



Contact:  
Jenny Holweger

**KANDIYOHI COUNTY AREA FAMILY YMCA OFFERS NEW MEMBERSHIP  
CATEGORIES AND PROGRAMS FOR 2019**  
*YMCA strives to include all.*

WILLMAR, DECEMBER 12, 2018 – As 2019 approaches the YMCA is preparing for changes in its membership structure and new programming. The new options will allow the Y to be more inclusive and serve a wider audience.

“We will be offering more options for kids, families and adults to engage within the YMCA,” said Joanna Schrupp, President and CEO Jenny Holweger. “The YMCA continues working to help communities, families and individuals make stronger connections to their YMCA.”

In 2019, new membership options such as new young adult, senior and senior couple memberships have been added. College student memberships will become Young Adult memberships and Family memberships will change to Household memberships. All adult members 18 and older will now have access to the YMCA 24/7 facility and towel service and household memberships will now include up to 2 hours of free child watch per visit.

Kandiyohi County Area Family YMCA new program offerings will begin January 6 and new programming will continue to roll out throughout 2019. Registration is now open for the following programs:

- Y Swim Lessons begin on January 8 and a new session of 8 swim lessons will be offered each month. Swim Lessons are offered for Parents & Children 6 weeks to 36 months, children ages 3 and up, and Lifeguard candidates ages 15 and up. All swim lessons include water safety components of swim-float-swim and jump-push-turn-grab, as well as developmental appropriate swimming skills.
- NEW Y Gymnastics will begin on January 8 for children ages 3-12. Classes will be offered on Tuesday nights and a new session will be offered every month. Classes include tumbling, balance beam, vault, and bars, as well as stretching.
- Parent’s Night Out will begin January 11. This fun night for kids 3-12 years old will be from 5:00-9:00 pm and feature games, crafts, movies, and other activities while Mom and Dad can enjoy a night out.
- Youth Basketball now includes ages 3-5 years old, which meets each Saturday of the session. Each week Grades 1-4 Youth Basketball will have one day of practice to focus on fundamental skills and one day of games to work on implementing those skills. Basketball begins on January 12.

New Programs coming soon

- Youth Soccer will be offered in the Spring for ages 3-12.
- Indoor Adult Soccer League will start in February and run into April.

January is an exciting time at the Y, not just for New Year's resolutions and Health and Wellness, but also for kids and families. Stop in today to register for programs or sign up for membership.

For more information visit the YMCA website at [www.kandiyymca.org](http://www.kandiyymca.org) or call 320-222-9622.

# # #

The Kandiyohi County Area Family YMCA serves over 4,600 members and more than 2,200 youth each year with an emphasis on Youth Development, Healthy Living and Social Responsibility. At the Kandiyohi County Area Family YMCA strengthening community is our cause. Every day, we work side-by-side with our neighbors to make sure that everyone, regardless of age, income or background, has the opportunity to learn, grow and thrive. To learn more, visit our website at [www.kandiyymca.org](http://www.kandiyymca.org).