FALL INTO FITNESS
WITH THE WINONA FAMILY YMCA

2019 Fall Program Guide
Registration Now Open!
Programs run from Sep. 3 – Dec. 13
**BECOME PART OF OUR FAMILY**

At the Winona Family YMCA, we’re not just a gym. We’re a community. We’re a support team. We’re a family.

We care not only about your physical health, but your wellbeing as a person. And it shows in the programs we offer and in the way we interact with you — whether it’s by encouraging you to keep going or by offering an opportunity to decompress and relax. We’re here for you.

**Membership Benefits:**

- Entrance to any YMCA in the U.S. that participates in the Nationwide Membership program
- Unlimited access to more than 70 exercise & water fitness classes weekly
- 2 hours of free childcare while you workout with family membership
- Discounted pricing for YMCA programs
- Unlimited use of Family Fun Center
- Free health & wellness assessments
- Use of wellness center, cardio equipment, strength equipment, gym, pools, racquetball courts, indoor running track
- Older adult specific programs & activities
- Access to sauna, hot tub, and steam room for adults 18+
- Option available to place membership on hold

**Membership Rates**

- Young Adult = $35 monthly
- Adult = $46 monthly
- Two Adult Family = $77 monthly
- One Adult Family = $54 monthly
- Older Adult 62+ = $41 monthly
- Youth = $138 annual fee

All memberships (excluding Youth) also require a one time $75 joiners fee.

**Financial Scholarships**

The Winona Family YMCA is a cause-driven, charitable, nonprofit organization serving the needs of our community by making our programs, services, and facilities available to everyone, regardless of ability to pay. With support from individual and corporate contributions through our annual campaign, we offer financial scholarships. The scholarship provides YMCA membership and program services on a need-based sliding scale, based on family size and income.

It’s easy to apply for and it’s confidential! Give us a call or stop in for more information at the front desk.

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**Events and Meet the Staff**

**JOIN US FOR WELCOMING WEEK THIS SEPTEMBER!**

The Winona Family YMCA is proud to participate in Welcoming Week from September 13 to 22, 2019.

Welcoming week is a national initiative to bring together immigrants and those born within the U.S. together in the spirit of unity to build stronger foundations for our communities. Through a series of events and fun activities, our Winona YMCA will help raise awareness about the importance of building bridges between immigrants, refugees, and native-born residents and the benefits of welcoming everyone.

In 2018, there were over 2,000 national events in 400 communities during Welcoming Week, with more than 80,000 people participating and over 14 million social media impressions. Look for more details in September!

**CAROLING BY CANDLELIGHT**

The leaves may not have changed, but we’re already thinking about Christmas presents! The present we’re looking forward to most is the one where our community comes together for a magical moment of singing Christmas carols.

Come join us on Friday, Dec. 6 from 6:30-7 p.m. at Windom Park. We’ll meet at the Christmas tree, sing Christmas carols, and then head back to our YMCA to meet Santa and enjoy snacks!

“It’s a tradition to sing around the lighted Christmas tree in Windom Park,” Beck Wisted, the Childwatch Coordinator and one of the organizers of the event said.

**MEET THE STAFF!**

<table>
<thead>
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**Welcoming Week, September 13-22**

**Winona Family YMCA**

Hours from Memorial day to Labor Day
Mon- Fri 4:30 a.m. – 9 p.m.
Saturday 5:30 a.m. – 6 p.m.
For more information call 507-454-1520
207 Winona St.

**Join us for Welcoming Week this September!**

**Events**

- **Meet the Staff!**
- **Carol by Candlelight**
- **Welcoming Week**

**Connect with us:**

https://www.facebook.com/WinonaFamilyYMCA/

Instagram: @winonafamilyymca
AFTER SCHOOL CARE
PRE-K TO 6TH GRADE
Join us for the 2019–2020 school year and give your child the opportunity to learn and thrive at the Y. They’ll create lasting friendships and develop lifelong skills in our care!

ABOUT OUR PROGRAM:
We offer monthly and part-time (2–3 days a week) after school care for grades Pre-K to 6th grade. We provide daily transportation from schools to our designated sites (with the exception of Ridgeway). Our after school care program strives to create a safe and welcoming environment for children and promote the YMCA core values with lessons focused on youth development, healthy living, and social emotional learning.

Children have fun with daily activities based on STEM, language arts, service, arts and crafts, and healthy living. We even offer reading and homework help, along with daily outdoor and gym time, as well as free play, a healthy snack and swimming on Fridays! Children enrolled in the monthly program are eligible for various program discounts and will also receive weekly youth fitness classes, transportation to the YMCA for youth programs, a second child discount of $20 per additional child, and 20% discount for No School Days.

Additionally, all monthly program participants receive a youth membership, active during the school year along with the discounts below. Discounts do not stack.

20% off Swim Lessons and Swim Team
30% off Youth Fitness
30% off Youth Sports
15% off MCA
30% off Camp Wenonah

Family Fun Nights!
Join ASC staff for a free night of family fun from 6–7 p.m. on Oct. 25! Activities will vary and showcase some of the things program participants do while in the YMCA After School care program, including arts and crafts or STEM activities. Drinks and snacks will be provided. More information about specific activities will be released the week before. Register by 6:00 pm the night before.

Monthly Participants
Children registered in the monthly program will be enrolled for the entire 2019–2020 school year. Payment will be processed the 1st of each month or made in two payments on the first and fifteenth of each month. Rates are prorated based on days of care. Cancellations must be made up to two weeks in advance for refunds. A one-time registration fee of $25 per child is due at the time of enrollment, with a maximum charge of $50.00 per family. If registering before Aug. 19, the registration fee is waived!

Part Time Participants
Part Time participants register for a week at a time and pay at the time of registration. Families choose two or three days of care for the following week. Cancellations must be made by the Thursday before the week of care. No refunds are given after Thursday.

Dates: We accommodate all days schools are in session between September 3rd–June 5th.
Times: School dismissal (2:10 PM to 3:30 PM) through 6:00 PM.
The following schools go to the underlined locations:
East Site: St. Martin’s Lutheran School
St. Martin’s, St. Stan’s, St. Mary’s, Washington-Kosciusko
Central Site: Winona Family YMCA
Jefferson, St. Matthew’s, Winona Middle School, Ridgeway
West Site: Bluffview Montessori School
Bluffview, Goodview, Riverway

Exceptions can be made for children who would like to receive care at a different site than their designated one. Please contact the School Age Director to discuss more.

Monthly & Part Time Program Rates
Price for the following schools: St. Martin’s, St. Stan’s, St. Mary’s (includes Pre-K), W-K, Jefferson, St. Matthew’s, Bluffview (includes Pre-K), Goodview
Monthly: Member $175 paid monthly
Part-Time: Member $15 for 2 days, $28.50 for 3 days
Non-Member $26 for 2 days, $39 for 3 days

Price for the following schools: Ridgeway, Riverway (includes Pre-K), Winona Middle School
Monthly: Member $135 paid monthly
Part-Time: Member $15 for 2 days, $22.50 for 3 days
Non-Member $22 for 2 days, $33 for 3 days

Registration & Payments
Program registration can be completed online or with Member Services. Emergency contact and payment forms must be completed, along with current immunization records, prior to the first day of care. These can be found on our website or at Member Services and turned into the front desk. Financial assistance is available through the YMCA and county for those meeting income guidelines.

Early Releases, Late Starts, Snow Days, and No School Days
We accommodate early releases and late starts along with snow days and no school days for all area schools. Transportation from schools to their designated sites are provided by the YMCA with the exception of Ridgeway. A calendar for all observed early releases and no school days will be available each month. Parents should register their children online or with member services. Payment is due at the time of registration. Check out our website for detailed information on our offerings!

NEW POLICY AND PROGRAM CHANGE*
All After School Care Monthly Participants will be required to have a payment method on file within their account prior to September 1st, or the 1st of the beginning month of childcare. Payment plan forms will be required for all ASC Monthly Participants and will designate a payment schedule of either payments made on the first of each month or twice a month on the 1st and 15th. If a payment is returned or funds are unavailable, a notice will go out providing parents or guardians 7 days from original payment date to resubmit payment. If payment is not made within 7 days, the child/children will be removed from the program until payment is received.

We will only be providing part-time and monthly after school care during the 2019-2020 school year. No daily care will be provided, although parents can utilize the ASC part-time program for childcare between 2-3 days of care a week. Payment is due at time of registration, regardless of how far in advance you register your child.

Thank you for choosing us for your after school care needs! We thoroughly enjoy creating a safe, fun space for your children!

To register give us a call, stop in or visit winonaymca.org
For questions contact: Alexa Shapiro at ashapiro@winonaymca.org

*NEW POLICY AND PROGRAM CHANGE*
**Adventure Club**

Does your child love to be outside? Register them for the YMCA’s Adventure Club! Adventure Club participants meet at the YMCA every Tuesday and are transported out to Camp Wenonah, where trained counselors will facilitate environmental education lessons and outdoor recreation activities with campers. Participants may also go on other field trips to Winona area recreation facilities including Sugarloaf, Garvin Heights, or Lake Lodge. Campers must bring appropriate clothing, including close toed shoes, jackets and warm weather clothing, sunscreen, and water bottles. Alternate plans will be in place to accommodate inclement weather.

**Dates**: Tuesdays from school dismissal to 5:15 p.m.  
**Fall**: Sep. 17 - Oct. 29  
**Pricing**: Member $55 & Non-Member $70

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**Yurt Rentals**

Spend the weekend camping in style at the Camp Wenonah yurt! The yurt is supplied with a wood stove to help campers stay warm at night, as well as a full cook set and six cots. While staying at Camp Wenonah, you’ll have access to the local trail systems and the fire pit, and you’re a short distance from numerous outdoor recreation opportunities in Winona and the surrounding areas.

**Dates**: Year round  
**Dune-August yurt is available Friday & Saturday only**  
**Check-in**: 2 pm (4:15 p.m. June-August)  
**Check-out**: at 11 am.  
**Pricing**: $95 per night (Friday & Saturday) $65 per night (Sunday–Thursday)

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**Quality Time**

**Camping, Gathering, Corporate Retreats**

**A Community Resource for you**

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**Facility Rentals**

Rent Camp Wenonah for any event, including corporate events, birthday parties, life celebrations, etc. Rentals include access to the barn and trail system, amphitheater and pavilion. For an additional cost, rentals can also include access to the ropes course with trained staff facilitating activities with your group.

**Dates**: December 15- May 24  
**Pricing**: Varies depending on requests. Starts as low $45 for an hour! Grab a whole 8 hour day with outdoor and indoor space (barn, bathrooms, and pavillion) for $360 for Members and $400 for Non-Members!

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**‘NEW’ Nature Saturdays**

Join us the first Saturday of each month for Nature Saturdays: a family friendly event to learn more about the incredible nature surrounding the Winona area!

On Nature Saturdays, guest speakers will discuss a variety of environmental topics from prairie restoration and native plants, to invasive species and the impact they have in Winona.

Participants are invited to hike the Camp Wenonah trails afterwards, or check out the mountain biking trails (free rentals available). Nature Saturdays will include lots of movement so be sure to wear sturdy shoes and bring water!

More information about each specific Nature Saturday will be posted on the Camp Wenonah and Winona Family YMCA Facebook page, as well as the YMCA website.

**Dates**: Sep. 7, Oct. 5, Nov. 2, and Dec. 7  
**Time**: 1-3 p.m.  
**Pricing**: Free to attend!
**YOUTH SPORTS**

**Morrie Miller Youth Tackle Football**
This league provides instruction for kids to learn fundamental skills and participate in competitive games emphasizing safety and sportsmanship. A JV game schedule will complement the traditional Saturday Morning / Monday Night league format, offering playing opportunities for our beginners. This is the perfect program for youngsters who want to learn how to play, brush up on the rules, practice skills, participate on a team, and most importantly- HAVE FUN! Our focus is on football education and safety, participation, and sportsmanship. Contact Skylar DeGroot at sdegroot@winonaymca.org for more information!

**Dates:** August 12th – October 12th (equipment pick up options: August 8th & 10th)
**Grades:** 4th – 6th Co-ed
**Practice Times:** Tuesday & Thursday 5:30 – 7 p.m. (first two weeks of practice are Mon -Thu from 5:30-7 p.m.)
**Game Times:** Rotating Saturday Mornings & Monday Nights
**Practice Location:** Cotter Fields
**Price:** Member $85 & Non-Member $95 ($10 registration charge for signups after Aug. 10)

**Flag Football (1-4 grade)**
In this league, kids develop football skills, teamwork, and sportsmanship! Supportive coaches build your child’s confidence while having fun and being part of a team. Players will spend 30 minutes developing fundamental skills in large and small groups. The remaining 30 minutes will be dedicated to competitive applications such as games and scrimmages. Beginners and experienced players are all welcome!

**Dates:** Sept. 3 - Oct. 17
**Time:** Tuesday & Thursday 4:30 - 5:30 p.m.
**Location:** Cotter Fields
**Cost:** Member $50 & Non-Member $65

To register for youth sports programs give us a call, stop in, or visit winonaymca.org. For questions contact: Skylar DeGroot at sdegroot@winonaymca.org

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**Happy Sports (3-6 years)**
Join us Monday evenings for a year-long series of programs to introduce your preschoolers and kindergartners to the rules, vocabulary, and basic concepts of seasonal youth sports. Each session will emphasize sport-specific skills with size appropriate equipment to build confidence. Kids will discuss teamwork, sharing, and sportsmanship!

**Session 1:** Happy Feet (Soccer)
- **Dates:** Sept. 9 - Oct. 14
- **Time:** Mon 5:30 - 6:15 p.m.
- **Location:** Winona Family YMCA
- **Cost:** Member $35 & Non-Member $50

**Session 2:** Happy Hoops (Basketball)
- **Dates:** Oct. 28 - Dec. 9
- **Time:** Mon 5:30 - 6:15 p.m.
- **Location:** Winona Family YMCA
- **Cost:** Member $35 & Non-Member $50

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**Southeast MN Traveling League**
The guiding principle of this basketball league is to provide equal playing opportunities to all players and teams. Players will be divided into teams to offer roughly the same size and talent on each squad. Each team will have two practices a week and two Saturday games (January – February). Travel competition takes place in an atmosphere that promotes character building, fair play, teamwork, and sportsmanship. Our league features instructional referees that help kids understand the rules and offer guidance during game play. Registration includes game shirt. Parents interested in coaching their child’s team, please contact Skylar DeGroot (sdegroot@winonaymca.org) for additional information!

**1st and 2nd Grade (Once a week)**
**Dates:** January 15th – February 29th
**Grades:** 1st & 2nd (co-ed)
**Times:** Option 1: Wednesday 4:30 - 5:30 p.m.
**Location:** Winona Family YMCA
**Price:** Member $50 & Non-Member $65

**3rd and 4th Grade (Twice a week)**
**Dates:** January 14th – February 29th
**Grades:** 3rd & 4th, Boys & Girls Teams
**Times:** Option 1: Tuesday & Thursday, 4:30-5:30 p.m
**Location:** Winona Family YMCA
**Price:** Member $65 & Non-Member $85

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**Intro Basketball League (1st- 4th Grade)**
Players will practice once or twice a week and participate in games on Saturday mornings. Age appropriate competition takes place in an atmosphere that promotes character building, fair play, teamwork, and sportsmanship. Our league features instructional referees that help kids understand the rules and offer guidance during game play. Registration includes game shirt. Parents interested in coaching their child’s team, please contact Skylar DeGroot (sdegroot@winonaymca.org) for additional information!

**Preseason Basketball Training Camp (5th-8th Grade)**
Coaches will lead co-ed young players in a variety of individual, small group, and team drills to refine skills and develop post and perimeter ability. Emphasis will be placed both on player development and character building.

**Dates:** Sept. 4 – Oct. 18
**Times:** Monday & Wednesday 6-7 p.m
**Location:** Winona Family YMCA
**Price:** Member $45 & Non-Member $60

**Preseason Basketball Training Camp (1st-4th Grade)**
Boys and girls who are interested in developing their individual basketball skills will work with coaches each week to refine their shooting form, improve ball handling, reinforce good fundamental skills and expose them to team drills to have them ready to go for the first day of practice!

**Dates:** Oct. 29 – Dec. 12 (No camp Nov. 19 & 21)
**Times:** Mondays 4:30-5:30 p.m or 5:30-6:30 p.m. (1st & 2nd)
**Location:** Winona Family YMCA
**Price:** Member $35 & Non-Member $50

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**Get Involved Today!**
Sign up online at winonaymca.org or call 507-452-1234. Find us on Facebook at Winona Family YMCA. For questions contact: Skylar DeGroot at sdegroot@winonaymca.org.
Karate (1–8 grade)
The goal of the YMCA Karate-Do program is to build character through positive role models and training which emphasizes the values of traditional Japanese martial arts: respect, courtesy, self-discipline, responsibility, respect for authority, and hard work. As students advance and become more experienced, they are expected to be good role models and assist with newer students. No special equipment is needed, just the desire to excel and motivation to succeed.

Dates: Tuesday & Thursday 5:30 - 6:30 p.m.
Session 1: Sept. 3 – Oct. 17
Location: YMCA Community Room
Cost: Member $45 & Non-Member $60

Youth Tumbling
The Winona Family YMCA offers recreational tumbling classes for interested boys and girls. During their six weeks of tumbling classes, children will learn a variety of beginner tumbling skills, such as forward and backward rolls, bridges, back and front walkovers, and handstands.

Dates: Sept. 7th - Oct. 12th
Times: Saturday, 9:30–10 a.m. (Ages 3 – 5) 10:15–11 a.m. (Ages 6 – 12)
Ages: 3–12 years old
Location: YMCA Family Fun Center
Price: Member $35 & Non-Member $50

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Times: Saturday, 9:30–10 a.m. (Ages 3 – 5) 10:15–11 a.m. (Ages 6 – 12)
Ages: 3–12 years old
Location: YMCA Family Fun Center
Price: Member $35 & Non-Member $50

MINNESOTA CONSERVATORY FOR THE ARTS

**“NEW” My Grown-Up & Me**
Does your child love to move? Children ages 18 mos.–3 years are invited to explore a new environment and connect with a special grown-up in their life. This class will stimulate coordination, balance, and listening skills and will be filled with smiles to last a lifetime! Grown-ups attending will be asked to participate along with their child.

Dates: First Session: Sept. 11 - Oct. 23
Second Session: Nov. 6 - Dec. 18
Ages: 18 months - 3 years old

Adventures in Ballet – Pride Rock
Your little one is invited on an exciting adventure that will tickle their imaginations as they fall in love with ballet and this classic tale.

Dates: September 11th - October 23rd
Times: Wednesday, 5:30-6:00 PM
Ages: 3–5 years old
Location: YMCA Multipurpose Room
Price: Member $50 & Non-Member $70

Adventures in Ballet – Nutcracker
Tiny dancers are invited to journey with Clara and the Nutcracker Prince to the lands of snow and sweets where they will spin and leap as they creatively explore the world of ballet and this classic tale.

Dates: November 6th - December 18th
Times: Wednesday, 5:30–6:00 PM
Ages: 3–5 years old
Location: YMCA Multipurpose Room
Price: Member $50 & Non-Member $70

KIDS CORNER

**CHILD WATCH WHILE YOU WORK OUT**

Kids Corner is a great asset for families to work out in our facility and know their little one is in a safe, nurturing environment. Our staff takes pride in engaging in imaginative play, age appropriate art projects, and games!

Kids Corner
for ages 6 weeks to 5 yrs
Located on the first floor next to our business office.

Open: Monday – Saturday: 7:40 a.m. – 12 p.m. Monday – Friday: 4 p.m. – 7 p.m., Sunday: 10:45 AM – 2:30 PM (Seasonal)

Between circle time music, age appropriate toys, coloring and crafts, kids have the chance to be social and have fun in our center.

Kids Corner 2.0
for Kindergarten to 4th Grade
Check in at Kids Corner

Open: Monday – Saturday: 7:40 a.m. – 12 p.m. Monday – Friday: 4 p.m. – 7 p.m., Sunday: 10:45 AM – 2:30 PM (Seasonal)

From boardgames and crafts to family fun center and more, there’s always something to do in Kids Corner 2.0!

**FEES**

Family Memberships: You get two free hours a day of childcare in Kids Corner per family for any child/children that are listed on a family membership! All you have to do is register before you come in!

Adult Memberships: For $5 per child you get two hours

Non-Members: You can still use the kids corner while you workout. Come grab a family day pass and two hours of child watch is included! Family Day Pass is $15 for one adult or $20 for two adults

**RESERVATIONS**

To make sure we’ve got enough staff to provide amazing care for your kiddos, we require advanced registration.

For morning hours, register by 6 p.m. the previous day.
For evening hours, register by 1 p.m. the day of.

Register by calling the Y or signing up at Kids Corner!
It’s super important to let us know if you’re running late or not coming in. That way we can squeeze in others or close Kids Corner if no one else is coming in. Thanks! You rock!

**DATE NIGHT EVERY THIRD FRIDAY**

You deserve a date night! So go do it!
Or go have a girls or boys night. Or go spend a moment alone in a quiet house.
We’ve got the kiddos covered.

Every third Friday of the month we offer date night where you can go enjoy yourself from 5–8 p.m. after dropping off the kids. The kids will have a blast in our family fun center, will watch a movie and eat popcorn!

Cost: Members: $10/child
Nonmembers: $15/child
Reservations: Sign up by 6 p.m. the day before to grab a spot! Times: 5–8 p.m.
Dates: Aug. 16, Sept. 20, Oct. 18, Nov. 15, Dec. 20

**KIDS CORNER 2.0**

**RESERVATIONS**

To make sure we’ve got enough staff to provide amazing care for your kiddos, we require advanced registration.

For morning hours, register by 6 p.m. the previous day.
For evening hours, register by 1 p.m. the day of.

Register by calling the Y or signing up at Kids Corner!
It’s super important to let us know if you’re running late or not coming in. That way we can squeeze in others or close Kids Corner if no one else is coming in. Thanks! You rock!
GROUP FITNESS & PERSONAL TRAINING

INSPIRATION
MOTIVATION
DEDICATION
RESULTS YOU CAN FEEL

We’ve got a full weight room, cardio center, and a list of personal trainers just for you. Go get those results!

PERSONAL TRAINING

Personal Training is a great way to get more support in your wellness journey! Sign up for a personal training package with one of our certified trainers and get the guidance you have been looking for to achieve your wellness goals.

Intro Package: Three 30-minute Sessions for $55
TRX Suspension Training: Three 30-minute Sessions for $50
30 Minute Sessions: 5 for $100, 10 for $185, or 20 for $340
45 Minute Sessions: 5 for $150, 10 for $270, or 20 for $500
60 Minute Sessions: 5 for $200, 10 for $360, or 20 for $670

WORK OUT WEDNESDAYS!

Check out this affordable accountability group with a certified personal trainer that fits your schedule! Sign up for one class, all classes, or just the dates that work for you. It’s the perfect complement to your fitness regimen to keep you working toward meeting your health and wellness goals. Must register by 3 p.m. the day of. Limit 8 people per class to ensure quality trainer time is available for each participant.

Cost: Members $10 & Nonmembers $20
Dates: Aug. 21 – Dec. 11
Time: 5:30-6:30 p.m.
Location: Personal Training Room

TEEN WEIGHT ROOM ORIENTATION

This is a great option to get teens familiar with the weight room and cardio equipment so they can work out on their own! This includes a one hour appointment with a certified personal trainer orienting 13 -15 year old’s to the Wellness Center, including weight room etiquette, use of cardio equipment, use of Magnums, and use of free weights. Completion allows teens to use the Wellness Center without adult supervision. Certification card given upon completion. By appointment only.

Cost: Members only $25.

KIDS FITNESS! - We offer 30 minute Zumba, Yoga, and Boot Camp classes made just for kids!

KIDS YOGA

Kids Yoga focuses on the union of the spirit, mind and body. With games, stories, imagination and kid friendly yoga poses we simplify a complex, ancient practice into something that is modern, inclusive, accessible and fun.

Dates: Oct. 2 – Nov. 6
Wednesdays 4:30-5 p.m.
Locations: Community Room
Prices: Members $25
Non-Members $35

For more info contact Jackie Goyette, Fitness and Wellness Coordinator, jgoyette@winonaymca.org

"NEW" PRIVATE YOGA SESSIONS

Instead of following along with a yoga instructor in a class setting, private yoga sessions allow an individual to set specific goals and plans, such as flexibility, strength or meditation. It’s a great option for someone wanting more personal direction in their yoga practice! By appointment only.

Contact: Jackie Goyette@winonaymca.org for scheduling.

Members: 30 minutes $15, 60 minutes, $30
Nonmembers: 30 minutes $25, 60 minutes, $50

GROUP FITNESS CLASSES

The Winona Family YMCA offers more group fitness classes than any other organization in Winona. With more than 70 classes each week for members of all levels and interests, we pride ourselves on having something for everyone! We offer low-impact chair classes, yoga, Pilates and strength training classes like Body Pump and Barre, as well as indoor cycling, Zumba and water fitness classes. We even have new and upcoming formats like Strong by Zumba and Core De Force which aren’t widely offered around town. Our Group Fitness Classes are FREE to members! Come on in and join in on the fun!

Zumba® Kids
Features kid-friendly dance routines based on original Zumba® choreography. We break down the steps, add games, activities and cultural exploration elements.

Dates: Aug. 21 - Sept. 25
Wednesdays 4:30-5 p.m.
Locations: Community Room
Price: Members $25
Non-Members $35

Kids Yoga
Kids Yoga focuses on the union of the spirit, mind and body. With games, stories, imagination and kid friendly yoga poses we simplify a complex, ancient practice into something that is modern, inclusive, accessible and fun.

Dates: Oct. 2 – Nov. 6
Wednesdays 4:30-5 p.m.
Locations: Community Room
Prices: Members $25
Non-Members $35

KIDS BOOT CAMP:

Increase the overall health and fitness level of children in a fun, safe, positive and motivating environment by utilizing obstacle courses, fitness games, partner activities, body weight exercises, and simple cardio drills.

Dates: Nov. 13 - Dec. 18
(No class Nov. 20)
Wednesdays 4:30-5 p.m.
Locations: Community Room
Prices: Members $25
Non-Members $35

KIDS FITNESS!

- We offer 30 minute Zumba, Yoga, and Boot Camp classes made just for kids!

For more info contact Jackie Goyette, Fitness and Wellness Coordinator, jgoyette@winonaymca.org
AQUATICS & CERTIFICATIONS

THREE DIFFERENT STAGES:

Swim Starters
Accompanied by a parent, infants and toddlers learn to be comfortable in the water and develop swim readiness skills through fun and confidence building experiences.

Two Week Swim Lessons
Swim Starters A (6 mo – 2 yrs old)

<table>
<thead>
<tr>
<th>Dates</th>
<th>Time</th>
<th>Location</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Session 1: Sept 16 - Sept 26</td>
<td>4-4:30 p.m. Mon-Thurs.</td>
<td>Small Pool</td>
<td>Members $52</td>
</tr>
<tr>
<td>Non-Members $75</td>
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</tr>
<tr>
<td>Non-Members $75</td>
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</tr>
<tr>
<td>Session 3: Nov. 11 - Nov. 21</td>
<td>5:30-6 p.m. Mon-Thurs.</td>
<td>Large Pool</td>
<td>Members $52</td>
</tr>
<tr>
<td>Non-Members $75</td>
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Swim Starters B (2-3 yrs old)

<table>
<thead>
<tr>
<th>Dates</th>
<th>Time</th>
<th>Location</th>
<th>Price</th>
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</thead>
<tbody>
<tr>
<td>Session 1: Sept 30 - Oct. 10</td>
<td>3:30-4:15 p.m.</td>
<td>Small Pool</td>
<td>Members $52</td>
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<tr>
<td>Non-Members $75</td>
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<tr>
<td>Session 2: Oct. 28 - Nov. 7</td>
<td>4:45-5:15 p.m.</td>
<td>Small Pool</td>
<td>Members $52</td>
</tr>
<tr>
<td>Non-Members $75</td>
<td></td>
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</tr>
<tr>
<td>Session 3: Nov. 11 - Nov. 21</td>
<td>5:30-6 p.m.</td>
<td>Large Pool</td>
<td>Members $52</td>
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<tr>
<td>Non-Members $75</td>
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Eight Week Saturday Lessons

<table>
<thead>
<tr>
<th>Dates</th>
<th>Time</th>
<th>Location</th>
<th>Price</th>
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</thead>
<tbody>
<tr>
<td>Session 1: Sept 16 - Sept 26</td>
<td>10:30 a.m.</td>
<td>locations</td>
<td>Members $52</td>
</tr>
<tr>
<td>Non-Members $75</td>
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</tr>
<tr>
<td>Session 2: Sept. 30 - Oct. 10</td>
<td>10:45 a.m.</td>
<td>Large Pool</td>
<td>Members $52</td>
</tr>
<tr>
<td>Non-Members $75</td>
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<td></td>
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<tr>
<td>Session 3: Oct. 14 - Oct. 24</td>
<td>11:15 a.m.</td>
<td>Large Pool</td>
<td>Members $52</td>
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<tr>
<td>Non-Members $75</td>
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<td></td>
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<tr>
<td>Session 4: Oct. 28 - Nov. 7</td>
<td>12:00 p.m.</td>
<td>Large Pool</td>
<td>Members $52</td>
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<tr>
<td>Non-Members $75</td>
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<tr>
<td>Session 5: Nov. 11 - Nov. 21</td>
<td>1:00 p.m.</td>
<td>Large Pool</td>
<td>Members $52</td>
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<tr>
<td>Non-Members $75</td>
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Winfins Winter Season
Progressive group and individual instruction focused on speed, endurance, and goal setting. Benefits include daily exercise, improved self-confidence, multiple opportunities for local and area competition, and the opportunity for siblings of different ages or genders to participate together on the same team. Swimmers do not need to participate in meets to join the team. MN League rules require all swim team members to hold youth or family membership. Any child who can swim one length of the pool is invited to register.

Beginner Group

<table>
<thead>
<tr>
<th>Time</th>
<th>Dates</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>3:30-4:15 p.m.</td>
<td>Monday-Thursday</td>
<td>One time $245 (Save $43)</td>
</tr>
<tr>
<td>4:15-5:45 p.m.</td>
<td>Monday-Thursday</td>
<td>One time $370 (Save $370)</td>
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Intermediate Group

<table>
<thead>
<tr>
<th>Time</th>
<th>Dates</th>
<th>Price</th>
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<tbody>
<tr>
<td>4:15-6:15 p.m.</td>
<td>Monday-Friday</td>
<td>One time $405 (Save $39)</td>
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Advanced Group

<table>
<thead>
<tr>
<th>Time</th>
<th>Dates</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>4:45-6:15 p.m.</td>
<td>Monday-Friday</td>
<td>One time $405 (Save $39)</td>
</tr>
</tbody>
</table>

Winfins Fall Stroke Clinic
Registration is now open for the stroke clinic! The Winfins help kids be more confident, develop a strong work ethic, set and accomplish goals. In stroke clinic the team focuses on both having fun while developing the four competitive strokes (freestyle, backstroke, breaststroke & butterfly) with an emphasis on drills and proper technique. It is a perfect opportunity for new swimmers to try the sport. Any youth who can swim one length of the pool is ready to register.

<table>
<thead>
<tr>
<th>Time</th>
<th>Dates</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>3-3:50 p.m.</td>
<td>Sept. 3 - Sept. 27</td>
<td>Member $52 &amp; Non-Member $75</td>
</tr>
</tbody>
</table>

LifeGuard Certification & Recert Class
This American Red Cross course teaches participants how to recognize and respond to breathing and cardiac emergencies. Students will learn how to provide care for first aid emergencies such as bleeding, sudden illnesses, burns and weather related emergencies. Certification is valid for 2 years. This is a blended learning course and access to a computer is required.

To participate in this course, you must be able to pass a prerequisite skills evaluation by doing the following:
- Swim 300 yards continuously using front crawl or breaststroke.
- Tread water for 2 minutes using on the legs.
- Complete a timed event within 1 minute 40 seconds.

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<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Price</th>
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</thead>
<tbody>
<tr>
<td>Sept. 21 - Sept. 22</td>
<td>10-10:30 a.m.</td>
<td>Large Pool</td>
<td>Member $175 &amp; Non-Member $215</td>
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</table>

Breakout Dry Land Training
Small group personal training designed for student athletes. This class is designed as a whole body workout to accommodate athletes from many sports. We’ll meet in the training room upstairs.

<table>
<thead>
<tr>
<th>Time</th>
<th>Date</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>5:30-6:30 p.m.</td>
<td>September 3 - December 17</td>
<td>Member $25 &amp; Non-Member $35</td>
</tr>
</tbody>
</table>

CPR/AED & First Aid Training
This course provides lifeguard participants with the knowledge and skills to prevent, recognize and respond to aquatic emergencies. To enroll in the lifeguarding course you must be at least 15 years old. Certification is valid for 2 years. This is a blended learning course and access to a computer is required.

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oct. 19 from 9-11 a.m.</td>
<td>9-11 a.m.</td>
<td>Large Pool</td>
<td>Member $95 &amp; Non-Member $115</td>
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<tr>
<td>Nov. 9 from 9-11 a.m.</td>
<td>9-11 a.m.</td>
<td>Large Pool</td>
<td>Member $55 &amp; Member $75</td>
</tr>
</tbody>
</table>

To register for aquatics programs give us a call, stop in, or visit winonaymca.org.
For questions contact: Jessica White at jwhite@winonaymca.org.
A BIG THANK YOU TO ALL OUR WINONA AREA PARTNERS!

HOW TO REGISTER, AS EASY AS 1, 2, 3:
1. Review programs and pick what works best for you!
2. To register either call, stop in to the Winona Family YMCA, or go to www.winonaymca.org to register online
3. Upon registration, additional information may be required before programs begin.