

Northfield Area Family YMCA

Program Guide Winter Session 2010



At the YMCA, we provide programs that strengthen the family, support youth development and champion life-long good health and wellness!

Y School's Out Days (grades K-3rd)

School Break FUN! Snow sledding, see a play, visit local farms, indoor pool! We'll fill the day with loads of laughter and fun (depending on the season). 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. Join us for some YMCA fun!

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

Jan 18, Mar 29, 30, 31, Apr 1, 2 (spring break)

Time: 7:00-4:30

Location: National Guard Armory

Members: \$25/visit Nonmembers: \$30/visit

Daddy Daughter Dance

(ages 3-12—and father or other male adult)

Spend the evening with your young lady! Dads, grandfathers, godfathers or whomever that special adult male is in her life. This is your opportunity to show the young lady in your life how important she is to you. This is a young girl's prom night with strobe lights, dancing and cake and loads of laughter and fun! Mark your calendar and register early!

Saturday Feb 13th 6-8:30 pm

Location: National Guard Armory

Members: \$20/couple, \$5 ad'l child

Nonmembers: \$26/couple, \$8 ad'l child

Winter Programs

(All ages and Grades K-12th)

YMCA Family FUN Night

Carnival Games, live music and Ho-Down, dancing, laughter and activities for you and your family. This is family time!

Participate in planned activities, dance to the music or just spend quality time with your family. Program activities target families with children ages 3-12.

Fri Jan 22, 6-8:30 pm AND

Fri Mar 12, 6-8:30 pm

Location: National Guard Armory

Members: \$15/family

Nonmembers: \$20/family

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.

Fridays 6:00-9:00 pm

Jan 15th, Feb 19th, Mar 19th

Location: National Guard Armory

Members: \$10 each for first 2 children, \$5 per ad'l child

Nonmembers: \$15 each for first 2 children, \$10 per ad'l child

Spring Break—Bball Madness

(K-2nd grade)

It's Game Time! Gather your friends and join us for three fun days during Spring Break! First day will focus on the game and setting up teams. Second and third days we play basketball! Program is all three days.

Mon Mar 29, 30 & 31st

1:00-2:15

Location: National Guard Armory

Members: \$10 Nonmembers: \$35

Youth In Government Model UN

(grades 7-12th)

This program is a youth-led, experiential learning opportunity that involves students from all over the state. It builds, a sense of responsibility and passion for issues, the desire to make a difference, citizenship skills, and helps to mold character in students with a focus on leadership development and citizenship-building.

Sign up in January! For more information, contact Virginia@northfieldymca.org.

Coming! Family Cooking w/ Mary Ellen Frame!

(ages 5-adult)

Soups, homemade breads and much more!

Check our website for details in January!

5th Grade Basketball (January)

Excellent opportunity for your 5th grader to participate and have a ton of fun in basketball. Collaboration with the Northfield Basketball Association.

Jan 4-27 (2x wk/4 wks)

Mon & Wed 7:00-8:00 pm

Location: National Guard Armory

Members: Free Nonmembers: \$40

Boxing

(grades 4-12)

Boxing does much more than simply build muscle and heart health. Learn self discipline, concentration, quick thinking and enjoy the physical fitness of a growing sport for youth by former professional boxers Gordon Marino and Charlie Meyer. Check our website or call for specific 4-12 grade boxing program times. One-on-one coaching available.

High School Basketball League

(grades 9-12th)

The purpose of this program is to provide high school students who are not currently participating in interscholastic sports with an opportunity to play basketball. Teams must be made up of (at most) 8 players, 6 teams max. This is a league so get your friends and build a team. We'll see you in January at the Armory! Collaboration with the Northfield Basketball Association.

Jan 14-Feb 18 (6 weeks)

Thurs 7-8:00 pm

Location: National Guard Armory

Fee: \$90/team (team captains register please)

K-2nd Grade Basketball

By Request! More basketball. We focus on skills and less on competition so your child can enjoy simply playing the game!

Jan 12-Feb 16 (6 classes)

Tue 6:00-6:45

Locations: National Guard Armory

Members: \$10 Nonmembers: \$35

K-3rd Grade Floor Hockey

No Skates required! This is a great chance to get a hockey stick in your child's hands without the pressure of learning how to skate. Learn the fundamentals of stick handling, passing and shooting. Focus is on stretching muscles, heart health, teamwork and fun! Equipment is age appropriate (soft sticks and larger pucks for the younger age groups).

Jan 13-Feb 10:

K-1st grade Floor Hockey: Wed 5:00-5:45 pm

2-3rd grade Floor Hockey: Wed 6:00-6:30 pm

Locations: National Guard Armory

Members: Free Nonmembers: \$35

Y Junior Jumpers

(K-1st grade)

Tumbling and mat exercises to include entry level handstands, cartwheels, backbends, one handed cartwheels. Program is for boys and girls! Excellent entry or beginning program for your young gymnast. No skill required.

Collaboration with the Gymnastics Association. Feb 23-Mar 23 (5 weeks)

Tue 6:00-6:45

Location: National Guard Armory

Members: \$10 Nonmembers: \$35

Y Junior Rollers

(2-3rd grade)

Tumbling and mat exercises to include handstands, bridge, cartwheels, backbends.

Program is for boys and girls! Excellent entry or beginning program for your young gymnast.

No skill required. Collaboration with the Gymnastics Association.

Feb 23-Mar 23 (5 weeks)

Tue 7:00-7:45

Location: National Guard Armory

Members: \$10 Nonmembers: \$35



K-2nd Grade Indoor T-ball

Batting, pitching, base running FUN!

We focus on skills and less on competition so your child can enjoy simply playing the game!

Kids work on teamwork, sportsmanship and FUN! Excellent way for kids to get some indoor exercise during those colder months!

Feb 22-Mar 22 (5 weeks)

Mon 6:30-7:15

Location: National Guard Armory

Members: Free Nonmembers: \$35

2-3rd Grade Off-the-Ice Broomball

Hockey without the ice or the hockey stick!

Broomball is a fast paced game and excellent indoor fun during those colder winter months.

Two teams battle for the most goals using a small ball and brooms! Great opportunity for physical activity for both fun and fitness! No experience necessary! Grab your friends!

Feb 24-Mar 24 (5 weeks)

Wed 6:00-6:45

Location: National Guard Armory

Members: Free Nonmembers: \$35

Winter Programs

(Preschool - Kindergarten)

Healthy Kids Day is Coming!

Free fun-filled morning of interactive games, family activities, health give-aways, the Fire Truck, Sheriff's car, National Guard Inflatable Obstacle Course, Youth Sport Galore & More! We're Working to help families play more and embrace healthy new life choices.

Sat Apr 24 9:00-noon

Location: High School

Music & Movement

(age 2-K)

Dance, sing, and explore music with musical instruments. These activities focus on listening and self expression and are a whole lot of fun! Parents/guardians – please join us in class with the younger ages.

Jan 15-Feb 12 AND

Feb 26-Mar 26

Fri 9:15 – 10:00 am (5 classes)

Location: Y's Health & Wellness Center

Members: Free Nonmembers: \$35

Mommy/Daddy & Me Music & Exercise

(ages 2-K)

Egg shakers, dancing, music, exercise together! This parent/child class is perfect for quality time with your little ones. Join us for laughter, smiles, music and exercise!

Jan 16-Feb 13 AND

Feb 27-Mar 27

Sat 11:45-12:30 (5 classes)

Location: Y's Health & Wellness Center

Members: Free Nonmembers: \$35

Tales & Creation

(ages 3-K)

Children read a story and then participate in an activity inspired by the story (puppets, crafts, tantalizing games or silly songs!)

Jan 12-Feb 9

Tues 10:00-10:30 am

Location: National Guard Armory

Members: Free Nonmembers: \$20

Messy Play

(ages 2-K)

Explore art, craft and messy activities all in one class. Program is carefully planned to allow kids to be creative and have fun. It's gooey, messy hands-on fun and we do all the clean-up! Parents/Guardians with younger children, please join us! Parents chose which class for 3 year olds.

Feb 23-Mar 23 (5 classes)

Mon 9:45-10:15 am (ages 2-3)

Mon 10:30-11:00 am (ages 3-K)

Location: National Guard Armory

Members: Free Nonmembers: \$20

Y Wee Spanish Fun

(ages 3-6)

Children will gain spanish skills while having fun with arts and crafts, physical activities, songs, stories and much more. The class is geared towards children with minimal to no spanish skills. Children should be potty trained. Join us!

Tues 9:15-10:30 am Or

Tues 5:15-6:30 pm

Jan 12-Feb 9 (5 classes) and

Feb 23-Mar 23 (5 classes)

Location: Y's Health & Wellness Center

Members: \$16 Nonmembers: \$40

PreK Gym Games

(ages 3-4 & 4-K)

Soft balls, scooters, the parachutes, cone relays, kicking, catching, running Fun! This class is small by design and great for first sport classes for your little ones. Parent choice for 4 year olds.

Jan 11-Feb 8 (5 classes)

Busy Bee Gym Games (ages 3-4):

Mon 9:00-9:30 am

Members: Free Nonmembers: \$20

Wee Jammin Gym Games (ages 4-K):

Mon 9:45-10:30 am

Members: Free Nonmembers: \$35

Location: National Guard Armory

Wonders of Winter Young Scientists

(ages 4-K)

Brrrr - it's cold out there! Let's experience and learn about the wonders of winter through science and nature by playing games, doing experiments and art projects. Discover some of the amazing characteristics of snow and ice; identify tracks and other signs of wildlife in winter; and learn about how animals and plants adapt to the wintry weather. Wear weather appropriate clothing as we will try to spend at least part of each session outdoors.

Sun Jan 17-Feb 14 (5 classes)

3:00-3:45 pm (ages 4-K)

Location: Emmaus Church

Members: Free Nonmembers: \$35

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. Join us for some family fun!

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 Basketball

(ages 3-5)

Introduce your child to a life long love of Basketball. We focus on skills and less on competition so your child can enjoy simply playing the game!

Jan 12-Feb 16 (6 classes)

Tue 5:00-5:45

Locations: National Guard Armory

Members: \$10 Nonmembers: \$35

Wee Floor Hockey

(ages 3-5)

No Skates required! This is a great chance to get a hockey stick in your child's hands without the pressure of learning how to skate. We use a soft stick and larger puck. Focus is on stretching muscles, heart health, teamwork and fun! Soft sticks and larger pucks!

Jan 11-Feb 8

Mon 5:45-6:30 pm

Locations: National Guard Armory

Members: Free Nonmembers: \$35

Wee Tumbleweeds

(ages 3-4)

This is a basics of tumbling program with an emphasis on confidence, following direction, listening & cooperation. Collaboration with the Gymnastics Association.

Mon 9:00-9:30 (Feb 22-Mar 22) or

Tue 4:15-4:45 (Feb 23-Mar 23)

Location: National Guard Armory

Members: \$5 Nonmembers: \$20

Live Y'ers

(ages 4-5)

Designed for the young gymnast, we work on pencil rolls, forward and backward rolls, tucks, jumps, and proper posture. Basics and simple tumbling with emphasis on confidence, following direction, listening & cooperation. Collaboration w/ the Gymnastics Association.

Mon 9:45-10:30 (Feb 22-Mar 22) or

Tue 5:00-5:45 (Feb 23-Mar 23)

Location: National Guard Armory

Members: \$10 Nonmembers: \$35

Wee Indoor T-ball

Batting, pitching, base running FUN! Kids work on teamwork, sportsmanship and FUN! Excellent way for kids to get some indoor exercise during those colder months!

Feb 22-Mar 22 (5 weeks)

Mon 5:30-6:15

Location: National Guard Armory

Members: Free Nonmembers: \$35

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

Northfield Area Family YMCA | 519 Division Street, Northfield MN 55057 | 507-645-0088 | 507-645-8188
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