



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

The New Y
Opens in
September
JOIN TODAY!

FALL PROGRAMS 2014

NORTHFIELD AREA FAMILY YMCA



SPECIALTY PROGRAMS

Kids' Night Out

Ages 3–10

Kids' Night Out is an evening of fun that includes all sorts of activities. Check the schedule for open gym or open swim options. Dinner is included in the price of program and is served at 5:30 pm.

Fridays, 5:00–8:00 p.m.
Sept. 19 – Super-silly Superheroes
Oct. 10 – One Fish, Two Fish
Nov. 14 – Splashy Safari
Dec. 12 – YMCA Olympics

Location: Northfield Y Gym

Y Members: \$15 for the first child,
\$10 for the second child,
\$5 per additional child

Community Members: \$20 for the first child,
\$10 per additional child



Wiggles and Giggles

Ages 0–6

An open gym favorite! Children up to age 6 can get their wiggles out at the Y! We fill the gym with mats, riding toys, a variety of play equipment, as well as a bounty of balls.

Mondays, Sept. 22–Nov. 17
Wednesdays, Sept. 24–Nov. 19
10:00–11:30 a.m.

Location: Northfield Y Gym

Y Members: Free

Community Members: \$5 per child per visit

Family Night at the Y

Come to the Y and play together as a family. Check our website for program area fun (gym or swim and games, crafts and much more). This is a great way to spend time together as a family and get to know other families.

Fridays, 6:00–8:00 p.m.
Sept. 26 – Family Night at the Y
Oct. 24 – Family Night at the Y
Nov. 21 – Family Night at the Y
Dec. 19 – Family Night at the Y

Location: Northfield Y Gym

Y Members: \$10 per family

Community Members: \$25 per family

Healthy Champs

(Licensed daycares)

Exercise opportunities for the kids in your care! We load the gym with games, balls, mats and climbing equipment, and create a healthy environment for kids to play and providers to network. Participation in these sessions counts toward ongoing licensure with Rice County. This program is a partnership with Rice County Public Health and EcoTrans. Transportation is available, but due to expense, is currently for Northfield and Dundas providers.

Tuesdays, Oct. 21–Dec. 16
9:30–11:00 a.m.

Location: Northfield Y Gym

Fee:

- Providers w/6+ children: \$30/week
- Providers w/3–5 children: \$20/week
- Providers not needing transportation assistance: \$15/week
- Providers w/high rate county assistance or less than 3 children: \$12/week

Birthday Parties

The Y's birthday party program offers kids the option of spending their special day with us. We'll coordinate the games and activities. For details, call the Y at 507-645-0088.

PRESCHOOL PROGRAMS

Wee Nutz for Kickball

Ages 3–5

Kick, catch and run! Kickball is a fun, energetic and laughter-filled sport. We will focus on skills, teamwork, sportsmanship and healthy exercise.

Mondays, Sept. 15–Oct. 6 (4 classes)
5:15–6:00 p.m.

Location: City Hall Park

Y Members: Free

Community Members: \$25

Wee Flag Football

Ages 3–5

Down, set, hike — we have it all! Twice a week for four weeks, flag football will be filled with healthy exercise, fun and laughter. We will focus on taking direction, teamwork, sportsmanship, skills and heart-healthy fun!

Tuesdays & Thursdays,
Sept. 16–Oct. 9 (8 classes)
5:15–6:00 p.m.

Location: Sechler Park

Y Members: \$20

Community Members: \$40

Mini Movement

Ages 3–6

Your child will experience the love of movement with songs, dancing and games. They will have fun learning basic coordination and rhythm skills and interacting with other children.

Tuesdays, Sept. 16–Oct. 7 (4 classes)
9:00–9:45 a.m.

Location: Group Fitness Studio

Y Members: Free

Community Members: \$20

ABC Art

Ages 3–6

A is for awesome! Your child will discover the letters of the alphabet through story time and play, then have fun creating hands-on ABC art to take home.

Tuesdays, Sept. 16–Oct. 7 (4 classes)
10:00–10:45 a.m.

Location: Group Fitness Studio

Y Members: \$10

Community Members: \$20

Parent/Child Jump, Jiggle and Jive

Ages 2–6

Join us for an interactive activity and music time for children and their parents. This class will jump, jiggle and jive as we use balls, hoops, ropes and bean bags for active fun.

Thursdays, Sept. 18–Oct. 9 (4 classes)
9:00–9:45 a.m.

Location: TBA

Y Members: Free

Community Members: \$20

Space Cadets

Ages 3–6

Climb aboard as we blast off into outer space and travel to the far reaches of the universe. Our space cadets will learn about space travel, the solar system, and what it takes to be an astronaut.

Thursdays, Sept. 18–Oct. 9 (4 classes)
10:00–10:45 a.m.

Location: TBA

Y Members: \$10

Community Members: \$20

Wee Basketball

Ages 3–5

Introduce your child to the great sport of basketball. We will focus on skills, teamwork and heart-healthy fun! This program is non-competitive so your child can just play ball.

Tuesdays, Oct. 14–Nov. 18 (6 classes)
5:15–6:00 p.m.

Location: Northfield Y Gym B

Y Members: \$15

Community Members: \$35

Wee Floor Hockey

Ages 3–5

This is a great chance to get a hockey stick in your child's hands without the pressure of learning how to skate. We will focus on stretching muscles, teamwork and skills. Equipment is age appropriate (soft sticks and larger pucks), so your child can just have fun!

Thursdays, Oct. 16–Nov. 20 (6 classes)
5:15–6:00 p.m.

Location: Northfield Y Gym B

Y Members: Free

Community Members: \$35

Tumbling Tots

Ages 3–6

This program is for kids to learn the basics of tumbling and dance. The first few weeks will be geared toward learning basic tumbling and dance, while the final week concludes with a performance. Dress in comfortable clothing.

Tuesdays, Oct. 14–Nov. 18 (6 classes)
9:00–9:45 a.m.

Location: Group Fitness Studio

Y Members: Free

Community Members: \$25

Fabulous Fall

Ages 3–6

Join the Y in welcoming the changing of the seasons. Come and explore what's fabulous about fall with stories and hands-on activities.

Tuesdays, Oct. 14–Nov. 18 (6 classes)
10:00–10:45 a.m.

Location: Group Fitness Studio

Y Members: \$15

Community Members: \$25

Parent/Child Creative Movement

Ages 2–6

Join your child in active play while socializing with other parents. Emphasis is on building a variety of gross motor skills through activities, movement and active creative play.

Thursdays, Oct. 16–Nov. 20 (6 classes)
9:00–9:45 a.m.

Location: TBA

Y Members: Free

Community Members: \$20

Animal Safari

Ages 3–6

Jump in and enjoy the ride! This class will take your child on a journey to various habitats while learning about animal behavior, species, predator/prey, and the difference between wild and domesticated. Acting out the behavior of animals and creating animal projects is a great way for kids to learn about different species.

Thursdays, Oct. 16–Nov. 20 (6 classes)
10:00–10:45 a.m.

Location: TBA

Y Members: \$15

Community Members: \$25

K-12 PROGRAMS

Nutz for Kickball

Ages 6-9 and 10 & 11

Kick, catch and run! Kickball is a fun, energetic and laughter-filled sport. We will focus on skills, teamwork, sportsmanship and healthy exercise.

Mondays, Sept. 15-Oct. 6 (4 classes)

6:15-7:00 p.m.

Location: City Hall Park

Y Members: Free

Community Members: \$25

Flag Football

Ages 6-9 and 10 & 11

Learn basic offensive and defensive skills. We will learn how to punt, pass, kick and catch. Practice is twice a week for four weeks. We will focus on taking direction, teamwork, sportsmanship, skills and heart-healthy fun!

Tuesdays & Thursdays,

Sept. 16-Oct. 9 (8 classes)

6:15-7:00 p.m.

Location: Sechler Park

Y Members: \$20

Community Members: \$40

Girls Volleyball

Grades 2 & 3 and Grades 4 & 5

Bump, set, hit and smile! Join us for some volleyball fun. We will work on skills, teamwork and game situations. Participants should bring a water bottle and knee pads.

Mondays, Sept. 22-Nov. 3 (7 classes)

Grades 2 & 3: 5:15-6:30 p.m.

Grades 4 & 5: 6:45-8:00 p.m.

Location: Northfield Y Gym

Y Members: \$15

Community Members: \$45

JOIN THE Y FAMILY

At the Y, we offer the tools you need for healthy living, programs and supervised childcare for your kids, and a connection to community that will enrich your life. We have something for everyone — children, teens, adults and families. Whether you prefer to swim laps in our indoor pool, walk or run on our indoor track, take a group exercise class or work out with strength equipment on the wellness floor, the Y has a place for you. Be a part of something special! Learn more about the many benefits of membership at www.northfieldymca.org.



Basketball

Ages 6-9 and 10 & 11

Introduce your child to the great sport of basketball. We will focus on skills, teamwork and heart-healthy fun! This program is non-competitive so your child can just play ball.

Tuesdays, Oct. 14-Nov. 18 (6 classes)

6:15-7:00 p.m.

Location: Northfield Y Gym B

Y Members: \$15

Community Members: \$35

Floor Hockey

Ages 6-9 and 10 & 11

This is a great chance to get a hockey stick in your child's hands without the pressure of learning how to skate. We will focus on stretching muscles, teamwork and skills. Equipment is age appropriate (soft sticks and larger pucks), so your child can just have fun!

Thursdays, Oct. 16-Nov. 20 (6 classes)

6:15-7:00 p.m.

Location: Northfield Y Gym B

Y Members: Free

Community Members: \$35

After School Open Gym

Ages 5-11

With the cool weather coming, what better way to exercise the sillies out of your kids than some open gym fun. Your youngsters can play games like basketball and soccer, ride on scooters and so much more. It's great fun and great exercise. Parents, join your children for some afternoon fun!

Mondays & Thursdays, Oct. 13-Nov. 20

3:30-5:00 p.m.

Location: Northfield Y Gym A

Y Members: Free

Community Members: \$5 per child per visit

After School Open Swim

Ages 8-11

Get some indoor swimming fun at the Y's new indoor Aquatics Center with play features, games and water slide. A lifeguard is always on duty when youth are in the pool.

Wednesdays, Oct. 15-Nov. 19

3:30-5:00 p.m.

Location: Northfield Y Pool

Y Members: Free

Community Members: \$5 per child per visit

School's Out Days

Ages 5-11

Do you want your kids to have some fun and stay busy during the days when there is no school? Come join us at the Y! Enroll your child for a full day of swimming, gym games, crafts, trips, friends and more. Don't forget to bundle up (when it's cold out), bring your tennis shoes, pack a healthy lunch and water bottle, and be ready for an exciting time.

6:45 a.m.-6:00 p.m.

Oct. 16 - Surf Shack

Oct. 17 - Ooey Gooley

Nov. 3 - Greek Greatness

Nov. 26 - Weird Wizards

Nov. 28 - Buggin' Out

Dec. 22 - YMCA Adventureland

Dec. 23 - Down on the Farm

Dec. 26 - Mad Scientists

Dec. 29 - It's a Jungle Out There

Dec. 30 - Wacky Sports

Jan. 2 - Artful Antics

Location: Northfield Y

Y Members: \$30 per child per day

Community Members: \$36 per child per day



2014 FALL SWIM LESSONS

We anticipate that swim classes will begin the week of September 15. Learn more and register at www.northfieldymca.org.

Imagine watching your child swim across the pool for the first time, or seeing them learn a new stroke that they didn't think they could ever do. When your child takes swim lessons at the Y, they will gain confidence and learn new skills in a fun, caring environment. They will also reap the benefits of staying active and healthy! Classes are offered for participants ages 6 months through adult. In each swim level, your child will learn Y core values of caring,

honesty, respect and responsibility, along with personal safety, personal growth, stroke development, water games and rescue.

- Children 6–36 months can participate in parent/child swim classes.
- Children ages 3–12 years can participate in our beginner program.
- Children ages 6 and older can participate in intermediate and advanced lessons.
- Adult swim lessons can be personalized, varying from beginner to advanced.

PARENT/CHILD SWIM CLASSES

Ages 6 months–3 years

It's never too early to learn the skills to gain confidence and understand aquatics safety and survival techniques. Each session, your child will learn stroke development, water games and water safety.

Class Length: 30 minutes (6 classes)

Y Members: Free

Community Members: \$17

BEGINNER SWIM CLASSES

Pike

Ages 3–5 years

Beginner class. Students learn the basic paddle stroke, kicking skills, and floating with instructor support and/or a flotation device.

Class Length: 30 minutes (6 classes)

Y Members: \$25

Community Members: \$39

Eel

Ages 3–5 years

Must complete Pike or perform equivalent skills. Eels are swimmers who are well adjusted to the water. Students learn to float on their own, put their face in the water, and gain more independence, including swimming a few yards without the instructor or a flotation device.

Class Length: 30 minutes (6 classes)

Y Members: \$25

Community Members: \$39

Ray

Ages 3–5 years

Must complete Eel or perform equivalent skills. This level is for swimmers who are comfortable with their face in the water and are ready to swim several yards independently and venture into deeper water.

Class Length: 30 minutes (6 classes)

Y Members: \$25

Community Members: \$39

Polliwog

Ages 6–12 years

Beginner class. Students learn basic skills as well as how to float on their own and swim with instructor support or with a flotation device. They also learn about pool and water safety.

Class Length: 40 minutes (6 classes)

Y Members: \$25

Community Members: \$39

Guppy

Ages 6–12 years

Must complete Ray or Polliwog or perform equivalent skills. Children begin to swim independently, with their face in the water, performing front and back glides, retrieving submerged objects and learning more water safety.

Class Length: 40 minutes (6 classes)

Y Members: \$25

Community Members: \$39

INTERMEDIATE/ADVANCED SWIM CLASSES

Minnow

Ages 6–12 years

Must complete Guppy or perform equivalent skills. Minnows work to refine crawl strokes, increasing distance to 25 yards. Swimmers learn the breaststroke and sidestroke with accompanying kicks, as well as front and back crawl and elementary backstroke. Minnows are comfortable retrieving submerged objects from deeper water, treading water and jumping into deep water. Safety permitting, Minnows learn the kneeling dive and compact dive.

Class Length: 40 minutes (6 classes)

Y Members: \$25

Community Members: \$39

Fish

Ages 6–12 years

Must complete Minnow or perform equivalent skills. Swimmers gain endurance in their crawl stroke and treading water, and refine the sidestroke, breaststroke and elementary backstroke. Swimmers will focus on rotary breathing, the sidestroke scissors kick and the breaststroke whip kick. Fish are also introduced to the dolphin kick and turns.

Class Length: 40 minutes (6 classes)

Y Members: \$25

Community Members: \$39

Flying Fish

Ages 6–12 years

Advanced class. Must complete Fish or perform equivalent skills. Swimmers in this advanced level focus on stroke refinement including rotary and bi-lateral breathing, body position, and arm and leg movements, as well as building endurance in all strokes. Flying Fish practice open turns and surface dives and increase time treading water.

The butterfly stroke and flip turns are introduced at this level. Swimmers may learn the stride jump, diving from board, the long shallow dive and advanced rescue techniques.

Class Length: 40 minutes (6 classes)

Y Members: \$25

Community Members: \$39

ADULT SWIM LESSONS

Basic Water Adjustment to Stroke Refinement

Adult classes are periodically made available to introduce or refine skills including basic water comfort, adult basic swim strokes, introduction to advanced strokes, and classes that concentrate on skills needed to build a fluid crawl stroke. Contact the Y to learn more.



NORTHFIELD AREA FAMILY YMCA — FALL PROGRAM REGISTRATION FORM

The YMCA periodically takes pictures of YMCA members and persons participating in Y programs to use for promotional purposes and programming materials, including the YMCA website. If you do not want pictures of yourself or your family used in this way, please let us know.

Participant First and Last Name	Gender	Birthdate	Program Name and Day(s)/Time	Fee

Parent/Guardian Name _____ Parent Birthdate _____

Street Address _____ Apt. # _____

City/State/ZIP _____

Home Phone _____ Cell Phone _____

Email Address _____

Emergency Contact Name/Relationship _____ Phone _____

PAYMENT METHOD

\$ _____ TOTAL AMOUNT ENCLOSED Cash Check Credit Card: Visa Mastercard Discover American Express

Name on Card _____ Card Number _____

Signature of Card Holder _____ Expiration Date _____

I am interested in a scholarship/financial assistance.

My signature indicates my understanding that the Northfield Area Family YMCA assumes no responsibility for injuries or illnesses sustained as a result of any physical condition or resulting from participation in any YMCA program or activity. I expressly acknowledge on behalf of my minor children and family members and heirs that I assume the risk for any and all injuries and illnesses that may result in participation in these activities. I hereby release and discharge the YMCA, its officers, directors, employees and volunteers from any and all claims for accidents, injuries, death, loss or damage which I or my family may suffer as a result of participating in these activities. I also hereby authorize the YMCA to secure first aid and medical attention in the event of an emergency, including transport to an emergency facility.

PHOTO RELEASE: I also hereby release all photographs of me and my family members taken by the YMCA for promotional purposes, including the YMCA's website and printed materials.

Parent/Guardian Signature _____ Date _____

YOUTH AND FAMILY MEMBERSHIP BENEFITS

- Free and discounted youth programs (wiffle ball, floor hockey, soccer, basketball, preschool programs and more). Sign up online.
- Free and discounted family activities.
- Discounted specialty programs (Daddy Daughter Dance, Y Kids Tri, School's Out Days, Kids' Night at the Y and more).
- Free participation in our Wiggles and Giggles program.
- Free open gym and open swim.
- Discounted swim lessons and summer camp fees.
- Scholarships are available.

ADULT AND FAMILY MEMBERSHIP BENEFITS

- Safe and comfortable Wellness Center with trained staff and a friendly atmosphere. Free access to the indoor walking track.
- State-of-the-art fitness equipment (treadmills, ellipticals and bikes).
- Free group exercise classes (Zumba, yoga, kettlebells, Turbo Kick and more), see the monthly schedule on our website.
- Open swim and aqua fitness classes available.
- Child Watch is available free for those with Family Memberships and costs just \$3 per child (two-hour limit) for Adult Members or Community Members. (Parents must remain in the building.)

**Family Membership \$69/month • Adult Membership \$42/month • Youth Membership \$27.50/month
\$25 one-time joiner's fee • No membership contracts • Health insurance reimbursement options**



NORTHFIELD AREA FAMILY YMCA

Summer Mailing Address:
519 Division Street
Northfield, MN 55057
507-645-0088

New Facility:
1501 Honeylocust Drive
Northfield, MN 55057
507-645-0088

Fax: 507-645-8188
info@northfieldymca.org
www.northfieldymca.org



07/2014



NORTHFIELD AREA FAMILY YMCA
 519 Division Street
 Northfield, MN 55057

JOIN THE Y FAMILY!

THE NEW Y FACILITY OPENS IN SEPTEMBER 2014

TENTATIVE HOURS (SEPT. 3, 2014–MAY 2015)

Y COMMUNITY CENTER FACILITY HOURS

Mon.–Thurs. 5:30 a.m.–9:00 p.m.
 Friday 5:30 a.m.–7:00 p.m.
 Saturday 7:00 a.m.–6:00 p.m.
 Sunday 11:00 a.m.–6:00 p.m.

CHILD WATCH HOURS

Mon.–Thurs. 8:00 a.m.–noon and 4:00–8:00 p.m.
 Friday 8:00 a.m.–noon
 Saturday 8:00 a.m.–noon
 Sunday no hours currently scheduled

INDOOR POOL HOURS

Mon.–Thurs.	5:30–8:30 a.m.	— lap swim
Mon.–Thurs.	8:30–10:00 a.m.	— swim lessons/open swim
Mon.–Thurs.	11:30 a.m.–1:30 p.m.	— lap swim/open swim
Mon.–Thurs.	3:30–8:30 p.m.	— pool open (schedule TBD)
Friday	5:30–8:30 a.m.	— lap swim
Friday	8:30–10:00 a.m.	— swim lessons/open swim
Friday	11:30 a.m.–1:30 p.m.	— lap swim/open swim
Friday	3:30–6:30 p.m.	— pool open (schedule TBD)
Saturday	7:00 a.m.–5:30 p.m.	— pool open (schedule TBD)
Sunday	11:00 a.m.–5:30 p.m.	— pool open (schedule TBD)



CHILD WATCH

Child Watch is our supervised drop-off child care. We provide fun, structured, age-appropriate activities for kids while parents and family members participate in Y programs and activities. At Child Watch, kids enjoy story time, arts and crafts, games,

and time spent outdoors or in the gym. While you enjoy all the Y has to offer, we'll keep your kids safe in a nurturing environment and provide them with opportunities for holistic development, social experiences and learning through play.

Child Watch is available free for those with Family Memberships and costs just \$3 per child (two-hour limit) for Adult Members or Community Members. Parents must remain in the building. No reservations required. Check our Child Watch schedule for open hours.