

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.





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.









902 Parks Avenue. Winona, MN 507.454.1520



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.

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 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



Winona Family YMCA

FOR YOUTH DEVELOPMENT® FOR HEALTHY LIVING FOR SOCIAL RESPONSIBILITY



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.

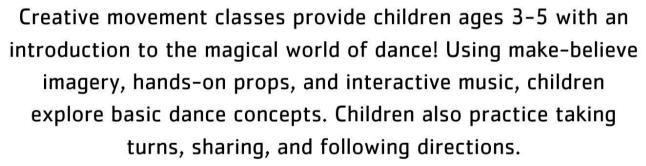
Monthly Sessions
Fridays 5:30-6:15 p.m.
\$25 Member, \$40 Non Member

Register in person or online at www.winonaymca.org









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



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

Register in person or online: www.winonaymca.org



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.





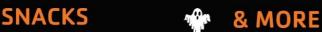














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