

Northfield Area Family YMCA



2012 Spring Program Brochure



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

www.northfieldymca.org (easy registration online **PLUS** email notice of weather cancelled programs)
Main Office - 507-645-0088 Health & Wellness Fitness Center - 507-664-7349



Y School's Out Days

K-5th graders

This full day program is offered when local schools are not in session. Enroll your child for a fun filled day of games, crafts, activities, friends and MORE! Dress to be active (tennis shoes). Bring a bag lunch. Trips every day! Costs includes all costs to include field trip, admission, 2 snacks a day and all program supplies. Program is small by design so join us for some YMCA fun!



- Monday, March 19th – Superhero Fun- Fun at Adventure Peak at Edinborough Park (The coolest indoor climbing structure in MN)
- Tuesday, March 20th – Greek Greatness- Come join the fun as we go to Pump It Up in Burnsville (Jumpy Houses Galore!)
- Wednesday, March 21st – Outer Space Place- Having a blast off time at teh MN Science Museum (Need we say more?)
- Thursday, March 22nd – Barnyard Bash- Come skate your sillies out at Skateville
- Friday, March 23rd – Beach Ball Blast- Join the fun at Sea Life Adventures at MOA (Starfish, turtles, octopus, and more...)



Time: 7:00-5:00
Location: Northfield Armory
Members: \$27/visit
Nonmembers: \$32/visit



Kids Night at the Y ages 3-10

Kids get their own special night away from parents and parents get a night with out kids. Kids Night at the Y is an evening of fun activities, themed games, crafts and much more. Dinner is included in the price of the program and is served at 5:30 pm.

Friday, April 20 - Dancin' to Cuba
5:00-8:00pm

Location: National Guard Armory
Members: \$10 each for first 2 children
\$5 per additional child
Nonmembers: \$15 each for first 2 children
\$10 per additional child

Take on Summer - 6th Annual Healthy Kids Day

Join over a half-million people and celebrate the nation's largest health event for kids: YMCA Healthy Kids Day! It's a free, fun-filled morning of interactive games, family activities and healthy give-aways like a free bike! The Y is encouraging families to play more and embrace healthy life choices. Fire Truck, Ambulance, Police & Sheriff Vehicles, youth sports galore and so much more.

This is a free event for everyone in the area!
Sat, Apr 21st 9:00-12:00pm
Location: Bridgewater Elementary

**Soccer (indoor)
(1st - 3rd grade)**

Need your soccer fix while you're waiting for the fields to thaw? Come to the YMCA and join us for some running, kicking, teamwork fun! We'll stretch muscles, work on good heart health and focus on soccer skills.

Tuesday, March 27 - April 24 (5 weeks)
1st - 3rd grade: 6:15 - 7:00pm
Locations: National Guard Armory
Members: \$10
Nonmembers: \$35



**Frisbee Golf
(2 - 5th grade)**

Frisbee or Disc Golf is a game in which players throw a flying disc into a basket or at a target. The object of the game is to complete the course with the fewest number of throws. No experience necessary. We'll provide the instruction and equipment and enjoy spring!

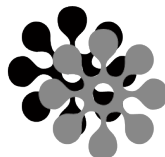
Thursday, May 3 - 31 (5 classes)
2nd - 5th grade: 6:15 - 7:00pm
Location: Carleton College Frisbee Golf Course
Members: \$10
Nonmembers: \$30



**Soccer (Outdoor)
(1st - 3rd grade)**

Spring soccer fever! Join us for some May soccer fun. We focus on skills and less on competition so your child can enjoy simply playing the game! Kids work on teamwork, sportsmanship and FUN! Kids should dress appropriately for the weather.

Tuesday, May 1 - May 29 (5 classes)
1st - 3rd grade: 6:15 - 7:00pm
Locations: Sechler Park
Members: Free
Nonmembers: \$35



**Nutz for Kickball
(1st - 3rd grade)**

All kids enjoy kickball! Kick, catch and run! This is a fun, energetic, laughter-filled program. We focus on teamwork, sportsmanship, healthy exercise and laughter!

Monday, March 26 - April 23 (5 classes)
1st - 3rd grade: 6:15 - 7:00pm
Locations: National Guard Armory
Members: Free
Nonmembers: \$35



**After School Open Gym
(K - 5th grade)**

Exercise the sillies out of your kids with Open Gym fun – basketballs, scooters and much more. Supervised program for elementary school age kids. Free time and great exercise! Parents – join your children for some afternoon fun.

March 26 - May 31
Mondays, 3:15 – 5:00pm
Thursdays, 3:15 – 5:00pm
Location: National Guard Armory
Members: Free
Nonmembers: \$5 per visit



**Girl's Volleyball
(3rd - 5th grade)**

Serve, Set, Bump, Spike! This once-a-week, clinic for girls in grades 3rd - 5th will provide kids with the skills necessary to play well, exercise their bodies and have fun. Join us for fun and fitness at the YMCA.

March 15 - April 19 (6 classes)
Thursday, 6:15 - 7:30pm
Location: National Guard Armory
Members: \$10
Nonmembers: \$35

**Track & Field
(1st - 3rd grade)**

Hurdles, 50m run, field events, long jumps, shot put, relays; this program is designed for some fun exercise for kids of all abilities. We'll stretch muscles, work on good heart health and focus on basic track & field skills. Rain days will be in the National Guard Armory.

Monday, April 20 - May 21 (4 weeks)
1st - 3rd grade: 6:15 - 7:00pm
Locations: Washington park (City Hall park)
Members: \$10
Nonmembers: \$35

For Teens

**Boxing
(8 - 12 grade)**

Learn the ABC's of the sweet science of boxing. Boxing does much more than simply build muscle and heart health. Learn self discipline, concentration, quick thinking and enjoy the physical fitness of a growing sport for youth by former professional boxers Gordon Marino and Charlie Meyer. Equipment provided One-on-one coaching available.

Tuesday, 4:00 - 5:00pm
March 27 - May 29
Location: National Guard Armory
Members/Nonmembers: \$15 per month (unlimited visits)

SPORTS

**Nutz for Kickball
(ages 3 - K)**

All kids enjoy kickball! Kick, catch and run! This is a fun, energetic, laughter-filled program. We focus on teamwork, sportsmanship, healthy exercise and laughter!

Monday, March 26 - April 23 (5 classes)
3 - K: 5:15 - 6:00pm
Locations: National Guard Armory
Members: Free
Nonmembers: \$35

**Track & Field
(ages 3 - K)**

Hurdles, 50m run, field events, long jumps, shot put, relays; this program is designed for some fun exercise for kids of all abilities. We'll stretch muscles, work on good heart health and focus on basic track & field skills. Rain days will be at the National Guard Armory.

Monday, April 20 - May 21 (4 weeks)
3 - K: 5:15 - 6:00pm
Locations: Washington park
(City Hall park)
Members: \$10
Nonmembers: \$35

**Wed PreK in the Park
(ages 0 - 5)**

Games, arts and crafts, swings and slides, nature walks – what isn't there to like? PIP offers fun for kids and grownups alike. Themes each week – plenty of entertainment for parents and children.

Date	Theme
May 16	Fairytales
May 23	Let's Make Books
May 30	Crazy Painting
June 6	Bubble Art
Wednesday, 1:00 - 2:30pm (NEW TIME)	
Location: Oddfellows Park	
Members: Free	
Nonmembers: \$5 per visit	

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(ages 3 - K)**

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Tuesday, March 27 - April 24 (5 weeks)
3 - K: Monday, 5:15 - 6:00pm
Locations: National Guard Armory
Members: \$10
Nonmembers: \$35

**Soccer (Outdoor)
(ages 3 - K)**

Spring soccer fever! Join us for some May soccer fun. We focus on skills and less on competition so your child can enjoy simply playing the game! Kids work on teamwork, sportsmanship and FUN! Kids should dress appropriately for the weather.

Tuesday, May 1 - May 29 (5 classes)
3 - K: 5:15 - 6:00 pm
Locations: Sechlör park
Members: Free
Nonmembers: \$35

CREATIVE PLAY

**Y Art Explorers
(ages 3 - K)**

We supply the clay, paints, paper and glue. You supply the children and have them bring their curiosity. Create a masterpiece for the frig – or simply enjoy stretching your child's creativeness. Parents, join us for family time fun.

March 27 - May 29
Tuesday, 10:00 - 11:00am or
Thursday, 1:00 - 2:00pm
Location: National Guard Armory
Members: Free
Nonmembers: \$7/visit

**Wiggles & Giggles
(ages 0 - 5)**

We fill the Northfield Armory with mats, balls and a variety of play equipment, so children can climb, bounce and crawl around the entire gym. This is an open gym program for parents/guardians and kids ages 6 and under. This program ends at the end of April.

Monday, 10:00 - 11:30am
Wednesday, 10:00 - 11:30am
Thursday, 10:00 - 11:30am
Location: National Guard Armory
Members: Free
Nonmembers: \$5 per visit



**Run-Wiggle-Paint & Giggle
(ages 3 - K)**

Free time for kids after lunch. Play gym games or paint or color or create a small art project. We set up the gym with all sorts of activities and options – kids chose! Fun free time. New projects every week. Pay one fee and come as often as you like in each 4 week period. Cost is per child and covers the cost of supplies, equipment and staff and planning.

First session: April 3 - 27
Second session: May 1 - 25
Tuesday or Friday 1:00 - 2:00pm
Location: National Guard Armory
Members: \$12/4 weeks
Nonmembers: \$30/4 weeks

The Y: We Support for Youth Development, Healthy Living and Social Responsibility

Youth and Family Membership Benefits:

- Free youth programs: (basketball, floor hockey, preschool programs & more!)
- Discounted programs: (soccer, t-ball, preschool programs & more)
- Free participation in our Wiggles & Giggles.
- Open Swim and Aqua Fitness Classes available
- Deep discounts on all summer camps.
- Free Family Swim time at the Northfield Senior Center

Adult and Family Membership Benefits:

- Safe and comfortable, wellness fitness center, trained staff, friendly, atmosphere designed for comfort and ease.
- State-of-the-art fitness equipment (treadmills, ellipticals & bikes)
- Child Watch area available free to Family members and only \$3/2 hours for Adult members and nonmembers.
- Free group exercise classes (pilates, Zumba, Turbo Kick & more (updated schedule on our website).
- Open Swim and Aqua Fitness Classes available
- Complimentary adult fitness consultation.

Family membership: \$56/mo * Adult membership: \$28.50/mo * Youth membership: \$25
(no contracts, month-to-month membership, \$25 one-time Joiners fee, Health Insurance reimbursement)

Northfield Area Family YMCA—Health & Wellness Fitness Center is located on the campus of the Northfield Retirement Community 900 Cannon Valley Drive (near Greenvale Elementary) 507-664-7349

Northfield Area Family YMCA 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)/Times	Fee

Parent/Guardian Name: _____ Birthdate: _____

Street Address: _____ Apt#: _____

City, State, Zip: _____

Home phone: _____ Cell phone: _____

Email address: _____

Emergency contact name: _____

Emergency contact relationship: _____

I am paying by: Cash Check Visa Mastercard AmEx Discover

Credit card#: _____ Expiration date (mo/yr): _____

I am interested in a scholarship.

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, it's officers, directors, employees and volunteers fro any and all claims for accident, injuries, death, loss of 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 transportation to an emergency facility.

Parent/Guardian Signature

Date