



FALL YOUTH SPORTS ONLY \$10

WITH ACTIVE YMCA HOUSEHOLD MEMBERSHIP

CALL OR VISIT THE
FRONT DESK TO REGISTER.



BASKETBALL



GYMNASTICS



SOCCER



VOLLEYBALL



FLAG FOOTBALL



PICKLEBALL



HOMESCHOOL P.E.



GYM & SWIM



KANDIYOHI COUNTY AREA FAMILY YMCA

FALL 2023

YOUTH PROGRAMS



LEARN MORE & REGISTER
kandiymca.org

FALL PROGRAM MEMBER REGISTRATION: BEGINS JULY 31.
FALL PROGRAM NON-MEMBER REGISTRATION WILL BEGIN AUGUST 14.

GYMNASTICS



- › SESSION 1: SEP. 5-26
- › SESSION 2: OCT. 3-24
- › SESSION 3: OCT. 31 - NOV. 21
- › SESSION 4: NOV. 28 - DEC. 19

LIL' TUMBLERS | Ages 3-5
Tuesdays | 5:00-5:45 p.m.

This is where a love for the sport begins! These classes introduce kids to gymnastics and create a fun environment where they'll benefit from skill development such as balance and coordination. Equipment will consist of low beams, low bars, and mats.

COST:

Members: **\$50** | Non-Members: **\$75** | Household YMCA Membership class fee: **\$10**

BEGINNER I TUMBLING & GYMNASTICS | Ages 6-11
Tuesdays | 6:00-7:00 p.m.

This class will be divided out based on age and/or by skill. Class will include forward/backward rolls, handstands, and cartwheels, building skills with balance, crawling, running, and jumping. Equipment will consist of low beams, low bars, and mats.

COST:

Members: **\$50** | Non-Members: **\$75** | Household YMCA Membership class fee: **\$10**

INTERMEDIATE TUMBLING & GYMNASTICS | Ages 6-11
Tuesdays | 6:00-7:00 p.m.

This class will be divided out based on age and/or by skill. Class will include forward/backward rolls, handstands, and cartwheels, building skills with balance, crawling, running, and jumping. Equipment will consist of low beams, low bars, and mats. Each session will run for 4 consecutive weeks and families can sign up for multiple sessions.

COST:

Members: **\$50** | Non-Members: **\$75** | Household YMCA Membership class fee: **\$10**

SOCCER



› **SEPTEMBER 7 - OCTOBER 5**

LIL' KICKERS AGES 3-5 & GRADES K-2
Thursdays | 5:15-6:00 p.m.

COST: Members: **\$50** | Non-Members: **\$75**
Household YMCA Membership class fee: **\$10**

GRADES 3-5
Tuesdays (practice) | 6:00-7:00 p.m.
Thursdays (games) | 6:00-7:00 p.m.

COST: Members: **\$60** | Non-Members: **\$85**
Household YMCA Membership class fee: **\$10**

**FIND YOUR
PASSION.**
FIND YOUR Y.

At the YMCA, we focus on good sportsmanship and the YMCA Core Values: caring, honesty, respect, and responsibility. We will focus on the fundamentals of soccer, sportsmanship, and teamwork while sharpening skills and developing new skills.

PICKLEBALL



› SEPTEMBER 6-30

Each youth will learn team-building skills, Pickleball rules and strategies, and sportsmanship. We will lead this youth pickleball session directly into our 2023 YMCA Pickleball tournament. The price includes paddles usage and registration for the pickleball tournament on Saturday, September 30 at 9:00 am.

GRADES 2-5

Wednesdays | 5:00-6:00 p.m.

GRADES 6-9

Wednesdays | 5:00-6:00 p.m.

COST: Members: **\$40** | Non-Members: **\$65**
Household YMCA Membership class fee: **\$10**

VOLLEYBALL



› OCTOBER 2-31

At the YMCA, we focus on good sportsmanship and the YMCA Core Values: caring, honesty, respect, and responsibility. We will focus on the fundamentals of volleyball, sportsmanship, and teamwork while sharpening skills and developing new skills.

COST: Members: **\$60** | Non-Members: **\$85**
Household YMCA Membership class fee: **\$10**

GRADES 2-4

Mondays
5:00-6:00 p.m.

GRADES 5-6

Mondays
6:15-7:15 p.m.

FLAG FOOTBALL



› OCTOBER 2 - NOVEMBER 1

At the YMCA, we focus on good sportsmanship and the YMCA Core Values: caring, honesty, respect, and responsibility. We will focus on the fundamentals of flag football, sportsmanship, and teamwork while sharpening skills and developing new skills. Team building skills will be learned through weekly games.

GRADES K-2

Mondays & Wednesdays | 5:15-6:15 p.m.

GRADES 3-5

Mondays & Wednesdays | 5:15-6:15 p.m.

GRADES 6-8

Mondays & Wednesdays | 6:15-7:15 p.m.

COST: Members: **\$60** | Non-Members: **\$85**
Household YMCA Membership class fee: **\$10**

BASKETBALL



› NOVEMBER 6 - DECEMBER 16

At the YMCA, we focus on good sportsmanship and the YMCA Core Values: caring, honesty, respect, and responsibility. We will focus on the fundamentals of basketball, sportsmanship, and teamwork while sharpening skills and developing new skills. No practice or games on November 23rd and 25th. Game Schedules will be sent out to each parent!

AGES 3-5

Saturdays | 9:00-9:45 a.m.

COST: Members: **\$50** | Non-Members: **\$75**
Household YMCA Membership class fee: **\$10**

GRADES K-1

GRADES 2-5

Thursdays (practice) | 5:00-6:00 p.m.

Saturdays (games) | 5:00-6:00 p.m.

COST: Members: **\$60** | Non-Members: **\$85**





NEW!



► **FRIDAYS, 5:30-7:30 P.M.**

Families with children ages 3-8 (Parent/Guardian must be present and active with children)

FREE FOR YMCA MEMBERS

Please register at the Welcome Center

SEPTEMBER 1 – Soccer in small gym

SEPTEMBER 8 – Family Fitness Class in small gym

SEPTEMBER 15 – Obstacle Course in small gym

SEPTEMBER 22 – Gymnastics outside on YMCA field

SEPTEMBER 29 – Songs & Games – Simon Says, Red Light Green Light, Boom Chick-a-boom, Drop the Hankie, Going on a Bear Hunt, Family BINGO & more!

GYM & SWIM

► **SEPTEMBER 13 – OCTOBER 4**

The Gym and Swim program is a fun option for families to play together in a fun and friendly atmosphere. Parents and children will spend 30 minutes in the gym on large muscle activities and games and 30 minutes in the pool playing games and learning water safety skills.

AGES 2-5

Wednesdays | 10:00-11:15 a.m.

COST: Members: **\$40** | Non-Members: **\$60**
Household YMCA Membership class fee: **\$10**

HOMESCHOOL GYM

► **SEPTEMBER 9 – DECEMBER 16**

This program offers an opportunity to fulfill Physical Education requirements in a fun, safe, and cost-efficient setting. The program is developed for boys and girls in 2 age groups. As participants, you will register for either Kindergarten – 3rd grade or 4th – 7th grade. This program will develop participant's teamwork abilities, peer interaction, motor skills, and coordination while emphasizing our four core values. This program will introduce the following sports Football, Soccer, Basketball, and Volleyball.

GRADES K-7

First Friday of each month
10:00-11:00 a.m.

COST: Members: **\$25** | Non-Members: **\$30**
Household YMCA Membership class fee: **\$10**





BACK TO SCHOOL TEEN NIGHT

› FRIDAY SEPTEMBER 22

Join us at the YMCA for a fun-filled Teen Night! This night is for youth in grades 6th–8th grade. Open swim and open gym time will be available along with other activities. Pizza and snacks will be available for purchase.

5:00 – 8:00 P.M.

Grades 6–8

COST: \$5

FALL FESTIVAL FAMILY FUN RUN



› SATURDAY OCTOBER 28

10:00 A.M.

COST: \$5 FOR YOUTH (17 AND UNDER), \$10 FOR 18+

Join us for this family fun run with the option of either a 5k or a 1 mile run. Costumes encouraged! (please no scary masks or costumes)

For more information, contact **Missy Fike** at 320-222-9622 or email missyf@kandiyymca.org.

3-ON-3 BASKETBALL TOURNAMENT



Are you ready to hoop it up? This 3v3 tournament will consist of ages 12–14, 15–17, and 18 and up. During the intermission there will be a free throw competition and the player that demonstrates the attributes of The YMCA (Caring, Honesty, Respect, Responsibility) and leadership on and off the court will win MVP trophy and free month membership to the YMCA.

› SUNDAY, DECEMBER 17
12:00 P.M.

COST: Members: \$15 | Non-Members: \$20

For more information, contact **Gary McFadden** at 320-222-9622 or email garym@kandiyymca.org



SWIM LESSONS

YMCA Swim Lessons for children ages 6 months to 12 years

TUESDAY & THURSDAY LESSONS:

Members: **\$60** | Non-Members: **\$85**

TIME	LEVELS
4:45-5:15 p.m.	Preschool Levels 1 & 2 School Age Levels 1 & 2
5:15-5:45 p.m.	Preschool Levels 1 & 2 School Age Levels 3 & 4
5:45-6:15 p.m.	Preschool Levels 1 & 2 School Age Levels 1 & 2
6:15-6:45 p.m.	Preschool Levels 3 & 4 School Age Levels 5 & 6
6:45-7:15 p.m.	Preschool Levels 3 & 4 School Age Levels 3 & 4

SATURDAY LESSONSS:

Members: **\$40** | Non-Members: **\$60**

TIME	LEVELS
10:00-10:30 a.m.	Preschool Levels 1 & 2 School Age Levels 1, 2, & 3
10:30-11:00 a.m.	Preschool Levels 3 & 4 School Age Levels 4, 5, & 6
11:00-11:30 a.m.	Preschool Levels 1 & 2 School Age Levels 1, 2, & 3

For more information, contact [Jack Thompson](#) at 320-222-9622 or email aquatics@kandiymca.org

LEVELS:

Preschool 1&2
Preschool 3&4
School age 1&2
School age 3&4
School age 5&6

TUESDAYS & THURSDAYS

› **SESSION 1:**
SEP. 5 - 28

› **SESSION 2:**
OCT. 3 - 26

› **SESSION 3:**
OCT. 31 - NOV. 21

› **SESSION 4:**
NOV. 28 - DEC. 21

SATURDAYS

› **SESSION 1:**
SEPT. 9 - 30

› **SESSION 3:**
OCT. 28 - NOV. 18



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Healthy FUSION

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shake - L2 tea - aloe
Your First Visit

\$2 off
Your Next \$10 Visit

Follow Us!

501 1st St S, Willmar, MN 56201

YMCA MEMBERSHIP

The YMCA is a not-for-profit community organization. At the Y, we strengthen communities by connecting people to their potential, purpose, and each other. In 10,000 communities across the country, we have the presence and partnerships to not just promise, but to deliver positive change.



YMCA AREAS OF IMPACT

- **YOUTH DEVELOPMENT** Empowering young people to reach their full potential.
- **HEALTHY LIVING** Improving individual and community well-being.
- **SOCIAL RESPONSIBILITY** Giving back and inspiring action in our communities.

Membership is an investment in yourself, your family and your community.

Membership benefits include:

- FREE Child Watch services for children 3 months to 9 years of age with Household Memberships
- FREE land and water based Group Exercise Classes
- FREE Wellness Center Orientation
- FREE Wi-Fi
- Reduced rates and priority registration for most programs and services
- Use of 2 pools – 4 lane lap pool and a family fun pool with water slide and play features
- Use of 2 Wellness Centers with over 90 pieces of newly updated state-of-the-art cardiovascular and strength training equipment
- 2 regulation size Racquetball Courts for Racquetball, Handball, and Wallyball
- Use of Walking/Jogging track with cushioned surface
- Use of 3 Gymnasiums with 8 adjustable baskets for basketball, floor hockey, soccer, pickleball and large group activities
- Kid's Gym with indoor playground
- 3 locker rooms, all with daily use lockers – Male, Female and a Family/Special Needs locker room with 9 private changing rooms
- 3 complimentary guest passes each calendar year for Adult and Household Memberships
- Nationwide Membership: YMCA members have the flexibility to use their YMCA membership at most of the 2,700 participating Y's across the country at no extra charge



MEMBERSHIP CATEGORIES	JOINER FEE	MONTHLY FEE
Multi-Adult Household	\$50	\$75
One-Adult Household	\$50	\$62
Adult (26-64)	\$50	\$55
Senior Adult (65+)	\$50	\$40
Senior-Adult Household (65+)	\$50	\$65
Young Adult (19-25)	\$50	\$33
Youth (0-18)	\$50	\$23

PRICES SUBJECT TO CHANGE

KANDIYOHI COUNTY AREA FAMILY YMCA

1000 Lakeland Dr. SE; PO Box 757, Willmar, MN 56201 www.kandiyymca.org P 320-222-9622



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY