



KANDIYOHI COUNTY AREA FAMILY YMCA

WINTER & SPRING 2024 PROGRAMS

For more information on the following programs,
please contact **Missy Fike** at missyf@kandiymca.org or **320-262-8258**.

**WALK
ACROSS
MN**
A FITNESS
CHALLENGE

JANUARY 1 – APRIL 30 **COST: \$15 MEMBERS**

Record your miles at the Y (on the treadmill or the track) as you walk across Minnesota January 1 – April 30. Your tour starts in Pipestone and ends in Duluth for a total of 317 miles. Track your mileage at the YMCA Wellness Desk

Everyone who completes all 317 miles will get a T-shirt!

**WOMEN ON
WEIGHTS**
SMALL GROUP TRAINING

› **MON. & WED. 10 – 11 A.M.**
› **TUE. & THU. 11 A.M. – 12 P.M.**

The women-only training session that provides a great workout with the support of a small group. Space is limited.

4 WEEK SESSIONS

January 8 – February 2
February 5 – March 1

COST Member: \$125
Non-Member: \$250

3 WEEK SESSIONS

March 4 – 22

COST Member: \$100
Non-Member: \$200

100 MILE SWIM CLUB

Swim 100 miles in 12 months! All swim styles and techniques are welcome. Members who complete 100 miles will receive recognition and a prize!

JANUARY 1 – DECEMBER 31

COST: \$30

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



SOMETHING FOR
EveryBODY



FIND A CLASS FOR YOU



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HARD WORK PAYS\$

JANUARY 1 – FEBRUARY 29

COST: \$10 MEMBERS

SWEAT EQUITY CHALLENGE

This is a Check-in Challenge meant to keep you motivated in the new year. Check-in and workout 40 times in 60 days to earn AWESOME prizes from the local community!

PERSONAL TRAINING

Personal Trainers work with people of all ages, help you stay on track, keep you motivated and assist you in achieving your desired goals. Our personal trainers are certified by national accredited organizations.

COST

1 Session – \$38
2 Sessions – \$76
3 Sessions – \$114
6 Sessions – \$216
12 Sessions – \$420
18 Sessions – \$618

PARTNER TRAINING

Personal training with a buddy!
Workout with a partner and achieve your goals together!

COST

1 Session – \$60 (\$30 per person)
3 Sessions – \$180 (\$90 per person)
6 Sessions – \$354 (\$177 per person)
12 Sessions – \$696 (\$348 per person)
18 Sessions – \$1026 (\$513 per person)

Register at the Front Desk



ICEBREAKER TRIATHLON

MARCH 2, 2024



SWIM 10 MINUTES

BIKE 30 MINUTES

RUN 15 MINUTES

ALL Fitness Levels welcome!
You go as far as YOU can go.

AN INDOOR EVENT FOR YOUR WINTER FITNESS BREAK THROUGH

Join us for the 2nd annual Icebreaker Triathlon at the Kandiyohi County Area Family YMCA.

COST: MEMBERS \$25 | NON-MEMBERS \$40

SPACE IS LIMITED. REGISTER EARLY!

EXPERIENCE
THE Y LIKE
NEVER BEFORE!

YMCA360

Y 360

Stream your favorite programs, classes and instructors. Anywhere. Anytime. From yoga to youth sports, enjoy our exclusive collection of on-demand and livestream classes, on all your devices in cinematic 4K.

YMCA360 IS FREE WITH YOUR YMCA MEMBERSHIP!





RIDGEWATER INTRAMURALS

Join us at the YMCA for a chance to get active and play competitive sports! Connect and meet new people your age!

MONDAYS | 6:00 – 8:00 P.M.

- **JAN. 15 – FEB. 12**
- **FEB. 19 – MARCH 25**
- **APRIL 1 – 29**



COMING SOON!

HEALTHY LIFESTYLES CONSULTATIONS

This free program is designed as a fitness orientation for individuals who have never worked out before, need a re-introduction to fitness or who are looking for guidance with their current fitness routine.

FREE TO MEMBERS

Call 320.222.9622 to schedule an appointment



CELEBRATE HEART HEALTH MONTH!

Wear red to the YMCA on National **Wear Red Day – February 2** to get entered into a drawing to win prizes.



ADULT VOLLEYBALL

Child Watch will be available for members!

CO-ED | TUESDAYS

March 5 – May 7 | Starting at 6:00 p.m.

WOMEN'S | WEDNESDAYS

March 6 – May 8 | Starting at 6:00 p.m.

MEN'S | THURSDAYS

March 7 – May 9 | Starting at 7:15 p.m.

*No games March 26–28

TEEN ORIENTATIONS

ACTIVE TEENS

Teens can learn to properly use equipment in the fitness center while keeping themselves and others safe.

- Eligible to participate at age 12
- FREE program for teens
- Must be completed before independent use of upstairs wellness center.

STRONG TEENS

Strong Teens is a free program that orients teens to weight lifting in the downstairs free weight area by teaching proper form to prevent injury and breathing techniques. The Strong Teens program must be completed by teens who are 16 or 17 years of age prior to independent use of the weight room equipment.





The YMCA will host a Pickleball tournament for members and non-members. We have different groups depending on skill level. This will be a fun and exciting new experience for all age groups and pickleball skill levels! Doubles Matches.

COST: Members: \$20 | Non-Members: \$30

3-ON-3 BASKETBALL TOURNAMENT



› **SATURDAY, APRIL 27 | 12:00 P.M.**

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

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.

FOREVERWELL

A HEALTHY AGING PROGRAM FOR PEOPLE AGES 55+

Today's 55+ adults are more health-conscious than ever before. The Y offers opportunities to maintain a healthy lifestyle and healthy relationships. Exercise programs, both in and out of the water, pickleball, speakers, trips, and volunteer opportunities are available. Our goal is to promote well-being while fostering friendship and camaraderie.

Get together with friends and make new ones every Tuesday for coffee and an activity!



**COFFEE AND
ACTIVITY TIME:**
Tuesdays, 10:00 a.m.

Be sure to check the schedule and take advantage of the wellness classes as well. These classes focus on the movement and strength training older adults need to maintain health and function as they age.

Visit kandiyymca.org/foreverwell to find upcoming wellness classes.

Age 16 +
Beginner (1.0-3.5)
Advanced (3.5+)



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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 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	\$79
One-Adult Household	\$50	\$65
Adult (26-64)	\$50	\$58
Senior Adult (65+)	\$50	\$42
Senior-Adult Household (65+)	\$50	\$68
Young Adult (19-25)	\$50	\$35
Youth (0-18)	\$50	\$24

PRICES SUBJECT TO CHANGE

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We are teaming up with the City of Willmar to bring you the ultimate Healthy Kids, Healthy Earth celebration. Mark your calendar for Saturday, April 27 for an epic Color Run, vendors, prizes, and more!

10:00 A.M. – 2:00 P.M.

Location: Willmar Civic Center.

Stay tuned for more details



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY