobility – in many cases without expensive surgery and often reducing the need for long-term use of prescription medications and their side effects.



To make an appointment please call: 651-267-5450
mayoclinichealthsystem.org



PERSONAL TRAINING & FITNESS COACHING

Not achieving your goals? We all need the advice of an expert sometimes, as well as the personal accountability that comes with having a trainer. Whether you are a beginner or an experienced fitness enthusiast, our Certified Personal Trainers and Fitness Specialists can help you meet your Wellness goals.

Our services include 1-on-1 coaching in all group exercise formats, Nutritional Coaching, Behavior Change, Boxing, TRX, Kettlebells, Weight Management, Strength and Cardio Training. Every package includes a free consultation. All fees are due upon registration. Session packs expire one year from purchase date.

60 Minute Session

6 Sessions: \$360
12 Sessions: \$624
20 Sessions: \$900

30 Minute Session

6 Sessions: \$210
12 Sessions: \$384
20 Sessions: \$600



WELLNESS CENTER ORIENTATIONS

Do you need help getting acquainted with the equipment in the Wellness Center? Or, maybe you need help learning safe techniques for equipment use, or even proper lifting form and etiquette? If so, then a Wellness Center Orientation is just what you are looking for!

During this one-hour experience, a trained Wellness Center staff member will discuss your fitness goals and lead you through our equipment and class schedule. Once you have completed this orientation, you'll feel confident using the equipment in the Wellness Center and be ready to tackle your fitness goals confidently.

SCHEDULING A WELLNESS CENTER ORIENTATION

\$20 Members Only

Wellness Center Orientations are offered by appointment only. Registration is available in-person or online at: redwingymca.org/wellnesscenter.

For more information, email: ehadler@redwingymca.org

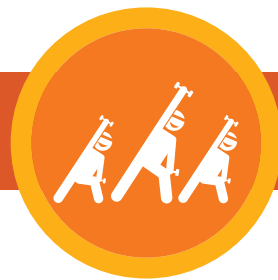
GROUP FITNESS CLASSES – FREE WITH MEMBERSHIP

Group Fitness Classes are the perfect way to stay motivated and make new friends! Our enthusiastic Instructors are here to lead you in a variety of exercises to help you achieve and maintain your goals. We offer both land and water classes. From restorative exercise to HIIT and great senior specific classes, there's something for everyone. Registration is not required to participate in group fitness classes – swing into any class, any time. If you are new to classes, check in with the instructor so they can explain anything necessary before participating! Most importantly, have fun!

SPECIALTY FITNESS CLASSES – FEE BASED

Specialty fitness classes offered here at the Red Wing Family YMCA are specific to either sport or skill and typically carry a fee to participate. Offerings vary from athlete training to ballet intensives and even water specific classes. Check with the Welcome Desk or group fitness schedule for the most current classes offered. Registration is available online at redwingymca.org.





FREE GROUP FITNESS CLASSES AND DESCRIPTIONS

HOW DO I CHOOSE A CLASS THAT'S RIGHT FOR ME?

The Intensity Scale below is provided in an effort to assist with class selection based on your current conditioning level and need. However, **all** classes will involve professional instruction on ways to adjust the intensity level in order to modify or further intensify based on individual class participant needs. Each class is what you make of it!

1	Intensity Level: BASIC	2	Intensity Level: INTERMEDIATE	3	Intensity Level: CHALLENGING
Focuses on the fundamentals of the class modality while also providing a complete workout.		Designed to provide a complete workout appropriate for all levels of conditioning.		Provides a higher intensity level workout most appropriate for those with a solid baseline of conditioning.	

Cycle **1 2 3**
Build strength and improve cardiovascular endurance as you burn calories like crazy during this workout. Instructors will challenge you to push your limits.

Cycle Circuit **1 2 3**
Try cycle...with a twist! This cycle class features intervals of cardio work on the cycle and strength training off the cycle.

High-Intensity Interval Training (HIIT) **2 3**
This full-body workout includes, interval training sequences with high-intensity exercises, building cardiovascular fitness and improving strength & endurance.

PlaYground **1 2 3**
Gain strength through exercise in this Wellness Center class. Your instructor will take you on a circuit through the YMCA PlaYground and utilize dumbbells, bands, balls, and much more!

Power Bootcamp **1 2 3**
Enjoy a combination of strength, cardio, Tabata & HIIT utilizing all types of equipment. It's never the same class twice - join in on the fun!

Power, Push, Pull **2 3**
This class utilizes TRX equipment on the Wellness Center RIG. Participants will be lead through intermediate TRX motions. While this class is free, registration may be required for this class as space is limited.

RIP **1 2 3**
RIP™ combines Resistance, Intervals, Power, Plyometrics, Endurance and Diet. You will focus on different muscles in each workout segment, changing the focus every six to nine minutes.

Rowing **1 2 3**
Enjoy cardiovascular and full-body strength training as well as building and maintaining spinal bone density. A low impact workout for all ages and levels of fitness.

Sculpt & Tone **1 2 3**
Enjoy a quick blast of muscle sculpting and toning for your entire body. This class is held in conjunction with Step to make it a full hour class.

Strength & Abs **1 2 3**
Increase your metabolism, improve bone density, and strengthen your muscles as you go through progressive resistance.

Total Body Knockout **1 2 3**
Cardio kickboxing combined with high energy cardio moves. Strength training and core work makes this a total body experience.

Tabata **1 2 3**
The perfect combination of movement, motivation and energy. Enjoy variations with HIIT timing using a variety of equipment - never the same class twice!

Strength & Tabata **1 2 3**
In this 45-minute class, you will perform a variety of simple, yet intense exercises giving you noticeable results in a short amount of time.

YZone **1 2 3**
A full-body, coached workout, focused on training endurance, strength & power held in our Wellness Center. Push your limits on the treadmill, rower and strength training. It's never the same class twice.

ZUMBA **1 2 3**
We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise



FREE ACTIVE OLDER ADULT CLASSES

ACTIVE OLDER ADULT PROGRAMS & WELLNESS OPPORTUNITIES

The Red Wing Family YMCA offers a variety of senior programs and wellness opportunities for active older adults including physical fitness, social activities and more. We have a wide variety of classes available to our active older adults looking to stay fit! From chair yoga to senior power, discover the class you've been waiting to join!

Restorative & Functional Fitness **1 2**
Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, resistance bands, and a ball are offered, and a chair is used for seated or standing support.

Senior Power **1 2**
A combination of Strength and Cardio low impact exercises designed to tone and firm all muscle groups. A perfect class for beginners or active older adults.





FREE YOGA CLASSES

YOGA CLASSES AT THE RED WING FAMILY YMCA

Center yourself with high levels of body/mind/spirit fitness with Yoga at the Red Wing Family YMCA. Yoga classes are perfect for all levels of fitness and all levels of experience.

Gentle Yoga

Gentle Yoga (with a chair or mat) uses seated and standing poses to increase strength, flexibility and balance. A chair is available to allow students to find the optimal balance between support and challenge.

Yoga Fusion

A blend of balance, core strengthening and flexibility, yoga fusion combines meditative, detoxifying qualities of yoga with some strengthening poses to help deepen your yoga practice.

Yoga HIIT

HIIT yoga is exactly what it sounds like: A yoga session and a HIIT class rolled into one. Class is structured with a combination of high-intensity, cardio-based flows that will get your heart pumping and your muscles working, and slow-flow stretches to relieve any tension

Yoga Shred

Love your yoga, but want to add a little cardio?! Join us for Yoga Shred. This class is a fusion of mindful yoga movement with high intensity interval training. All levels are welcome!

Yoga: Strength, Balance & Flow

A more challenging form of yoga characterized by sun salutations & a diverse series of strength, balance, and muscle lengthening poses practiced in a flowing succession.



Yoga

Explore a Vinyasa flow class – a slow warm up, then faster flowing movements, using breath-work, and mindfulness based approaches to move in a way that honors your body. Relive stress and tension as we hold long postures at the end of class.



Yoga: Go with the Flow

Studio temperature will be increased for this class
Flow through a specific sequence of poses (asanas) coordinated with the movements of the breath. Challenge your aerobic endurance, enhance flexibility, and build overall strength.



Yoga: Relax & Reflect

A great option for beginners, moving at a slower pace allowing extra time to enjoy each pose. Attention to breath & alignment with props if participants choose.



FREE WATER FITNESS CLASSES

WATER FITNESS CLASSES AT THE RED WING FAMILY YMCA

Center yourself with high levels of body/mind/spirit fitness with Yoga at the Red Wing Family YMCA. Yoga classes are perfect for all levels of fitness and all levels of experience.

Deep Water Fitness

Intense, fun deep water class for those looking to step up their fitness program. Enjoy great music and total body fitness with emphasis on core stabilization for a great challenge. Swimming skills are recommended, belts are provided to participants

Restorative Water Fitness

A gentle class held in our Recreation Pool, designed to ease into movement and improve range of motion and balance. A great entry level class with plenty of modifications based on participant ability.

Shallow Water Fitness

A shallow water cardio class for any level of fitness. Variety and full-body exercises combine to make an excellent workout. Swimming skills are not needed for this class.



Water Bootcamp

This class will lead participants through a rugged workout of sports drills, circuits and interval training. Using the properties of water, these exercises are designed to improve strength and stamina.



Water Tabata

This class utilizes intervals and timing to perform movements for 20 seconds of maximum intensity with 10 seconds of rest. Moderate to high intensity movements will boost both aerobic and anaerobic capacity.



SPECIALTY FITNESS CLASSES

SPECIALTY FITNESS CLASSES

Specialty classes provide limited class sizes so that you can improve your fitness in a semi-private atmosphere. Specialty classes vary with new, challenging and functional movements. Specialty classes often have a separate fee and are offered for adults and youth.

There is a discount provided for YMCA members.

See our current specialty class offerings on our website: redwingymca.org/specialty-classes

REFUND POLICY ON FEE-BASED CLASSES & ACTIVITIES

- If a class is cancelled by the YMCA, then a full refund will be given.
- If a participant has to withdraw due to sickness/injury and has a medical excuse, a full refund will be given.
- If a participant withdraws from the class for other reasons, the following policy applies:
 - 14 days before the start of the class 100% refund
 - 7-13 days before the start of class 75% YMCA Credit
 - 1-6 days before the start of class 50% YMCA Credit
 - Start of class or later no refund



SOCIAL RESPONSIBILITY

Give Online: redwingymca.org
Click DONATE

ANNUAL CAMPAIGN

You can make a meaningful, enduring impact right here in the Red Wing YMCA community. Make your own impact by donating today! Help us deliver over \$235,000 of impact to our community.

Youth Development: Summer camps so all kids have access to their best summer ever, Preschool for early learning and Childcare for our Red Wing families.

CAMP PEPIN
470 Individual Camper Weeks
\$42,000 given in Scholarships



PRE-SCHOOL PROGRAM
57 Kids enrolled annually
\$12,700 in Scholarships



SCHOOL-AGE CHILD CARE
84 enrolled including summer care
\$7,300 in Scholarships



Healthy Living: Membership for individuals and families so they have access to programs that fight chronic disease, provide family time, keep kids active, and help seniors stay forever fit.

FOREVER FIT & SENIOR MEMBERS
25% of our members are 55+
\$25,000 in Scholarships



FAMILY SCHOLARSHIPS
214 families receive scholarship funds
\$34,000 in Scholarships



YOUTH MEMBERSHIPS
205 youth memberships
\$98,000 in membership subsidies



Social Responsibility: Swim Lessons for drowning prevention, Youth in Government to develop our future leaders and our economic impact as an employer and partner agency to other Non-profit organizations.

DROWNING PREVENTION
1,314 Swim Lessons annually
\$10,000 in scholarships



YOUTH IN GOVERNMENT
30 Students for Model Assembly
\$6,200 subsidy



ECONOMIC IMPACT
Over 100 Employees Annually
22 community Non-Profit partners



YMCA BANNER PROGRAM

Your contribution to the banner program ensures that we are able to turn no one away for an inability to pay for other programs like: Sunshine Corner Preschool, Youth in Government, swim lessons, and Kids Power Club.



FOR MORE INFORMATION ABOUT OUR BANNER PROGRAM:

Bryan Soper, CEO,
bsoper@redwingymca.org

- 2' x 3' Banner \$360 Annually
- 2' x 4' Banner \$720 Annually
- 2' x 5' Banner \$1,440 Annually
- 3' x 6' Banner \$5,000 Annually
- 7' x 5' Banner \$10,000 Annually

Promote your business by announcing to the community that you support the health and well-being of our area's children, family, and seniors by displaying a banner at the Red Wing Family YMCA!

ENDOWMENT: HERITAGE CLUB

A heritage of community strength leaves a legacy for generations to come. In fact, our Red Wing YMCA was established with a gift from philanthropist James Lawther. We have continued to grow throughout the years because each generation has chosen to continue to build on this legacy.

Giving can be done through your will or trust and is one of the most popular and flexible ways to support our cause.

- Tributes & Matching Gifts
 - Make a gift in honor or memory of a loved one or secure a matching gift from your employer
- In-Kind Donations
- Legacy Gifts
 - For planned or deferred giving

FOR MORE INFORMATION ABOUT HERITAGE CLUB:
Bryan Soper, CEO, bsoper@redwingymca.org

THANK YOU!

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