

Northfield Area Family YMCA

Program Guide

Holiday Session Dec 09

Y School's Out Days

(grades K-3rd)

School Break FUN! School's Out Days are a perfect time for your student to rejuvenate their academic juices with a fun-filled break! Costs include field trip, admission, 2 snacks a day and all program supplies. Program is small by design so join us for some YMCA fun! Check our website for specific themes and trips.

Dec 21, 22, 23 & 28, 29, 30

Time: 7:00-4:30

Location: National Guard Armory

Members: \$25/day

Nonmembers: \$30/day

Kids Night at the Y

(ages 3-10)

Kids get their own special night away from parents and parents get a night without kids. This evening of fun activities includes all sorts of games, crafts and much more. Dinner is included in the price of the program and will be served at 6:30 pm. Watch our website for additional Kids Night at the Y offerings.

Fridays 6:00-9:00 pm

Dec 4 – "Under the Sea" &

Dec 11 – "Winter Wonderful"

Members: \$10 each for first 2 children,

\$5 per ad'l child

Nonmembers: \$15 each for first 2 children,

\$10 per ad'l child



Wiggles & Giggles

(ages 0-5)

We fill the Armory gym with mats, gym equipment and loads of games. This is an open gym program for parents and adults.

Dec 2-18

Wed 9:45-11:15 am, Thur 3:30-5:00 pm,

Fri 9:45-11:15 am

Location: National Guard Armory

Members: Free Nonmembers: \$5 per visit

Wee Winter Crafts

(3-5 year olds)

Holiday fun making snowman creations, winter picture frames or ornaments! Program is carefully planned to allow kids to be creative and have fun. Parents/guardians of younger kids, please join us for this class.

Mon, Dec 7 & 14, 10-10:30 am

Location: National Guard Armory

Members: Free Nonmembers: \$10

Leap'n Reindeer Preschoolers (ages 3-5)

Goofy, silly, hysterical, funny fun! This morning class will absolutely delight your preschooler while working on important motor skills.

Tues Dec 1-16 (3 classes)

9:30-10:15 am

Location: National Guard Armory

Members: Free Nonmembers: \$24

Dazzle Winter Crafts

(5-7 years old)

Excellent opportunity to make holiday gifts for the family! Snowman creations, winter picture frames or ornaments! Join us for some holiday dazzle.

Mon, Dec 14, 4:00-5:00 pm

Location: National Guard Armory

Members: Free Nonmembers: \$10

Young Scientists during the Holidays

(ages 6-8)

Easy, engaging and amazing hands-on activities on a variety of science topics. Program focuses on everyday material and the amazing things that can be done with them.

Sun Dec 5-19 (3 classes)

4:00-5:15 pm (ages 6-8)

Location: Y's Health & Wellness Center, Conference room

Members: Free Nonmembers: \$18

Are you getting the Most out of your Membership?

FREE Group Exercise classes - 16 options every week!

Pilates, TurboKick, Pre/Post Natal, Zumba, Tai Chi, Wild Step Aerobics and MORE!

- All classes are designed for beginners or new participants.

- Check our website for the latest schedule (classes morn, lunch, eve and weekends).

FREE Water Exercise classes & Open Swim - 14 options every week!

YMCA Members have access to the pool at the Senior Center!

- Regular swimming builds your muscle strength, endurance, & cardio-vascular fitness.

- Without overworking the heart, swimming improves the body's use of oxygen & increases lung function.

- Swimming stimulates circulation & promotes proper breathing.

- Swimming is fantastic for toning the upper arms, shoulders and legs.

FREE and Special Member Rates for Youth programs and classes!

ANYWHERE Access- use of YMCAs anywhere in the USA through the YMCA A.W.A.Y program.

The Y is a Place Where Everyone Can Belong!

Youth and Family Membership Benefits:

- Free youth classes!
- Discounted specialty programs:
(Basketball, Daddy Daughter Dance, Kids night at the Y, Spanish camp, T-ball, Floor Hockey and more!)
- Free participation in our Wiggles & Giggles, and Preschoolers in the Park programs.
- Deep discounts on all summer camps.
- Free Family Swim time at the Northfield Senior Center **(NEW)**

Adult and Family Membership Benefits:

- Safe and comfortable, wellness fitness center, trained staff, friendly, atmosphere designed for comfort and ease..
- State-of-the-art fitness equipment (treadmills, ellipticals & bikes)
- Child Watch area available free to Family members and only \$3/2 hours for Adult members and nonmembers.
- Free group exercise classes (pilates, Zumba, Turbo Kick & more (updated schedule on our website).
- Open Swim and Aqua Fitness Classes available **(NEW)**.
- Complimentary adult fitness consultation.

Family membership: \$55/mo * Adult membership: \$28/mo * Youth membership: \$24
(no contracts, month-to-month membership, \$25 one-time Joiners fee, Health Insurance reimbursement)

Northfield Area Family YMCA—Health & Wellness Fitness Center is located on the campus of the Northfield Retirement Community
900 Cannon Valley Drive (near Greenvale Elementary) 507-664-7349

Northfield Area Family YMCA Registration Form

The YMCA periodically takes pictures of YMCA members and persons participating in Y programs to use for promotional purposes and programming materials including the YMCA website. If you do not want pictures of yourself or your family used in this way, please let us know.

Participant First Name, Last Name	Gender	Birthdate	Program Name and Day(s)/Times	Fee

Parent/Guardian Name: _____ **Birthdate:** _____
Street Address: _____ **Apt#:** _____
City, State, Zip: _____
Home phone: _____ **Cell phone:** _____
Email address: _____
Emergency contact name: _____
Emergency contact relationship: _____
 I am paying by Cash Check Visa Mastercard AmEx Discover
Credit card#: _____ **Expiration date (mo/yr):** _____
 I am interested in a scholarship.

My signature indicates my understanding that the Northfield Area Family YMCA assumes no responsibility for injuries or illnesses sustained as a result of any physical condition or resulting from participation in any YMCA program or activity. I expressly acknowledge on behalf of my minor children and family members and heirs that I assume the risk for any and all injuries and illnesses that may result in participation in these activities. I hereby release and discharge the YMCA, it's officers, directors, employees and volunteers fro any and all claims for accident, injuries, death, loss of damage which I or my family may suffer as a result of participating in these activities. I also hereby authorize the YMCA to secure first aid and medical attention in the event of an emergency, including transportation to an emergency facility.

Parent/Guardian Signature

Date