

# THANK YOU!

## Heritage Club Endowment Donors

### \$10,000+

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FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

RED WING FAMILY YMCA  
FALL/WINTER 2024-2025

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

APP: Search Daxko in the APP  
Store or Google Play and search  
Red Wing Family YMCA

DONATE TODAY







**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

**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: 7:00am–2:00 pm  
New Years Day: 7:00 am–12:00 pm

**LEADERSHIP STAFF**

Bryan Soper	<b>CEO</b>
Erik Burton	<b>Camp Pepin Director</b>
Heather Kahl	<b>Early Childhood Education Director</b>
Matt Zolondek	<b>Facilities Director</b>
Maria Barrick	<b>E.C.E.C. Asst. Director/Admin Co.</b>
Emily Hadler	<b>Healthy Living Coordinator</b>
Steve Hanson	<b>Membership Associate</b>
Dalton Huppert	<b>Program Director Aquatics/Sports</b>
Angela McGuire	<b>Personal Training Coordinator</b>

**OUR MISSION**

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

**WELCOME TO THE Y!**

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 of focus.

Through Youth Development we offered Summer Camp so all kids have access to their best summer ever. Preschool programs have offered early learning and school readiness. We are also offering non-school day programming.

Through Healthy Living, Financial assistance has given individuals and families access to programs that fight chronic disease, provide family time, keep youth active, and help seniors stay forever fit through YMCA membership.

Through Social Responsibility, Swim Lessons are preventing drownings, Youth in Government is producing our future leaders, and we continue our economic impact by partnering with over 20 local organizations and employing over 120 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, has the opportunity to reach their full potential with dignity and live life to its fullest.

**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 Gymsnasiums
- 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 18+
- Men's & Women's Saunas 19+
- Aerobic / Fitness Studio
- Yoga / Pilates Studio
- Locker Rooms for individuals and families

**THANK YOU!**  
**Annual Campaign Donors**

**Red Wing Shoe Company Foundation**

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Thank you to the over 200 additional donors who made our community impact possible!



# 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 Non-School Days programs for our Red Wing families.

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



**FULL-DAY PRESCHOOL**  
100 Kids enrolled annually  
\$12,700 in Scholarships



**NON-SCHOOL DAYS PROGRAMS**  
84 enrolled including  
Kids Power Club & After School  
\$7,300 in Scholarships



**Healthy Living:** Financial assistance for individuals and families so they have access to programs that fight chronic disease, provide family time, keep youth active, and help seniors stay forever fit through Y membership.

**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 to other community agencies.

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



**YOUTH IN GOVERNMENT**  
40 Students for Model Assembly  
\$12,500 in subsidy and scholarships



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



## YMCA ANNUAL 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.

 <b>ANNUAL CAMPAIGN BANNER PROGRAM</b> LEVELS CHAMPIONS HEAVY LIFTERS CAMP PEPIN HERO ROUNDTABLE CORE VALUES COMMUNITY For a better us. <sup>®</sup>	 <b>CHAMPIONS</b> INVESTING IN OUR COMMUNITY YOUR COMPANY HERE For a better us. <sup>®</sup>	 <b>HEAVY LIFTERS</b> INVESTING IN OUR COMMUNITY YOUR COMPANY HERE For a better us. <sup>®</sup>	 <b>CAMP PEPIN HERO</b> INVESTING IN OUR COMMUNITY YOUR COMPANY HERE For a better us. <sup>®</sup>	 <b>ROUNDTABLE</b> INVESTING IN OUR COMMUNITY YOUR COMPANY HERE For a better us. <sup>®</sup>	 <b>CORE VALUES</b> INVESTING IN OUR COMMUNITY YOUR COMPANY HERE For a better us. <sup>®</sup>	 <b>COMMUNITY</b> INVESTING IN OUR COMMUNITY YOUR COMPANY HERE For a better us. <sup>®</sup>
<b>BANNERS ARE 2.5' X 4'</b>	<b>CHAMPIONS \$10,000</b>	<b>HEAVY LIFTERS \$5,000</b>	<b>CAMP PEPIN HERO \$2,500</b>	<b>ROUNDTABLE \$1,500</b>	<b>CORE VALUES \$750</b>	<b>COMMUNITY \$500</b>

## 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.

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

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

# MEMBERSHIP TYPES & RATES 12/1/23

Youth	Ages 12-17	\$17/ month
Young Adult	Ages 18-25	\$45 / month
Adult	Ages 26+	\$60 / month
Dual	2 Household Adults	\$78 / month
Family	2 Household Adults and Dependents*	\$83 / 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.

## 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.

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.

## 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:
  - o 14 days before the start of the class 100% refund
  - o 7-13 days before the start of class 75% YMCA Credit
  - o 1-6 days before the start of class 50% YMCA Credit
  - o Start of class or later no refund





## EARLY CHILDHOOD EDUCATION CENTER

Give Online:  
[redwingymca.org](http://redwingymca.org)  
Click DONATE

## YOUTH PROGRAMS



### PRESCHOOL/CARE FULL-DAY (Ages 33 months - 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. Our curriculum includes 1 2 3 Learn, Second Step, Conscious Discipline and S.M.A.R.T. curriculum. Children will enjoy extra activities like weekly swimming, optional swimming lessons, trips to the library and much more! All our teachers are qualified Early Childhood Teachers recognized by the state of Minnesota. Full-day enrollment will have priority, but some part-day enrollment will be considered based on availability.

#### Curriculum and Highlights:

- Open 6am-6pm
- 1 2 3 Learn
- Second Step
- Conscious Discipline
- S.M.A.R.T Curriculum
- 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 \$182/ Non-Member \$197/Week  
Single Day Mem \$67/ Non-Member \$77/Day

\*Additional registrations fees required for all options



Our Early Childhood Education Center proudly holds a four star rating from Parent Aware!



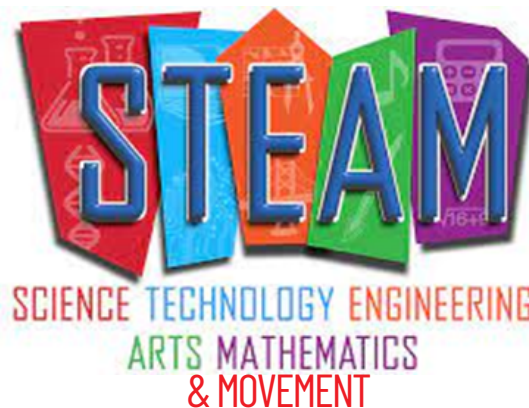
United Way of Goodhue, Wabasha & Pierce Counties

### PRESCHOOL STEAM & MOVE (Ages 3 - 5 )

This new program for 3 to 5 year olds will be offered Weekly. Children will have 2 activities each day including a STEAM activity and gym or swimming time. This program will be focused on fun and social interaction.

Tues & Thurs 9:30-11:30 (\$80-Mem/\$100-NM/Week)  
Mon & Wed 9:30-11:30 (\$80-Mem/\$100-NM/Week)  
Mon-TH 9:30-11:30 (\$140-Mem/\$180-NM/Week)

For enrollment information, email: [hkahl@redwingymca.org](mailto:hkahl@redwingymca.org)



### 2024-2025 YOUTH IN GOVERNMENT (Grades 8-12)

Since 1946, students across our region have participated in Youth in Government (YIG), an immersive four days that includes focused discussions on current issues, a wide variety of social events, engaging evening activities, time for small-group reflection, and hands-on leadership development.

High School students will choose to serve as legislators, judges, attorneys, lobbyists, media representatives, or cabinet members. Eighth-grade students start by participating as a member of the Leadership Corps where they will get to experience all areas of the program to allow them a chance to choose how to continue their YIG journey in high school.

At the end of October, delegates from all over the state come together for our in-person LAUNCH event to help prepare for the four-day conference in early January. On January 4th, delegations from all over the state of Minnesota and Western Wisconsin will come together between the Hilton Hotel in Minneapolis and the Minnesota State Capitol to engage in the 70th Minnesota Youth in Government session!

YIG Delegation forms in September. Steering Committee members will start recruitment at the schools.

- 2025 Deadline November 1st
  - \$539 Early Bird Aug 29-Oct 11/ \$559 Oct 12-Nov 1 Register at [YMCAYOUTHVOICE.ORG](http://YMCAYOUTHVOICE.ORG)
  - \$50 Local YMCA fee has been covered by a grant from a Duff Endowment Grant!



### MISSISSIPPI VALLEY CROSS COUNTRY SKI CLUB (Grades 5-12)

Formerly the Red Wing Area ski team, our name has been changed to reflect the goal of serving youth throughout the valley area. The Mississippi Valley Cross Country Ski Club is open to students in grades 5 - 12 interested in learning the sport of cross country (Nordic) skiing. No ski experience is necessary, and club equipment is available for students to use during the season at no additional cost. Students can choose to participate at a recreational level or participate in ski races as a team.

The season begins on November 4th and runs through February 28th, 2025. Practice time will be 4:00 p.m. to 5:30 p.m. Monday through Friday. Practice location will be at the Environmental Learning Center (ELC) building, 442 Guernsey Lane (next to Red Wing High School) or at the Mississippi National Golf Course, where we have lighted trails.

A club trip to Ironwood, Michigan is being planned for December 13 - 15th 2024.

Season Dates: November 4th - February 28th, 2025.  
Practice Days: Monday - Friday 4pm - 5:30pm  
Location: Mississippi National Golf Course and ELC.  
Club Trip: Ironwood Michigan December 13th - 15th 2024.  
Head Coach: Gunnar McFate 651-448-1849, email [glmcfate@gmail.com](mailto:glmcfate@gmail.com)  
Fee: \$100 Register through the Red Wing YMCA [redwingymca.org](http://redwingymca.org)

### CROSS COUNTRY SKI EQUIPMENT RENTAL (Youth and Adults)

The Mississippi Valley Cross Country Ski Club has equipment available for rent to adults. Both skate and classic skis/boots/poles are available. Contact Todd Jasin to arrange equipment. 651-206-0357 or [toddjasin1@gmail.com](mailto:toddjasin1@gmail.com)  
Fee: \$100 Classic or Skate Skis/Boots/Poles







## 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

#### 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.

#### 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.

#### 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.

#### 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.



## SPECIALTY FITNESS CLASSES

#### Beginning Ballet Class

An opportunity to explore and experience the beauty and benefits of classical ballet. We focus on developing our posture, strength, flexibility, muscle control, and balance in a fun, encouraging atmosphere. This classical ballet class includes introducing plies, tendus, degages, ronds de jambe, fondus, frappes, grand battements at the barre in a slow, step-by-step manner. Then we work into including a short center, consisting of easy combinations, small jumps, and turns. Gain grace, strength, memory, and posture while enjoying beautiful, classical ballet music. Suitable for those with little or no ballet experience. The exercises are much simpler to learn and the pace is slower.

**FEE per month: \$30 Members/ \$50 Non-members**

#### Intermediate Ballet Class

An opportunity to experience the beauty and benefits of classical ballet. We focus on developing our posture, strength, flexibility, muscle control, and balance in a fun, encouraging atmosphere. This classical ballet class includes plies, tendus, degages, ronds de jambe, fondus, frappes, grand battements and even pirouettes, at the barre. Then we do a short center, consisting of an adagio, small jumps, turns and petite allegro. Gain grace, strength, memory, and posture while enjoying beautiful, classical ballet music. Suitable for those who have taken ballet before and are familiar with the exercises.

**FEE per month: \$30 Members/ \$50 Non-members**

## BEFORE SCHOOL AFTER SCHOOL NON-SCHOOL CARE

### BEFORE / AFTER SCHOOL & NON-SCHOOL DAYS CARE (Grades K- 5)

When school is out, the Y Certified School Age Child Care Program is in! A variety of activities are geared toward individual interests to keep kids engaged. This program is available during the week for before and after school care—a school bus will drop them right out in front of the Y, so no more worrying whether or not they made it to their location safely!

ONE TIME REGISTRATION FEE--APPLIES TO ALL	\$50	YMCA MEMBER RATE	NON-MEMBER RATE
Before School Care	6 AM - Bus Departure	\$11 / Day	\$13 / Day
After School Care	Bus Drop Off - 6 PM	\$13 / Day	\$15 / Day
Weekly Before School Care ONLY	6 AM - Bus Departure	\$50/ Week	\$60 / Week
Weekly After School Care ONLY	Bus Drop Off - 6 PM	\$60 / Week	\$70 / Week
Weekly Before & After School Care	Monday - Friday	\$105 / Week	\$120 / Week
NON-SCHOOL DAY CARE PROVIDED FROM 6 AM - 6 PM			
	NO SCHOOL DAY	\$35/ Day	\$50/ Day
	NO SCHOOL 1/2 DAY (Early Release)	\$25/Day	\$35/Day
	NO SCHOOLWEEK	\$160/ Week	\$185 / Week
2024-Oct 17th & 18th   Nov 4th & 27th   Dec 23rd, 26th, 27th, 30th, 31st   2025-Jan 20th   Feb 7th & 17th   March 6th, 17th-22st, 24th			



### KIDS POWER CLUB-SUMMER DAY CAMP 2024 (Grades K - 5)

This program operates Monday - Friday with care from 6 AM - 6 PM  
Five year old's must be entering kindergarten in the upcoming 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! Our program participants also have opportunities to participate in gym games, swimming, field trips, outdoor adventure and STEM activities!

REGISTRATION FEE	\$50	YMCA MEMBER RATE	NON-MEMBER RATE
Weekly		\$210 / Week	\$235 / Week
Daily Rate (Mon, Tues, Thurs, Fri)		\$60/ Daily	\$65/ Daily
• Wednesdays-Field Trip days		\$80	\$90



### CHILD WATCH - DROP IN CHILD CARE (6 Weeks - 8 Years)

This program is FREE with a Family Membership  
Guest Fee: \$20 per day, per child

The Y is here to help you achieve balance in your busy lifestyle. We'll watch your children play up to 2 hours a day 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.

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

For more information regarding any of our child care programs, contact Heather K. at [hkahl@redwingymca.org](mailto:hkahl@redwingymca.org)







# AQUATICS

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

## GROUP SWIM LESSONS

Member: \$65 | Non-Member: \$85

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.

### CHOOSING THE RIGHT LESSONS IS EASY!

Can the student respond to verbal cues and jump on land?	NOT YET	A: Water Discovery
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

## PRIVATE LESSONS (30 Minute Sessions)

Private swim lessons provide a one-on-one experience for individuals. You may also choose the family friendly option of 2-on-1, 3-on-1, or 4-on-1. 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](http://redwingymca.org/swimlessons)**

Lesson Type	Cost Member/Non-Member Per Child				
	1 Sessions	2 Sessions	4 Sessions	6 Sessions	8 Sessions
1-on-1 Private Lesson	\$35/\$45	\$70/\$90	\$120/\$160	\$165/\$225	\$200/\$280
2-on-1 Semi-Private Lesson	N/A	N/A	\$80/\$100	\$105/\$125	\$120/\$140
3-on-1 Semi-Private Lesson	N/A	N/A	\$72/\$90	N/A	\$112/\$126
4-on-1 Semi-Private Lesson	N/A	N/A	\$56/\$70	N/A	\$80/\$100

**Semi-private lessons are the perfect option for families with multiple children at or about the same level**

# 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.

### Yoga Strength & Balance Flow 1 2 3

A more challenging form of yoga characterized by sun salutations & a diverse series of strength, balancing, and muscle lengthening poses practiced in a flowing succession. This class emphasizes physical and mental strength, flexibility & stability.

### Slow Flow Yoga 1 2

Join us to release and reset as we move through Sunday Slow Flow yoga- breath, mindful flows and slow stretches. All levels welcome.

### Yoga-Go With the Flow 1 2 3

Vinyasa Yoga emphasizes stretching, balancing, lengthening, & loosening the physical self. Incorporates fundamental yoga postures & the traditional principle of breath movement. We'll flow through a variety of postures to bring peace & release tension.

### Yoga Sculpt 1 2 3

A fun whole body strengthening class that blends traditional yoga postures with resistance training using light hand weights. Keep your body and mind stimulated while we fuse mindful yoga movement with sculpting, cardio bursts and upbeat music.

## FREE ACTIVE OLDER ADULT CLASSES



### ForeverWell Fitness 1 2

Live better. Live stronger. A class designed specifically for older adults, focusing on strength, balance, functional movement, and cardiovascular fitness in a safe and supportive environment.

### Silver Sneakers Circuit 1 2

Experience standing, low-impact choreography alternated with standing upper-body strength work. This class is suitable for nearly every fitness level, and your instructor can adapt the exercises depending on your skill.

### Silver Sneakers BOOM MOVE 1 2

This fun, dance-inspired workout improves your cardio fitness with easy-to-follow moves set to energizing music.

### Silver Shred & Flow 1 2

This class is an upbeat fusion of standing yoga, balance work and low impact cardio (weights optional). All levels encouraged to join us for the fun!

### Silver Sneakers Yoga 1 2

Move your whole body through a series of seated and standing yoga poses. Chair support is used to safely perform a variety of postures to increase flexibility, balance and range of movement. Breathing exercises and a final relaxation are included.

### Silver Sneakers Stability 1 2

Standing class is designed to decrease the risk of fall with focus on improving balance and lower body strength.

### Silver Sneakers Classic 1 2

Increase muscle strength and range of movement, and improve activities for daily living. You'll have a chair for seated exercises and standing support. Your instructor can modify the exercises for your fitness level.





## 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**

Focuses on the fundamentals of the class modality while also providing a complete workout.

**2 Intensity Level: INTERMEDIATE**

Designed to provide a complete workout appropriate for all levels of conditioning.

**3 Intensity Level: CHALLENGING**

Provides a higher intensity level workout most appropriate for those with a solid baseline of conditioning.

#### Power 45 **1 2 3**

Strength training and cardio. Equipment and movements will vary. All skill levels are welcome.

#### Strength & Conditioning **1 2 3**

This class is a variety of total body conditioning that involves both strength training, functional movements, and conditioning work.

#### Power Hour **1 2 3**

Power Hour is a total body strength and conditioning class. The upper body, lower body, core, and cardio will all be hit throughout a variety of exercise movements. Equipment will vary each week to create a fun fast-paced class. All are welcome!

#### HIIT & Strength **1 2 3**

In this class you will start with a warmup and 30 min. of HIIT (High Intensity Interval Training). That will be followed by a shorter segment of Strength Training and wrapped up with Stretching. You will leave this class having HIIT all the things!

#### Sculpt & Tone **1 2 3**

Sculpt and Tone is a 20 minute full body strength training class set to music using balls, resistance bands, hand weights and body weight.

#### Step **1 2 3**

Step is not only fun, but also a great way to raise the intensity of your workout, while keeping the impact on your joints to a minimum.

#### Cardio Dance **1 2 3**

In this 45min dance class-like-a-party, you'll incorporate footwork and body movements from a wide variety of dances. Participants groove to the beat as they move their bodies like never before.

#### Straight Up Strength **1 2 3**

Let's get Straight Up Strong-er. In this class, we skip the cardio and fancy footwork to focus on strength training only. Exercises may use a variety of resistance equipment that will hit every major muscle group for a full-body strength workout.

### BIRTHDAY PARTIES

Birthdays at the Y include use of the Pool lounge for 2 hours and include 1 hour of swimming to start the party. You must register in person for parties.

YMCA Members \$130 | Non-Members \$160



### POOL USE AND LIFEJACKETS

Only U.S. Coast Guard-approved personal flotation devices are permitted in the pool area; all other inflatables are strictly prohibited. Children 11 and under must have an adult in the pool area with them. Children will also be asked to swim test.



### 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](http://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 2024!

Register by Jan 1, 2024 for Early Bird Discount

## 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.

**FAMILY CABIN RENTALS** Check out our website or contact Erik Burton at [eburton@redwingymca.org](mailto:eburton@redwingymca.org)



### DAY CAMP | Ages 4-12

Day Camp introduces campers to the summer experience without the commitment of overnights! Day campers still have the opportunity to participate in traditional camp activities.

**YMCA Members: \$275 Non-Members: \$295**

- Session 1: June 10-14 | Session 2: June 17-21
- Session 3: June 24-28 | Session 4: Summer Sampler
- Session 5: July 8-12 | Session 6: July 15-19
- Session 7: July 22-26 | Session 8: July 29-August 2
- Session 5: August 4-9

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

Transportation is available from select locations for an additional fee.

## RESIDENT CAMPS

### TRADITIONAL RESIDENT CAMP | GRADES 2-10

**YMCA Members: \$795 | Non-Members: \$825**

Session 1: June 9-14 | Session 2: June 16-21 | Session 3: June 23-28 | Session 4: Sampler | Session 5: July 7-12  
Session 6: July 14-19 | Session 7: July 21-26 | Session 8: July 28-Aug 2 | Session 9: August 4-9

With a legacy spanning over 85 years, Resident Camp provides campers with exciting experiences, cherished memories and enduring connections. Nestled in nature, our camp features a sprawling waterfront, a target range, exhilarating high-ropes elements, and unique skill classes, challenging campers to explore new talents and push their boundaries. In small, tight-knit cabin groups, lifelong friendships blossom, and campers discover a sense of belonging that extends far beyond their time at camp.

### SUMMER SAMPLER | Grades 1-6

**YMCA Members: \$475 | Non-Members: \$505**

June 30-July 3

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!



## PERSONAL TRAINING & FITNESS SPECIALISTS

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.

For a free consultation contact Angela McGuire [amcguire@redwingymca.org](mailto:amcguire@redwingymca.org) or Anthony Kimmes [akimmes@redwingymca.org](mailto:akimmes@redwingymca.org)

### ONE ON ONE TRAINING

#### 60 Minute Session

6 Sessions: \$360  
12+1 Sessions: \$720  
20+2 Sessions: \$1,200

#### 30 Minute Session

6 Sessions: \$270  
12+1 Sessions: \$540  
20+2 Sessions: \$900

### SMALL GROUP TRAINING (2-4 PEOPLE)

#### 60 Minute Session

6 Sessions: \$540  
12+1 Sessions: \$1,080  
20+2 Sessions: \$1,800

#### 30 Minute Session

6 Sessions: \$405  
12+1 Sessions: \$810  
20+2 Sessions: \$1,350



## WELLNESS CENTER ORIENTATION

### FREE

Wellness Center Orientations are offered by appointment only. Registration is available in-person or online at: [redwingymca.org/wellnesscenter](http://redwingymca.org/wellnesscenter) For more information, email: [ehadler@redwingymca.org](mailto:ehadler@redwingymca.org)

## GROUP FITNESS CLASSES - FREE WITH MEMBERSHIP

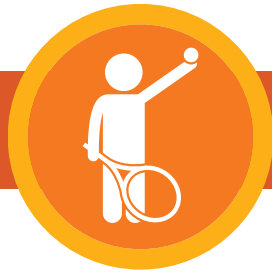
### MONTHLY SCHEDULES ARE ONLINE OR AVAILABE AT THE WELCOME CENTER

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 .

## SPECIALTY FITNESS CLASSES - FEE BASED

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](http://redwingymca.org).





# ADULT FITNESS & ACTIVITIES

REGISTER TODAY AT [CAMPPEPIN.ORG](http://CAMPPEPIN.ORG)

## 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—Play 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.

- Mondays 6:30AM–Noon (3 Courts)
- Tuesdays 6:30AM–Noon (3 Courts–2 Beginner)  
5:30PM–8:30PM (1 Court)
- Wednesday 6:30AM–10:30 AM (3 Courts)  
5:30PM–8:30PM (1 Court)
- Thursdays 6:30AM–Noon (3 Courts–2 Beginner)
- Fridays 6:30AM–Noon (3 Courts)
- Saturdays 7:00AM–9:30AM (1 Court)  
Noon–2:00PM (1 Court)

Members: Free/Non-Members: \$15 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.

Monday Evenings, September – April  
Members: Free/Non-Members: \$85 Season

### 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.

Members: Free/Non-Members: \$15 Day

**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](mailto: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](http://mayoclinichealthsystem.org)



## SPECIALTY CAMPS

### AMBITIOUS ANGLERS (FISHING CAMP) | GRADES 6-10

YMCA Members: \$865 | Non-Members: \$895  
Fishing Camp June 16-21

### SURVIVE AND THRIVE (SURVIVAL CAMP) | GRADES 6-10

YMCA Members: \$865 | Non-Members: \$895  
Outdoor Survival Training June 23-28

### NEW HEIGHTS | GRADES 6-10

YMCA Members: \$865 | Non-Members: \$895  
Climbing Camp July 21-26

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.

### PREVAILING WINDS | GRADES 6-10

YMCA Members: \$865 | Non-Members: \$895  
Sailing Camp August 4-9

Prevailing Winds sailing camp is designed for campers looking to take full advantage of our incredible location on Lake Pepin. At the end of the week, campers will serve as crew aboard a larger sailing craft and test their skills as budding sailors!

## TEEN CAMPS

### ONE WEEK TEEN CAMP | GRADES 7-12

YMCA Members: \$865 | Non-Members: \$895  
June 23-28

### TWO WEEK TEEN CAMP | GRADES 7-12

YMCA Members: \$865 | Non-Members: \$895  
June 28-August 9

### LEADERS IN TRAINING | GRADES 9-10

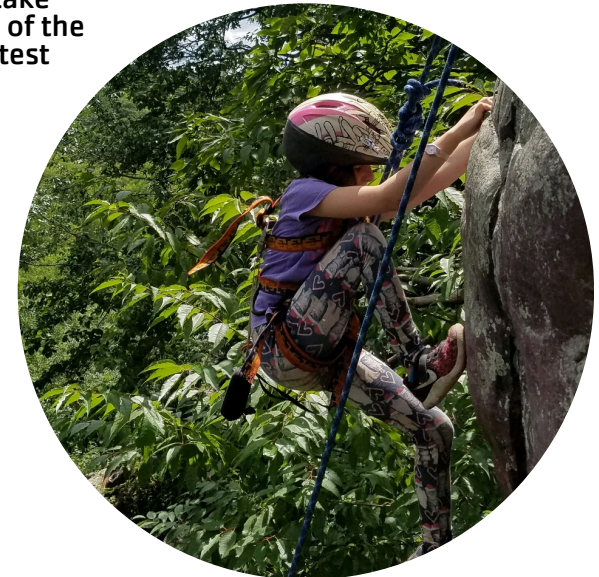
YMCA Members: \$1595 | Non-Members: \$1635  
July 7- July 19

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 | GRADES 10-12

YMCA Members: \$1595 | Non-Members: \$1635  
July 9- July 21

At the end of this two-week session, Counselors in Training campers will leave feeling confident in their leadership, mentorship and teaching skills. 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!



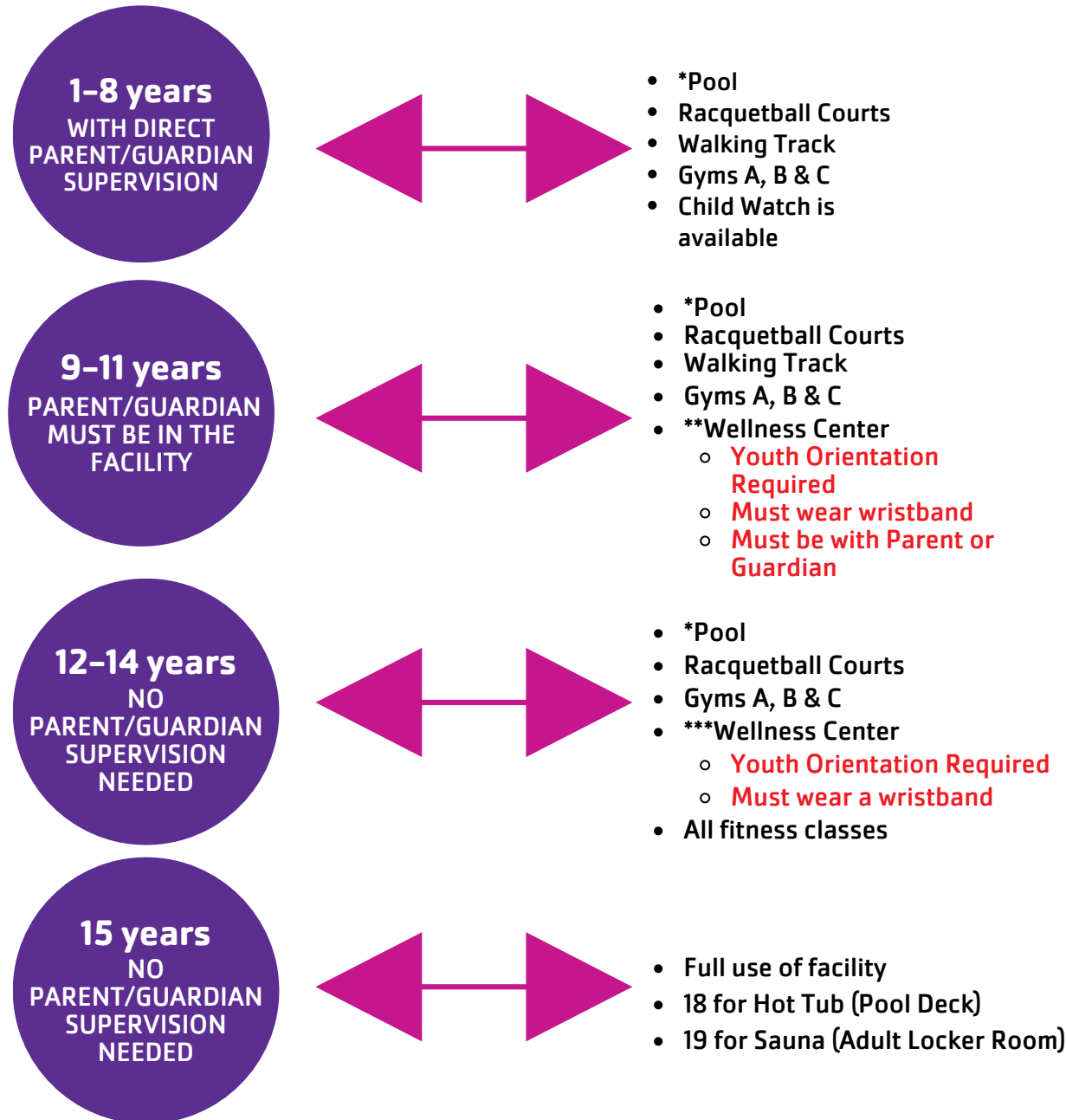


# YOUTH SPORTS & FITNESS

REGISTER TODAY AT REDWINGYMCA.ORG

## YOUTH FACILITY 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.



\*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 required upon entry.

\*\*\*Youth Wellness Center Orientation and a wrist band required upon entry.

## YOUTH WELLNESS CENTER ORIENTATIONS Free-Members Only (Registration Required)

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](mailto:ehadler@redwingymca.org)

- Children 9 & 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 9-15 must wear a wristband to utilize the Wellness Center
- **Guests under 15 are NOT permitted to use the Wellness Center**



## PARKINSON'S PROGRAMS

**NEW!!!**

Rock Steady is for people of all ages & abilities who have a Parkinson's Disease diagnosis.

For more information on classes contact:  
Gil Warnacutt, Rock Steady Coordinator  
ext.233 | [redwingymca@rsbaffiliate.com](mailto:redwingymca@rsbaffiliate.com)

