



FOREVER WELCOMING



Welcoming Week September 8-17, 2023

Welcoming Week events help build strong connections across the community. All events are free and open to the public.

September 8 & 15

FREE FRIDAYS

Day Pass and Joining Fees waived for the entire day. Bring a photo ID, sign a waiver and enjoy full facility access for free!

September 13

AROUND THE WORLD POTLUCK, 12pm.

Bring a dish to share from around the world or specific to your culture. Water, tableware and good company will be provided.

September 16

COMMUNITY SLOW RIDE, 9:30am.

Children under 10 must be accompanied by an adult. Bring your own bicycle and helmet. Decorating bicycles is encouraged.

September 16

MOVIE NIGHT UNDER THE STARS, 7pm

Games and activities start at 7pm, with a performance by the Winona Little Warriors Drumline at 7:15pm, and movie at 7:45pm. Bring your own chair or blanket.

**NOW
SHOWING**

Visit www.winonaymca.org
or Facebook for movie



**WELCOMING
WEEK**

events brought to you by:



WINONA COUNTY
ASAP
Alliance for Substance Abuse Prevention

Project FINE

Focus on Integrating Newcomers through Education

507.454.1520

902 Parks Avenue. Winona, MN



SWIM TEAM AT THE Y



STROKE DEVELOPMENT

Tue & Thu 4-4:45pm

\$160

Swimmers age 5 and up that are looking to work on each stroke and may not be able to swim 25 yards. The instructor will be in the water.

BEGINNER

2 DAY: Mon/Wed or Tue/Thu 4-5pm

4 DAY: Mon-Thu. 4-5pm

\$160 (2 day) \$260 (4 day)

Swimmers age 5 and up must be able to swim 50 yards (2 lengths of the pool) unassisted any stroke.

INTERMEDIATE

2 DAY: Mon/Wed or Tue/Thu 4:30-6pm

4 DAY: Mon-Thu. 4:30-6pm

\$160 (2 day) \$260 (4 day)

\$160 (2 day) \$260 (4 day)

Swimmers age 7 and up must be able to swim 100 yards Freestyle and 50 yards Backstroke, Breaststroke and Butterfly.

No School Day/ Snow Day

New this season if there is no school or school gets cancelled we will NOT be having practice. An email will be sent to parents as reminders

UPCOMING SWIM MEETS

Fun Swim Meet: December 7th 4pm

La Crosse: TBD

Austin: TBD

Red Wing: TBD

REGISTER in person or online

www.winonaymca.org/online-registration-

Winona Family YMCA

507.454.1520



Winona Family YMCA



HIP HOP

INTERMEDIATE DANCE

Hip Hop is a fast-paced, high-energy form of dance and the emphasis is less on formal technique and more on personal style. Classes start with a warm-up designed to get the blood pumping and the muscles working intensely, and then students will move on to learning and perfecting more difficult choreography. Ages 9 & up.

Monthly Sessions

Classes held Fridays 6:30–7:30 p.m.

\$30/member

\$45/non-member

Register in person or online: www.winonaymca.org



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Winona Family YMCA



JR.HIP HOP DANCE CLASS

Jr. Hip hop encompasses a wide range of street styles including breaking, locking and popping. This class for young beginners specifically focuses on developing rhythm and coordination while encouraging individual style. Ages 4-9.

Monthly Sessions

Fridays 5:30-6:15 p.m.

\$25 Member, \$40 Non Member

Register in person or online at www.winonaymca.org



Winona Family YMCA

CREATIVE MOVEMENT

Creative movement classes provide children ages 3-5 with an introduction to the magical world of dance! Using make-believe imagery, hands-on props, and interactive music, children explore basic dance concepts. Children also practice taking turns, sharing, and following directions.



Monthly Sessions
Classes held Fridays 4:30-5:15pm

\$25/Member
\$40/Non-member

Register in person or online: www.winonaymca.org

TEEN NIGHT!

SATURDAY OCTOBER 28

6 - 9 PM

FREE event for all teens in grades
5-9, but registration is required.

Parent/guardian must register teen online or in-person. Registration closes 10/28 at 5pm.



DODGEBALL



COSTUME CONTEST (no fake weapons)



GAMES



VOLLEYBALL



BASKETBALL



PRIZES



SNACKS



& MORE



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