



KANDIYOHI COUNTY AREA FAMILY YMCA WINTER & SPRING 2024 YOUTH PROGRAMS



LEARN MORE & REGISTER
kandiyymca.org

GYMNASTICS



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

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

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

BASKETBALL



JANUARY 11 - FEBRUARY 10

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.

LIL DRIBBLERS AGES 3-5
Saturdays | 9:00-9:45 a.m.

COST: Members: \$50 | Non-Members: \$75

GRADES K-1
Thursdays (practice) | 4:45-5:45 p.m.
Saturdays (games) | 10:00-10:45 a.m.
COST: Members: \$65 | Non-Members: \$80

GRADES 2-5
Thursdays (practice) | 5:45-6:45 p.m.
Saturdays (games) | 11-11:45 a.m. & 12-12:45 p.m.
COST: Members: \$65 | Non-Members: \$80

EARLY BIRD SPECIAL
Registration by December 31 for \$10 off!

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

PICKLEBALL



LESSONS

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 Pickleball, sportsmanship, and teamwork while sharpening skills and developing new skills. Team building skills will be learned through weekly games.

- › SESSION 1: JAN. 4-25
- › SESSION 2: FEB. 1-22
- › SESSION 3: FEB. 29-MARCH 21
- › SESSION 4: APRIL 4-25

AGES 10 THROUGH ADULT
Thursdays
6:00-7:00 p.m.

COST: Members: \$50
Non-Members: \$75

LACROSSE



Looking to try a fun, new sport? Try lacrosse, the oldest organized sport in North America! Each child will learn the rules and fundamentals of lacrosse while also learning the importance of teamwork, sportsmanship, and fair play.

- › MAY 8 - MAY 29
- › JUNE 5 - 26

GRADES K-5
Wednesdays
6:00-7:00 p.m.

COST: Members: \$50
Non-Members: \$75

VOLLEYBALL



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.

- › FEB. 12 - MARCH 18
- GRADES 2-6**
Mondays
5:00-6:00 p.m.

COST: Members: \$50 | Non-Members: \$75

SOCCER



We will focus on the fundamentals of soccer, sportsmanship, and teamwork while sharpening skills and developing new skills.

INDOOR

- › MARCH 14 - APRIL 20

No soccer March 28 & 30

GRADES K-2

Thursdays (practice) | 5:15-6:00 p.m.

Saturdays (games) | 9:00-9:45 a.m.

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

GRADES 3-5

Thursdays (practice) | 6:00-7:00 p.m.

Saturdays (games) | 10:00-11:00 a.m.

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

OUTDOOR

- › APRIL 23 - MAY 23

AGE 3-5

Thursdays (games) | 5:15-6:00 p.m.

COST: Members: \$50 | Non-Members: \$75

GRADES K-2

Tuesdays (practice) | 5:15-6:00 p.m.

Thursdays (games) | 5:15-6:00 p.m.

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

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



HOMESCHOOL GYM

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.

Program Meets:

- JAN. 5 & 26
- FEB. 2 & 23
- MARCH 1 & 29

GRADES K-7

Fridays | 10:00–11:00 a.m.

COST: Members: **\$35**
Non-Members: **\$50**



The YMCA will host a Pickle ball 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 pickle ball skill levels! Doubles Matches.

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

- SUN. JAN. 21 | 1 P.M.
- SAT. FEB. 17 | 9 A.M.
- SUN. MARCH 17 | 1 P.M.
- SAT. APRIL 20 | 9 A.M.
- SAT. MAY 18 | 9 A.M.

Age 16 +

Beginner (1.0–3.5)
Advanced (3.5+)

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.



TEEN NIGHT

➤ FRIDAY, MARCH 15

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 – 7:30 P.M.

Grades 6–8

COST: \$5



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

TUESDAYS & THURSDAYS

- **SESSION 1:**
JAN. 9 – FEB. 1
- **SESSION 2:**
FEB. 6 – 29
- **SESSION 3:**
MARCH 5 – 21
& APRIL 2–4
- **SESSION 4:**
APRIL 9 – MAY 2
- **SESSION 5:**
MAY 7–30

SATURDAYS

- **SESSION 1:**
FEB. 10 – MARCH 2
- **SESSION 2:**
APRIL 13 – MAY 4

SUNDAYS

- **SESSION 1:**
MARCH 10–31
- **SESSION 2:**
MAY 12 – JUNE 2

QUESTIONS?

Contact Jack Thompson
at 320-222-9622 or
email aquatics@kandiyymca.org

TUESDAY & THURSDAY: 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

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

TIME	LEVELS
10:00–10:40 a.m.	Preschool Levels 1 & 2
10:40–11:20 a.m.	Preschool Levels 3 & 4
11:20–12:00 a.m.	Parent/Child A & B

TIME	LEVELS
10:00–11:00 a.m.	School Age Levels 1, 2, & 3
11:00–12:00 a.m.	School Age Levels 4, 5, & 6

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

TIME	LEVELS
10:00–11:00 a.m.	Adult Lessons

Nutrition - Energy - Lifestyle



\$4 off

shake - L2 tea - aloe

Your First Visit

\$2 off

Your Next \$10 Visit



Follow Us!

Healthy FUSION

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
- 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

KANDIYOHI COUNTY AREA FAMILY YMCA

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



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



**BEST
SUMMER
EVER™**

**YMCA Summer
Day Camp**

JUNE 3 – AUGUST 17

6:45 a.m. – 5:45 p.m.

Registration Opens February 1

For more information on Summer Camp, please contact
Marina Moyers at schoolagecc@kandiymca.org or 320-222-9622.