BE A PART OF SOMETHING SPECIAL

YMCA OF CASS AND CLAY COUNTIES

WINTER/SPRING 2015 PROGRAM GUIDE

- Youth Programs (Jan - May)
- Membership
- Child Care
- Y Swim School
- Family Activities
- Adult Wellness
YMCA OF CASS AND CLAY COUNTIES

LOCATIONS:

Fercho YMCA
400 1st Avenue S, Fargo
701.293.9622

Schlossman YMCA
4243 19th Avenue S, Fargo
701.281.0126

Partner Facilities
Family Wellness
2960 Seter Parkway, Fargo | 701.234.2400
Family Wellness Yoga
3140 Bluestem Drive Suite 103, West Fargo
701.234.2400

FACILITY HOURS

NOW UNTIL MAY 25
Mon–Thur.............5:00 am - 11:00 pm
Friday..................5:00 am - 10:30 pm
Saturday..............6:00 am - 8:00 pm
Sunday................8:00 am - 9:00 pm

MAY 26 – SEPTEMBER 7
Mon–Thur.............5:00 am - 11:00 pm
Friday..................5:00 am - 9:00 pm
Saturday..............6:00 am - 7:00 pm
Sunday................8:00 am - 7:00 pm

Activity areas close one-half hour before building hours. Hours are subject to change based on usage.

HOLIDAY HOURS
New Years Eve ......5:00 am - 6:00 pm
New Years ..........9:00 am - 3:00 am*
Easter ..................CLOSED
Memorial Day.......7:00 am - 11:00 am*

*Hours are for the Fercho Branch ONLY. The Schlossman fitness center 24 hour access will be only open on those days.

YMCA Storm Line:
For weather related changes and cancellations call 701.364.4159, visit ymcaclay.org or check our Y app.

AWAY BENEFIT (Always Welcome at YMCAs)
Your Y membership gains you access to YMCAs around the nation!
This includes 12 passes to our partner facility - Family Wellness, 2960 Seter Parkway, Fargo (near Scheels Arena).

FACEBOOK: facebook.com/ymcacassclay
TWITTER: twitter.com/ymcacassclay
MOBILE APP: Schedules & Alerts
WEBSITE: www.ymcacassclay.org

SCHLOSSMAN Y FITNESS CENTER
OPEN 24 HOURS!
Our staffed Fitness Center’s weight and cardio equipment are available whenever you are, including holidays!

*Locker Rooms and Y Areas outside of the Fitness Center are unavailable after hours.

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CONNECT WITH US & STAY UP-TO-DATE!

FACEBOOK: facebook.com/ymcacassclay
TWITTER: twitter.com/ymcacassclay
MOBILE APP: Schedules & Alerts
WEBSITE: www.ymcacassclay.org
JOIN US

WE ARE HERE FOR YOU.

When you join the Y, you belong to a community of men, women and children who strive every day to be healthy, confident and connected.

The Y is for everyone.

Our programs, services and membership enable kids to realize their potential, offer ways for families to have fun and be active together, and empower people to be healthier in spirit, mind and body. And that’s just the beginning.

Program Sessions:

WINTER: January 4 – March 14
(10 Week Session)

SPRING: March 15 – May 23
(10 Week Session)

PROGRAM REGISTRATION
Registration is NOW OPEN for all sessions and programs.

1. ONLINE – www.ymcacassclay.org
2. PHONE – 701.293.9622
3. WALK-INS – 400 1st Ave S, or 4243 19th Ave S, Fargo

You can now register for programs at ANYTIME during the session!
(Prices will be prorated for classes left in session.)

Non-Members!
Don’t forget to pick up your Program Access Card at either Member Services Desk before your program starts to gain access into the Y!

Program Credit/Refund Policy:
There is a $10.00 charge for all refunds/credits unless the class is cancelled by the YMCA, then a full refund is granted. If you apply before the first class meets, then a full credit, less $10.00 will be given. Once a class begins no credit will be given. There will be no credit/refund due to weather-related cancellations. No credit is given for membership or missed classes. You will need to fill out a refund/credit form, which can be found at either Member Service Desk or www.ymcacassclay.org/forms. The form will be reviewed and you will be informed by mail of the action taken.

Insurance Notice:
It is the responsibility of every individual or their parent/guardian to provide for their own accident and health coverage while participating in all YMCA activities. The YMCA of Cass and Clay Counties does not provide any accident or health coverage for participants.
Current Impact & Locations
JANUARY

Intro to Yoga Workshop Jan 5, 12, 19
This series is for those who desire an effective and tailored start to yoga and is specifically designed for beginners. Join us for three one-hour classes. Over the course of this workshop series, you are taken through the foundational postures, breath work, relaxation and more.

Candle Light Yoga Jan 9
This class is designed to help you relax, melt away tension, decrease feelings of stress and anxiety and increase a sense of calmness and peacefulness. This class is for all levels and is done in the gentle glow of candle light. Proceeds benefit LIVESTRONG® at the YMCA.

Dive-In Movie Jan 10
See below for details.

Aqua Zumba-thon Jan 16
Just like Zumba, this class will use Latin inspired dance with easy to follow moves and a dynamic and challenging workout in the water that includes cardiovascular conditioning and muscular toning. Donations encouraged – Proceeds benefit LIVESTRONG® at the YMCA.

Xerzone Event Jan 31
See below for details.

FEBRUARY

Candle Light Yoga Feb 6
This class is designed to help you relax, melt away tension, decrease feelings of stress and anxiety and increase a sense of calmness and peacefulness. This class is for all levels and is done in the gentle glow of candle light. Proceeds benefit LIVESTRONG® at the YMCA.

Dive-In Movie Feb 14
See below for details.

Xerzone Event Feb 28
See below for details.

APRIL

Dive-In Movie April 11
See below for details.

Healthy Kid’s Day April 25
This FREE Community event encourages kids to stay physically and intellectually active all summer long. Activities will include swimming, interactive games, craft making, booths from other youth organizations and more!

MAY

Xerzone Event May 30
See below for details.

MARCH

Candle Light Yoga March 6
This class is designed to help you relax, melt away tension, decrease feelings of stress and anxiety and increase a sense of calmness and peacefulness. This class is for all levels and is done in the gentle glow of candle light. Proceeds benefit LIVESTRONG® at the YMCA.

Camp & Program Fair March 7
Learn more about youth programs and summer camps at the Y, try out activities, register on the spot, and more at this FREE community event.

Dive-In Movie March 14
See below for details.

Zumba Storm March 20
Join us for a large Zumba class with Latin inspired routines, dynamic dance moves, and DJ with live music and a light show. Get ready to shimmy and shake the night away! Proceeds benefit LIVESTRONG® at the YMCA.

Easter Eggstravaganza March 28
Celebrate Easter with activities like an egg hunt, arts and crafts, a splash party, prizes, and more!

UPCOMING DATES TO WATCH FOR:
> Twins Game vs Cardinals Bus Trip – June 18
> Twins Game vs Tigers Bus Trip – July 12
> Twins Game vs Indians Bus Trip – August 16

For more information on the Twins Game Bus Trips, contact Dee at 701.364.4153.
When you join the Y, you belong to a supportive community of men, women and children who strive every day to be healthy, confident and connected.

**YMCA MEMBERSHIP INCLUDES**

**MEMBERSHIP PERKS**
> Free Guest Passes
> Free 30 Minute Session With A Personal Trainer
> 24 Hour Access to our Schlossman Fitness Center
> Special Member Rates on All YMCA Programs
> Away Program – Use of Other Ys Around the World
> Free Towel Service
> Child Care While Using the Facility (See page 6)

**FITNESS CENTERS**
Two great locations – always staffed and provide strength training and cardio equipment. * Visit our partner location, Family Wellness, 12 times a year as well!

**GROUP FITNESS CLASSES**
Both land and water classes are included! Together we offer over 150 classes each week!

**COURTS Fercho YMCA**
Racquetball/Handball/Wallyball Courts can be reserved up to three days in advance. Equipment available for check out the Member Services Desk.

**Membership Rates & Categories**

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<td>Senior – Ages 65+</td>
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<td>Student/Youth – Ages 8-24</td>
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* Includes full-time college students under the age of 26 or dependent adults. Dependents must be living at the same address.

Questions on membership or want to schedule a tour? Contact a Membership Coordinator!
Britta – britta.anderson@ymcacassclay.org  | 701.356.1477  | Schlossman YMCA
Casey – casey.sanders@ymcacassclay.org     | 701.364.4124  | Fercho YMCA

**SWIMMING POOLS Fercho YMCA**
Water exercise, lap, open and family swim available. Also check out the AquaClimb! See our aquatics schedule for details.

**BASKETBALL GYMS**
Full-size basketball gyms are available at each location. Adult Member Basketball (Pick Up Games) are also available over noon hour Monday–Friday and select mornings and evenings. See our gym schedule for details.

**LOCKER ROOMS**
Complete with saunas, towel service and whirlpool (Fercho YMCA),

**CLIMBING WALL Schlossman YMCA & XERZONES**
You’re never too old to discover the fun ways to get fit at the Y! Scale our 32 ft indoor rock climbing wall, and play together as a family in our interactive game rooms!

**THE PLAY LOFT & KID’S GYM**
Your little ones can run wild in our farm-themed Play Loft at the Schlossman Y with a slide, climbing platforms, a tractor, animals and more! Or check out our Kid’s Gym at the Fercho Y with slides, tunnels, multi-level climbing platforms and more!

**HEALTH CLUB CREDIT PROGRAMS**

**YOUR INSURANCE PROVIDER MAY PAY YOU FOR WORKING OUT!**
The Y partners with many health insurance providers that reimburse members for exercising! To find out if your plan qualifies, simply call the number on the back of your health insurance card and ask if they have a Health Club Credit Program.

**Y Match Needs-Based Membership**
Our Y works hard everyday to ensure that everyone has the ability to learn, grow and thrive. Funding for the Y Match Memberships & Programs is made possible through the United Way and other community donations to the YMCA. This assistance is available, within the limits of our resources, to members that provide complete documentation showing their inability to pay the full member rate.

Stop by either Y location to pick up an application or go to ymcacassclay.org/ymatch

Y Match Needs-Based Membership

Questions on membership or want to schedule a tour? Contact a Membership Coordinator!
Britta – britta.anderson@ymcacassclay.org  | 701.356.1477  | Schlossman YMCA
Casey – casey.sanders@ymcacassclay.org     | 701.364.4124  | Fercho YMCA

**Membership Cancellation Policy:**
You may cancel your membership at any time by coming to either YMCA location, filling out a drop form, and turning in your membership card(s) by the end of the month. Members who cancel before the end of a month will have no future charges. Members who cancel their membership on or after the 1st of the month will be drafted on the 15th day of that month.

NO CONTRACTS!
NEW AQUATICS FACILITY

COMING MAY 2016

The YMCA of Cass and Clay Counties is excited to announce the renovation and addition of a new aquatic facility to the Fercho YMCA! The project will go out for bid January 2015. Demolition of the old pool will start May 1, 2015 and is set to be complete May 2016.

Project Highlights

• Large lap pool will now be 6 lanes instead of 4
• The lanes will be 8ft wide rather than 6ft
• Addition of zero-depth entry pool for kids and families
• Renovation of small warm water pool
• Large windows facing the South
• New view area on ground level and an upper balcony

The YMCA is working with community partners to provide access to other pools throughout the community to its members and program participants during the construction period. Stay turned for updates and information on pool access.

For further questions or to support the pool project through financial contributions please contact Paul Finstad, President, at 701.364.4114 or finstad@ymcacassclay.org.
Parent/Baby

Babies ages 6-18 months and the parent will enjoy the class together. This class is an excellent bonding opportunity between parent and baby. This class teaches the parent how to properly hold their baby while working on floating, submerging, hand/eye coordination and muscle strengthening through games and songs.

Parent/Child

Toddlers ages 19-35 months and the parent will enjoy this class together as well. This class teaches the parent how to work with their child on relaxed floating, gaining breath control for submerging, independent climbing out of pool and muscle strengthening. This class will also include games and songs.

Guppy

Children 3 years old can begin getting comfortable in the water independent of their parents. Through patience and trust, children in this level will overcome their fear and eventually swim independently. Instructors work with children at their own pace encouraging students to progress through games and fun.

Starfish

In this level, encouragement and positive reinforcement will help little swimmers become more skilled swimming independently. Floating independently on their front and back as well as kicking across the pool on their back independently is stressed in this class for water safety reasons.

Froggie

In this class, participants will build on their independent swimming ability by swimming further distances. Being able to transition from swimming on their front to their back with ease is one of the skills that will build this swimmers confidence. This skill is also a major water safety skill and building block toward formalized strokes in future levels.

Turtle

Children in this class will build on previous levels by working on swimming underwater, beginning to define swim strokes and learning more water safety skills. Swimmers will learn backstroke, front crawl, elementary backstroke and be able to retrieve toys from the bottom of the pool.

Otter

Swimmers in the Otter class will gain confidence as they begin to swim further distances in backstroke, front crawl and elementary backstroke. Children will learn dolphin kick, the timing of breaststroke, and will start to learn flip turns.

Seal

Children in this class will increase their strength and endurance by swimming multiple lengths of front crawl and backstroke with flip turns. Your swimmer will progress by completing the butterfly and breaststroke. Endurance will be increased even more by working on being able to swim 300 yards continuously.

Shark

These experienced swimmers will be able to swim multiple lengths of the pool in each of the competitive strokes: front crawl, backstroke, breaststroke and butterfly. Children in this class will also be skilled in elementary backstroke and sidestroke. Safety is emphasized in this class while students learn various forms of survival swimming which they will be able to do for ten consecutive minutes.

Insta-Gators

Insta-Gators is a great option for children who are considering joining a swim team. In this class, students will work on the four competitive strokes, learn common swim team drills, increase endurance and strength, and learn competitive starts. Lesson participants need to complete the Seal level in order to join Insta-Gators. *Insta-Gators meet twice a week.

Not sure what level your swimmer should be in?

We offer FREE Swim Level Assessments every Saturday from 12-12:30pm at the Fercho YMCA. Or go to ymca-cassclay.org/swimschool for a flow chart to determine the best level for your child!
YMCA Swim School Classes are held once a week for 30 minutes. Families that want to swim more than once a week are encouraged to do so by signing up for another lesson day. Insta-Gators is held twice a week. Participants can choose either Monday, Wednesday or Tuesday, Thursday option.

### Summer 2014 Swim School Session

- **June 2nd, 2014**
- **August 16th, 2014**

#### Parent-Parent
- **Mon**
  - Baby
  - Child
- **Tues**
  - Parent
  - Baby
- **Wed**
  - Parent
  - Parent
- **Thurs**
  - Parent
  - Parent
- **Sat**
  - Parent
  - Parent

#### Parent-Child
- **Mon**
  - Guppy
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#### Guppy
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**SWIM SCHOOL RATES**

**WINTER** – 10 Week Session
- Regular lessons: MBR - $60, NM - $120
- Private lessons: MBR - $240, NM - $480

**SPRING (Monday – Thursday classes)** – 7 Week Session
- Regular lessons: MBR - $42, NM - $84
- Private lessons: MBR - $168, NM - $336

**SPRING (Saturday classes)** – 6 Week Session
- Regular lessons: MBR - $36, NM - $72
- Private lessons: MBR - $144, NM - $288

YMCA Swim School Classes are held once a week for 30 minutes. Families that want to swim more than once a week are encouraged to do so by signing up for another lesson day. Insta-Gators is held twice a week. Participants can choose either Monday, Wednesday or Tuesday, Thursday option.
FM GATORS SWIM TEAM
A Program of YMCA of Cass and Clay Counties

The Gators Swim Team is a competitive swim program that has been a part of the YMCA Cass & Clay Counties for over 50 years. The Gators have 3 training groups for ages 5 & up to accommodate all levels of competitive swimmers. (Developmental, Age Group and Senior. Participants under the age of 10 and new to the Gators must complete the Insta-Gator program before joining. Participants coming in from another swim team program should contact Head Coach Erich Richardson for information on registering for the Gators at 701.364.4151 or erich.richardson@ymcacassclay.org. For current practice schedules, group descriptions and payment options, refer to the Gator website at www.fmgators.com

WINTER SEASON
Short Course Session 2: January 1–March 20

LEVELS
Developmental Green and Developmental Gold Groups: Developmental swimmers are new and experienced 6+ year old swimmers who are already legal in the 3 competitive strokes. They learn the skills necessary to compete such as working with teammates, following directions and listening to the coaches, more advanced drills, learning and smiling a lot! Developmental Green & Developmental Gold are essentially the same group; they are named for the days that the particular group practices. Please see the practice schedule at www.fmgators.com to see which group will best fit your swimmer’s schedule.

Age Group I and Age Group II: The Age Group levels are designed to give swimmers 9-years old and older a positive and technically sound experience on a swim team. These levels are designed to appropriately challenge your child depending on his or her experience in the sport of swimming as well as develop more advanced competitive swimming training skills.

Senior Member: The Senior Group levels are designed for the more advanced, competitive swimmer. Necessary training will be given to excel in the competitive swimming events.

Pricing: Short Course Session 2

<table>
<thead>
<tr>
<th>Level</th>
<th>MBR</th>
<th>NM</th>
</tr>
</thead>
<tbody>
<tr>
<td>Developmental Green</td>
<td>$145</td>
<td>$170</td>
</tr>
<tr>
<td>Developmental Gold</td>
<td>$145</td>
<td>$170</td>
</tr>
<tr>
<td>Age Group</td>
<td>$165</td>
<td>$190</td>
</tr>
<tr>
<td>Senior</td>
<td>$185</td>
<td>$210</td>
</tr>
</tbody>
</table>

Adult Swim Team (Ages 19+)
Participants range from the beginner swimmer looking to stay fit or for the athletes who are aggressively seeking to compete in swimming meets or triathlons. Swim team coaches will be on deck to improve stroke technique, endurance and speed. Workouts are Tuesday and Thursday mornings at 5:45am will be written specifically for all levels on the team. Please contact Head Coach, Erich Richardson, for information and practice times on the Adult Team at 701.364.4151 or erich.richardson@ymcacassclay.org.

Insta-Gators
Insta-Gators is a great option for children who are considering joining a swim team. In this class, students will work on the four competitive strokes, learn common swim team drills, increase endurance and strength, and learn competitive starts. Lesson participants need to complete the Seal level in order to join Insta-Gators. See lesson schedule for practice times.
Because we know that healthy lifestyles are achieved through nurturing mind, body and spirit, the Y provides educational programs to promote healthier decisions, and offer a variety of programs that support physical, intellectual and spiritual strength.

- Personal Training
- Nutrition
- Massage
- Sports Performance
- Boot Camp
- Weight Loss
- Run Club
- Endurance Training
- Group Fitness
Personal Trainers
You can choose from any trainers available. All of our personal trainers are nationally accredited and certified.

• Jeff Duerr
• Becca Murphy
• Jason Fuller
• Steve Tangen
• Hillary Clifton-Sloan
• Graham Mootz

> View Personal Trainer bios online.

BECOMING A HEALTHIER YOU
PERSONAL TRAINING

YMCA personal trainers provide support for ALL fitness levels.

We define your unique needs and build a personal fitness plan specifically for you. This personal attention will help you reach your goals and make healthy living a part of your lifestyle.

With over 70 years of personal training experience combined, our personal trainers can address many needs such as:

• Weight Loss
• Toning
• Nutrition
• Education
• Strength Training
• Cardiovascular Conditioning
• Motivation and Accountability
• Competition Training
• Circuit Training
• Overall Wellness and More

Our personal trainers are here to help and truly care about your total health and well being. Because Y personal training is done in the Y environment, it’s comfortable and not intimidating.

As a Y member you receive a FREE 30 minute session with a personal trainer!

You have 30 minutes to work on or discuss whatever you want! They can also help you become acquainted with the cardio and strength equipment that will help you get on your way to a healthy lifestyle.

Scheduling is very flexible. A personal trainer is available at both locations, every day from open to close.

### PERSONAL TRAINING & NUTRITION PACKAGE

Combining regular exercise with a nutritious eating lifestyle will help you to achieve or maintain a healthy body weight, increase energy, reduce the risk of disease and stress, and much more.

<table>
<thead>
<tr>
<th>Sessions</th>
<th>Time</th>
<th>Mbr Fee</th>
<th>Non-Mbr Fee</th>
</tr>
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<tbody>
<tr>
<td>One-on-One</td>
<td>60 min</td>
<td>$55.00</td>
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<tr>
<td>One-on-One</td>
<td>45 min</td>
<td>$45.00</td>
<td>$59.00</td>
</tr>
<tr>
<td>Partner Training</td>
<td>60 min</td>
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</tr>
<tr>
<td>Partner Training</td>
<td>45 min</td>
<td>$30.00 ea</td>
<td>Not available to non-members</td>
</tr>
<tr>
<td>Package (12)</td>
<td>60 min</td>
<td>$595.00</td>
<td>$740.00</td>
</tr>
</tbody>
</table>

All sessions must be paid for before the session begins, and must be used within a year of purchase.

Schedule your FREE 30 minute session, view trainer biographies and schedules, and more at: ymcacassclay.org/personaltraining

or call 701.293.9622

Combining regular exercise with a nutritious eating lifestyle will help you to achieve or maintain a healthy body weight, increase energy, reduce the risk of disease and stress, and much more.

Three 60 min One-on-One Personal Training Sessions + One 60 min Nutrition Counseling Session

Mbr Fee: $190 | Non-Mbr Fee: $237

Schedule your FREE 30 minute session, view trainer biographies and schedules, and more at: ymcacassclay.org/personaltraining

or call 701.293.9622
**EAT WELL LIVE WELL**

**NUTRITION**

Make your health goals a reality through trusted nutrition information.

Stop dieting and start living! Our on-site Registered Dietitian is here to help you make a lifestyle change—one that is realistic and maintainable.

**PERSONALIZED PLANS**

Sessions will address your nutritional needs, goal-setting, maintaining accountability, and creating a personalized plan to fit your lifestyle. Discussions may focus on anything from disease prevention to grocery shopping tips.

> Healthy Eating
> Sports Nutrition
> Diabetes
> High Blood Pressure
> IBS
> Weight Loss / Weight Gain
> High Cholesterol
> Heart / Kidney / Celiac Disease
> Recipe Selection, Grocery Shopping and Meal Tips

Dietitian – Leah Roethel, RD, LRD

**BENEFITS OF GOOD NUTRITION**

- **Long, healthy life** – research shows that by consuming a healthy diet, you will live longer, and live better
- **Reduced risk of disease** – nutrition has a positive impact on and can help prevent heart disease, diabetes, and cancer
- **Better digestive health** – nutrition helps keep the gastrointestinal tract healthy and functioning at its best
- **Better hydration** – consuming healthy beverages along with fruits and vegetables can keep you hydrated – at least 60% of the body is water!

**PERSONALIZED PLANS**

Sessions will address your nutritional needs, goal-setting, maintaining accountability, and creating a personalized plan to fit your lifestyle. Discussions may focus on anything from disease prevention to grocery shopping tips.

**WEIGHT LOSS PROGRAM** Ages 15+

Get that extra motivation and accountability you may need to complete your goals!

Join the Y’s new Weight Loss Program and Registered Dietitian to gain a healthy perspective towards the foods that nourish your body. This program will provide you with the knowledge and support you need to successfully reach a healthy body weight and maintain it for life. Each weekly one hour session will cover a new topic, include personalized discussions in a judgement free group setting, and will keep you accountable throughout your weight loss journey. In addition, each session will include 4 sessions with a certified personal trainer. Please contact Leah at 701.364.4147 for more information.

**Schedule Your Appointment**

Fercho Y: (701) 293-9622
Monday – Friday | 8:00 am - 4:00 pm

Please contact Leah at 701.364.4147 for more information.
RELAX & UNWIND

MASSAGE

Reward yourself and unwind after a grueling workout or a long day.

We’ll take care of your sore and achy muscles, so that you don’t miss out on the things you love! The YMCA has massage therapists right on site, ready for you.

BENEFITS OF MASSAGE

- Long, healthy life – research shows that by consuming a healthy diet, you will live longer, and live better
- Each modality of massage has its particular benefits, but overall, massage can:
  - Help decrease stress levels in the mind/body
  - Help lower blood pressure
  - Induce states of relaxation
  - Provide greater joint flexibility and range of motion
  - Improve posture
  - Relieve muscle tension including headaches
  - Increase circulation (which in turn can help boost metabolism, release toxins stored in the body, help lower blood pressure, and lots more)

PERSONALIZED PLANS

We will work with you to address your wellness needs and can incorporate any of the following massage modalities.

Swedish Massage
Light pressure – purely relaxation.

Deep Tissue/Trigger Point
Focuses on targeted trouble areas within full body massage or upper/lower body massage.

Prenatal Massage

Geriatric Massage
Lighter massage geared toward the elderly.

Sports Massage
Pre and Post workout sessions to help clients stretch, release muscle tension and achieve maximum performance ability.

Focused Work for Headache and Migraine Relief

Schedule Your Appointment

Fercho Y: (701) 293-9622
Mon, Tues, Wed, Thurs - 10:00 am - 2:45 pm
Sat - 7:00 am - 11:00 am

Massage Therapist
Renee Fosmark, LMT

Massage has healing elements that boost the immune system, improve circulation, concentration, energy, self-esteem and can contribute to a good night’s sleep.
Reach Your Peak Performance – Challenge and Improve Your Fitness Level!

The YMCA Sports Performance program is a detailed 10 week program designed to challenge and improve any athlete's speed, agility, vertical power and body awareness. Athletes are tracked and progressed with our sport specific workouts designed by strength and conditioning specialists. YMCA Sport Performance starts with performance testing to gauge your level of athleticism, and ends with a final test out with comparison data and athlete rankings. You will literally see and feel the differences you make in the program! Please contact Jason Fuller at 701.371.9818 or jason.fuller@ymcacassclay.org for more information.

All sports and levels are welcome.
- Volleyball
- Football
- Basketball
- Hockey
- Baseball
- And More

SESSIONS INCLUDE
- Pre Test: Evaluate/Performance Test
- Weeks 1-2: Conditioning
- Weeks 3-4: Adaptation
- Weeks 5-6: Mastery of Drills
- Weeks 7-10: Peak Performance
- Completion: Post Test Evaluation to assess gains

Our youth fitness programs are designed to develop our children into physically strong kids but more importantly into kids of strong character.

YOUTH EXERCISE CONCEPTS
Fitness Education & Wellness – Access to Fitness Center and Group Fitness Classes

Complete this course you and will have full access to the fitness center and group fitness classes without being accompanied by an adult. The course takes 3 one hour sessions with a Fitness Associate to complete. There is a one time $15.00 fee for the course. Please contact Caleb Johnson at 701.356.1447 or caleb.johnson@ymcacassclay.org to set up your first session.
ACHIEVE YOUR WELLNESS GOALS

BOOT CAMP  Ages 15+

Enjoy working out in groups and want to burn serious calories?

This 10–week program will challenge you two times per week for an hour each session and burn some serious calories! Each session includes groups of 10 participants that will push you to exercise at a greater intensity, in return burning more calories. Boot camp is fun and intense and is a great change up to your everyday workout.

Bootcamp workouts are built on 3 fundamentals of training: Cardio, Strength, and Agility. Challenge yourself with Personal Trainer, Becca Murphy.

FIT CAMP  Ages 18+

Renew, empower and improve at the Y’s 2nd Annual Fitness Intensive Training Camp for women!

Join other women of all fitness abilities and levels, and discover your power to improve your health, and increase enjoyment of life through fitness, good nutrition and stress management in this 3–day camp. Each day you will be challenged at your own level to improve your well-being and gain a deeper understanding of your mind, body and spirit. There will be approximately five hours of activity daily, interspersed with meals, nutritional education, stress management activities and speakers, and journaling. You will leave this camp feeling stronger, refreshed, revived, and more balanced. You will also have a new support group of empowering women and friends. Please contact Katelyn Anderson at 701.356.1448 or katelyn.anderson@ymcacassclay.org for more information.

Camp Dates: August 21–23, 2015

<table>
<thead>
<tr>
<th>Camp</th>
<th>Mbr Fee</th>
<th>Non-Mbr</th>
</tr>
</thead>
<tbody>
<tr>
<td>Regular Price</td>
<td>$399.00</td>
<td>$499.00</td>
</tr>
<tr>
<td>Early Bird Rate</td>
<td>$369.00</td>
<td>$459.00</td>
</tr>
</tbody>
</table>

*Includes all meals, lodging, and activities, along with an exclusive FIT Camp longsleeve dri-fit shirt.

LIVESTRONG® at the YMCA

LIVESTRONG® at the YMCA is a FREE 12-week wellness program designed for cancer survivors who have become de-conditioned or chronically fatigued from their disease and/or treatment. The focus is on cardio-respiratory fitness and strength training with the outcome of the class being overall wellness and self-confidence. Individuals will work with an Exercise Specialist to develop a personalized wellness program. For additional information, please contact Katelyn Anderson, Healthy Living Specialist at 701.356.1448 or katelyn.anderson@ymcacassclay.org.

<table>
<thead>
<tr>
<th>DATES</th>
<th>DAYS</th>
<th>TIME</th>
<th>LOCATION</th>
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</thead>
<tbody>
<tr>
<td>Jan 7 - March 30</td>
<td>Mon &amp; Wed</td>
<td>5:30–7:00 pm</td>
<td>Fercho Y</td>
</tr>
<tr>
<td>March 3 - May 21</td>
<td>Tues &amp; Thurs</td>
<td>6:30–8:00 pm</td>
<td>Fercho Y</td>
</tr>
<tr>
<td>April 10 – July 6</td>
<td>Mon &amp; Wed</td>
<td>5:30–7:00 pm</td>
<td>Schlossman Y</td>
</tr>
<tr>
<td>Aug 10 – Oct 26</td>
<td>Mon &amp; Wed</td>
<td>6:30–8:00 pm</td>
<td>Fercho Y</td>
</tr>
</tbody>
</table>

www.ymcacassclay.org/livestrong

Sponsored By:

SANDFORD

* RN ANALYSIS

AGED CARE CENTER
GOING THE DISTANCE

RUN CLUB  Ages 13+

Good health starts with feeling connected. Training in a group brings a whole new experience to running.

The conversations you have along the way and before and after the run are of huge value, such as exchanging information on training, great local routes, nutrition, tips and other running events. The Y Run Club is open to all levels and abilities and no runner is left behind. Please contact Andrew Carlson at andrew.carolson@ymcacassclay.org for more information.

- Weekly group runs
- Fun cross training workouts
- Valuable information on training, nutrition, running routes and events, and more
- 15% off the Y’s Recliner to 5k & 10k program
- 10% off all Go Far Running events
- YMCA Run Club dri-fit shirt, new friends, and more!

Open to ALL LEVELS from beginner to advanced.

YMCA Run Club Cost (good through May 2015):
$45 Y Members, $54 Non-members

Run Club Coach,  Andrew Carlson

Register at anytime and learn more at:
www.ymcacassclay.org/runclub

RECLINER TO 5K & 10K  Ages 13+

Get that extra motivation and accountability you may need to complete your goals!

Train for the Fargo Marathon 5K and 10K! Run and strength train with the Y’s Endurance Training program to improve your cardiorespiratory fitness, muscular stability, endurance and agility! You will learn about running form, nutrition, flexibility in mind and body, running gadgets and gear, and more. Sessions will also cover strength training, Dry-Land training, Stretching Techniques, Injury Prevention, and a Running Gait Analysis. Sessions include up to four runners per training session. Please contact Andrew Carlson at andrew.carlson@ymcacassclay.org for more information.

<table>
<thead>
<tr>
<th>Session</th>
<th>Day</th>
<th>Time</th>
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</thead>
<tbody>
<tr>
<td>Recliner to 5K Training</td>
<td>Tues</td>
<td>6:00 - 7:00 pm</td>
</tr>
<tr>
<td>Recliner to 10K Training</td>
<td>Mon</td>
<td>6:00 - 7:00 pm</td>
</tr>
</tbody>
</table>

Winter Sessions: March 2 – May 8

Location: Fercho YMCA

Cost: MBR: $300 | NM: $375.00
(includes free YMCA Run Club membership - up to $54.00 value plus other great benefits)
GET CONNECTED
GROUP FITNESS

Over 150 classes per week are included with Y Membership! To view complete schedules and class descriptions, download our MOBILE APP or visit us online at www.ymcacassclay.org/schedules.

BEGINNER / NEW TO GROUP FITNESS

BODYVIVE™
Yoga Level I
Zumba®
Pilates
Zumba® for Families
Zumba GOLD
Gentle Yoga
Zumba Kids®
Barre Fitness - new!

READY FOR MORE INTERMEDIATE

BODYFLOW™
BODYPUMP™
Yoga Level II
Zumba®
Circuit Blast - new!
BODYJAM™
CXWORX™
BODYPUMP™
BODYPUMP™
BODYPUMP™
BODYPUMP™
BODYPUMP™

LOW DIFFICULTY

Arthritis
Aqua Sculpt
Aqua Zumba for Families
SilverSplash

MODERATE TO HIGH DIFFICULTY

Hydro-Conditioning
Ripple Effect
Deep Water

WaterinMotion®
Aqua Zumba

NEW FORMATS

Barre Fitness - Barre Fitness class incorporates elements of ballet, Pilates, and yoga into one class that challenges and tones the entire body. This 45-minute class is a total body conditioning workout that is set to upbeat music and helps to improve body awareness, flexibility and stabilization.

Tabata - This 30-minute class alternates between high intensity cardio bursts and low intensity recovery. This, in turn, helps to keep the mind focused on time/speed and is more engaging. The Tabata Training format helps to increase strength, improve flexibility, build muscle, cardio fitness, and burn fat.

SilverSneakers® Technique - This class will provide you with the basic exercise form and techniques to make the best of your workout, including one-on-one coaching on proper tool selection, form, and more.

Circuit Blast - This class will work your cardiovascular system as well as your strengthen your muscles by performing a group of exercises with little or no rest in between. This class will include a variety of cardio intervals, tabata, boot camp format and equipment.

Don’t miss out on fun and exciting Group Fitness events!

> Intro to Yoga Workshop - Jan 5, 12, 19
> Candle Light Yoga - Jan 9, Feb 6, March 6
> Aqua Zumba-thon - Jan 16
> Zumba Storm - March 20
GYMNASTICS  Fercho YMCA

Tiny Tumblers  (Ages 2-3)
In an open gym atmosphere, instructors work on basic motor skills, forward rolls and coordination. Instructors of this program focus on activities that are fun and stimulating for children. Children and caregivers participate together.

<table>
<thead>
<tr>
<th>Days</th>
<th>Time</th>
<th>WINTER &amp; SPRING</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tues</td>
<td>5:00-5:45 pm</td>
<td>MBR: $50, NM: $70</td>
</tr>
<tr>
<td>Thurs</td>
<td>6:00-6:45 pm</td>
<td>*Saturday sessions are WINTER 1 only.</td>
</tr>
<tr>
<td>Sat</td>
<td>10:15-11:00 am</td>
<td></td>
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</tbody>
</table>

Little Leapers  (Ages 4-5)
An introductory class designed to develop independence and basic gymnastics skills such as forward, backward rolls and handstands with support. Children and caregivers participate together.

<table>
<thead>
<tr>
<th>Days</th>
<th>Time</th>
<th>WINTER &amp; SPRING</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tues</td>
<td>6:00-6:45 pm</td>
<td>MBR: $50, NM: $70</td>
</tr>
<tr>
<td>Thurs</td>
<td>5:00-5:45 pm</td>
<td>*Saturday sessions are WINTER only.</td>
</tr>
<tr>
<td>Sat</td>
<td>11:15 am -12:15 pm</td>
<td></td>
</tr>
</tbody>
</table>

Gymsters  (Ages 6+)
Participants work on improved strength, flexibility and self-confidence, while continuing to work on introductory skills. Students will be developing more skills, learn cartwheels, handstands and more. Increased skill levels on the bars. Students will do more in depth stretching and conditioning.

<table>
<thead>
<tr>
<th>Days</th>
<th>Time</th>
<th>WINTER &amp; SPRING</th>
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<tbody>
<tr>
<td>Tues</td>
<td>7:00-8:00 pm</td>
<td>MBR: $70, NM: $90</td>
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<tr>
<td>Thurs</td>
<td>7:00-8:00 pm</td>
<td>*Saturday sessions are WINTER 1 only.</td>
</tr>
<tr>
<td>Sat</td>
<td>12:15-1:15 pm</td>
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</tbody>
</table>

Baton & Competitive Show  (Ages 4-12)
Baton twirling develops hand-eye coordination, poise, balance and endurance. Students also learn marching and modeling skills. Private lessons for older youth and adults available. Classes can be adapted for students with special needs. Batons are available from the instructor for $12.00.

<table>
<thead>
<tr>
<th>Type</th>
<th>Days</th>
<th>Time</th>
<th>WINTER &amp; SPRING</th>
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</thead>
<tbody>
<tr>
<td>Baton Twirling</td>
<td>Tues</td>
<td>5:00-5:45 pm</td>
<td>MBR: $60, NM: $80</td>
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<tr>
<td>Competitive Show</td>
<td>Tues</td>
<td>5:00-6:00 pm</td>
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</tbody>
</table>

*Competitive Team and Show Twirling requires instructor permission.

CHEER  Schlossman YMCA

Cheerleading  (Ages 4-6)
Cheerleading is a fun way to be active while building self-confidence, and developing social skills and healthy relationships. Participants learn the fundamentals of cheerleading including basic motions, jumps, cheers and chants. Practice is once a week, with a final performance at the end of the session.

<table>
<thead>
<tr>
<th>Days</th>
<th>Time</th>
<th>Ages 4-10</th>
<th>WINTER &amp; SPRING</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon</td>
<td>5:00-5:45 pm</td>
<td></td>
<td>MBR: $50, NM: $70</td>
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</table>

<table>
<thead>
<tr>
<th>Days</th>
<th>Time</th>
<th>Ages 7-10</th>
<th>WINTER &amp; SPRING</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon</td>
<td>5:00-5:45 pm</td>
<td></td>
<td>MBR: $50, NM: $70</td>
</tr>
</tbody>
</table>
YOUTH SPORTS

Sports of All Sorts (Ages 4–6)
Schlossman YMCA
This program explores an array of age appropriate sports and game activities of all sorts. Participants will learn teamwork and the rules to many fun games including tag, relays, games, kickball, dodgeball and more.

Rookie Baseball (Ages 5–7)
Schlossman YMCA
In a positive and structured environment, children develop baseball skills including throwing, catching, hitting and base running. Not only will children have an opportunity to improve their technique, but they’ll also build social skills, gain confidence and develop leadership skills. Dedicated coaches are trained to set expectations, and help kids find their strengths and advance their skills.

Basketball (Ages 4-5 & 6-7)
Schlossman YMCA
This program teaches social and physical skills and develops responsibility. Each week instructors will teach one main skill of basketball (dribbling, passing, shooting, defensive skills).

Volleyball (Grades 3–5)
Schlossman YMCA
Boys and girls will learn proper passing, setting, spiking and serving techniques along with rules, strategy and good sportsmanship.

Final Mile – Kid’s Marathon Club
Fercho & Schlossman YMCA (Ages 13 and under)
Participate in a marathon that is modified just for kids! Runners and walkers in the club will complete 25.2 of the 26.2 miles prior to the Fargo Marathon on May 7th, then complete the final mile together at the Youth Run event! Each week the program will meet to run, talk about running form, healthy food choices and other running topics.

Register at ANYTIME During the Session!
WINTER Session: January 4 – March 14
SPRING Session: March 15 – May 23
ENRICHMENT & SPECIAL INTEREST

Fantastic Contraptions (Ages 5-10) Fercho YMCA
Do you like building things? Bring your imagination and challenge yourself in this new program. Build skyscrapers, vehicles and other awe-inspiring creations with our collection of blocks, connectors and gears! Projects will be broken up in age groupings and participants will work on both individual and on team projects.

Tues 5:00-6:00 pm  WINTER & SPRING
MBR: $40, NM: $50

Start with Art (Ages 6+) Schlossman YMCA
This class will help children learn about the basics of art while exploring their creative side using water color for different projects. Great for home school groups! Maximum 12 participants.

Tues 12:00-1:00 pm  WINTER & SPRING
MBR: $60, NM: $80

GROWING STRONGER

DANCE Fercho YMCA
Dancers will learn basic dance moves, in the area of focus listed, that enhance fine and gross motor skills, cultivate imagination, creativity and social development. Dancers should wear leotard and tights or dance attire. A small program will be performed at the end of the session to show families and friends what we’ve learned.

WINTER & SPRING
MBR: $50, NM: $70

Tiny & Little Kickers (Ages 3-5 & 5+)
Dancers will love twirling and whirling all while learning basic dance moves for the kick dance format. Students will grow and develop as they learn the fundamental vocabulary and skills associated with dance while having FUN.

Mon 5:00-5:45 pm  Ages 3-5 (Tiny/Beginner)
Mon 6:00-6:45 pm  Ages 5+ (Little/Intermediate)

WINTER Session: Jan 4 - March 14  |  SPRING Session: March 15 - May 23  |  MBR = YMCA or Family Wellness Member Rate, NM = Non-Member/Community Rate

Start with Art (Ages 6+) Schlossman YMCA
This class will help children learn about the basics of art while exploring their creative side using water color for different projects. Great for home school groups! Maximum 12 participants.

Tues 12:00-1:00 pm  WINTER & SPRING
MBR: $60, NM: $80

Wack Science (Ages 5-10) Fercho YMCA
Join us on a wacky adventure through all kinds of cool and crazy reactions. We’ll use everyday ingredients to make slippery slime and watch colors separate before your eyes! Find out how to make volcanoes erupt, what oobleck is, how to make gak and more! Add in messy games and activities, creating a slimy, grimy, goopy and magical experience.

Thurs 5:00-6:00 pm  Ages 5-7  WINTER & SPRING
MBR: $60, NM: $80
Thurs 6:00-7:00 pm  Ages 8-10

Price for all dance programs.

Tiny & Little Jazz (Ages 3-5 & 5+)
Jazz Hands! This upbeat class introduces young dancers to jazz fundamentals and uses age-appropriate music/movements. Take part in a high energy, fast and fun dance class.

Tues 5:00-5:45 pm  Ages 3-5 (Tiny/Beginner)
Tues 6:00-6:45 pm  Ages 5+ (Little/Intermediate)

WINTER Session: Jan 4 - March 14  |  SPRING Session: March 15 - May 23  |  MBR = YMCA or Family Wellness Member Rate, NM = Non-Member/Community Rate

Tiny & Little Ballet (Ages 3-5 & 5+)
Your tiny or little ballerina will learn basic ballet skills, vocabulary, and build coordination, while having fun to age appropriate music and movements.

Thurs 5:00-5:45 pm  Ages 3-5 (Tiny/Beginner)
Thurs 6:00-6:45 pm  Ages 5+ (Little/Intermediate)
BUSY BEAVER CAMP
HALF-DAY CAMPING EXPERIENCE FOR PRESCHOOLERS AGES 3-5

2015 BUSY BEAVER CAMP SESSIONS
Session 1..........................June 8-11: Dinosaurs
Session 2..........................June 15-18: Camping
Session 3..........................June 23-26: Critters
Session 4..........................July 6-9: World of Animals
Session 5..........................July 13-16: A Trip Around Town
Session 6..........................July 20-23: Mix, Pop, Fizzle-Experiments!
Session 7..........................July 27 - 30: Down by the Sea
Session 8.........................Aug. 3-6: Let’s Get Physical
Session 9----------------------Aug. 10-13: Fun in the Sun

Busy Beaver Camp is a half-day “camping” experience designed just for preschoolers. Each session’s activities are planned around a weekly theme chosen to appeal to the interests and curiosities of this age group. Picnics, swimming and weekly field trips add to the excitement. Join the magic of YMCA Day Camping!

Camp Hours: 9:00 am - 1:00 pm | Mon - Thurs
Location: KinderKamp Preschool at Fercho YMCA
Cost Per Session: YMbrs: $115  Non-Mbrs: $135
Information: Call Sandy at 701.364.4123 or www.ymcacassclay.org/camp

CAMP KODA
2015 CAMP KODA SESSIONS

Session 1..........................June 8-12: Time Travelers
Session 2..........................June 15-19: Sports Galore
Session 3..........................June 20-26: Critters
Session 4..........................July 6-10: Wacky Science
Session 5..........................July 13-17: Around the World
Session 6..........................July 20-24: Nature Gone Wild
Session 7..........................July 27 - 31: Super Hero
Session 8..........................August 3-7: Space is the Place
Session 9..........................August 10-14: Wet and Wild

Try a new, fun and unique experience each week that gives youth the opportunity to discover new interests, meet new friends, explore nature, enhance self-esteem, and be physically active. Each week is based on the theme and includes other adventures like swimming, crafts, field trips, music and much more. They ALSO take a trip to YMCA Camp Cormorant to experience the traditional camping atmosphere, try out the ropes course, water activities and horseback riding.

Camp Hours: 9:00 am - 4:30 pm | Mon - Thurs
Location: Fercho YMCA
Cost Per Session: YMbrs: $185  Non-Mbrs: $205
Information: Call Laura at 701.364.4116 or www.ymcacassclay.org/camp

CAMP CORMORANT
OVERNIGHT CAMP ON BIG CORMORANT LAKE FOR AGES 7-15

YMCA Camp Cormorant is an overnight camp located on the beautiful shores of Big Cormorant Lake, Minnesota. It provides a unique outdoor environment with cozy cabins, an extensive beach and waterfront, athletic fields, a volleyball sand court, horse trails, a newly remodeled ropes course and more! Experience the magic of Camp Cormorant!

COOKING CAMP Sessions 1-5
FAMILY CAMP June 12-14
ART CAMP All Sessions
CANOE TRIPS Session 6
HOOPS AT CAMP Session 1
ULTIMATE LIFE SUMMIT June 5-6

Registration Information:
For camp descriptions, ages, fees and registration forms, pick up a brochure at the Y, or visit our website!

Earn Credit Towards Camp at Camp Clean Up
Earn $25.00 towards camp for every two hours you help clean! For details or to sign up visit the camp website or contact: Dee Jones 701.364.4153 or dee.jones@ymcacassclay.org.
FAMILY TIME

Join other parents and children for a morning of art and crafts, play and healthy snacks while working to **build the five pillars that support a healthy family home**: EAT HEALTHY, PLAY EVERY DAY, TIME TOGETHER, UNPLUG and SLEEP WELL. Free and open to the community!

**When:** Tuesdays  
**Time:** 9:30am-11:30am  
**Location:** Schlossman YMCA

**When:** Mondays  
**Time:** 9:30am-11:30am  
**Location:** Fercho YMCA

* Healthy Family Home will not meet when Fargo/West Fargo schools are not in session or on storm days.

For more info. or questions, contact Cortney Whaley at cortney.whaley@ymcacassclay.org or at 701.364.4166.

SATURDAY FUN NIGHTS

Kids can join us at the Y for climbing, gym games, XerZone and lots of fun! A healthy meal and snack will be provided. A waiver must be on file for each participant.

**Ages:** 5–12 years old  
**Time:** 4:30-9:30pm  
**Location:** Schlossman YMCA  
**Cost:** MBR: $18, NM: $25

<table>
<thead>
<tr>
<th>DATES</th>
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</thead>
<tbody>
<tr>
<td>January 10</td>
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<tr>
<td>March 7</td>
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</table>

For more info. or questions, contact Dee Jones at dee.jones@ymcacassclay.org or at 701.364.4153.
Child Care

Child Care at the YMCA is about more than looking after kids. It's about nurturing their development by providing a safe place to learn foundational skills, develop healthy, trusting relationships and build self-reliance through the Y values of caring, honesty, respect, responsibility and health.

YMCA EARLY LEARNING CENTERS

YMCA Early Learning Centers offer quality, licensed child care year-round for children ages six weeks–Kindergarten. Lesson plans are aligned with the ND Early Learning Guidelines and also include ‘Get Set for School’ curriculum which uses Handwriting without Tears, Language & Literacy, and Numbers & Math curriculum to help children learn by using music, hands-on materials and technology. With this curriculum, children learn quickly by having fun and it helps create a smooth transition from child care to school.

Please call the center you are interested in for current availability and to schedule a tour.

PROGRAMS AVAILABLE

<table>
<thead>
<tr>
<th>Branch</th>
<th>Address</th>
<th>Toddler Care (24-36 Months)</th>
<th>Early Childhood Care (Ages 3 and Up)</th>
<th>Before/After Kindergarten &amp; Summer Care</th>
<th>Before/After School &amp; School Age Summer Care</th>
<th>KinderKamp Preschool</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fercho Branch</td>
<td>400 1st Ave S, Fargo</td>
<td>Toddler Care</td>
<td>Early Childhood Care</td>
<td>Before/After Kindergarten &amp; Summer Care</td>
<td>Before/After School &amp; School Age Summer Care</td>
<td>KinderKamp Preschool</td>
<td>Shannon Lang, Director 701.364.4128 <a href="mailto:lang@ymcacassclay.org">lang@ymcacassclay.org</a></td>
</tr>
<tr>
<td>Schlossman Branch</td>
<td>4243 19th Ave S, Fargo</td>
<td>Early Childhood Care</td>
<td>Before/After Kindergarten &amp; Summer Care</td>
<td>Before/After School &amp; School Age Summer Care</td>
<td>Kindergarten Readiness Preschool Program</td>
<td>See page 6 for details.</td>
<td>Tania Olson, Director 701.356.1444 <a href="mailto:olsont@ymcacassclay.org">olsont@ymcacassclay.org</a></td>
</tr>
<tr>
<td>South Center</td>
<td>4225 38th St S, Fargo</td>
<td>Infant/Toddler Care</td>
<td>Early Childhood Care</td>
<td>Before/After School &amp; Summer Care - K-5</td>
<td>Kindergarten Readiness Preschool Program</td>
<td>See page 6 for details.</td>
<td>Kristin Nelson, Director 701.232.9360 <a href="mailto:kristin.nelson@ymcacassclay.org">kristin.nelson@ymcacassclay.org</a></td>
</tr>
<tr>
<td>West Fargo Center</td>
<td>1042 14th Ave E, West Fargo</td>
<td>Infant/Toddler Care</td>
<td>Early Childhood Care</td>
<td>Before/After School &amp; Summer Care - K-5</td>
<td>Kindergarten Readiness Preschool Program</td>
<td>See page 6 for details.</td>
<td>Ann Mueller, Director 701.356.0341 <a href="mailto:ann.mueller@ymcacassclay.org">ann.mueller@ymcacassclay.org</a></td>
</tr>
<tr>
<td>Calvary Center</td>
<td>4575 45th St S, Fargo</td>
<td>Infant/Toddler Care</td>
<td>Early Childhood Care</td>
<td>Before/After School &amp; Summer Care - K-5</td>
<td>Kindergarten Readiness Preschool Program</td>
<td>See page 6 for details.</td>
<td>Katie Peterson, Director 701.281.4960 <a href="mailto:katie.peterson@ymcacassclay.org">katie.peterson@ymcacassclay.org</a></td>
</tr>
</tbody>
</table>

Children in Y Early Learning Centers receive member rates on Y programs!

NURTURED HEART APPROACH

The YMCA has now adapted and uses the Nurtured Heart Approach, developed by Howard Glasser, when working with children in the Early Learning and School Age Learning Centers. This approach is used by many of the schools in the community and parents. It teaches the staff to accentuate the greatness of the child and give them energy around their positive behaviors and not the negative behaviors. It sets clear expectations and consequences for children which empowers them to make positive decisions.

Accreditation – Our Assurance of Quality Care

All YMCA Learning Centers are currently accredited or working towards this distinction. Sites denoted with this symbol have been accredited through the National Association for the Education of Young Children, National After School Association or Council on Accreditation.
PRESCHOOL

KinderKamp Preschool  Ages 3-5
KinderKamp preschool is a licensed educational experience that provides children activities in art, music, literature and science, as well as swimming, snacks, special guests and field trips. Children receive hands-on experience as they practice their readiness, motor and social skills. Enrollment is limited to ensure a quality, fun experience. Sessions run from September through May. YMCA membership is not required.

Kindergarten Readiness  Ages 3-5
NOW AT THREE LOCATIONS!  > > >
Kindergarten Readiness is an educational experience intended to give children skills that will help them build a foundation for school readiness. Using the Get Set for School Curriculum your child will develop early writing, literacy, and math skills. They will learn letter, shape and color recognition. The curriculum also focuses on the use of writing tools, body awareness, language development, and socialization skills. Lunch is included. Enrollment is limited to ensure a quality, fun experience. Our session runs September through May. YMCA membership is not required.

Schlossman Y
4243 19th Ave S, Fargo  701.356.1444
South ELC
4225 38th St S, Fargo  701.232.9360
West Fargo ELC
1042 14th Ave E, W Fargo  701.356.0341

ENROLLMENT OPTIONS  TIME  PRICE
Mon, Wed & Fri  9:00 am - Noon  $175
Tues & Thurs  9:00 am - Noon  $150
Mon, Wed & Fri  12:45 - 3:15 pm  $165
Tues & Thurs  12:45 - 3:15 pm  $135

KinderKamp Preschool  Ages 3-5
400 1st Ave S, Fargo  701.364.4123

ENROLLMENT OPTIONS  TIME  PRICE
Mon, Wed & Fri  9:00 - 11:30 am  $165
Tues & Thurs  9:00 - 11:30 am  $135
Mon, Wed & Fri  12:45 - 3:15 pm  $165
Tues & Thurs  12:45 - 3:15 pm  $135

KinderKamp preschool is a licensed educational experience that provides children activities in art, music, literature and science, as well as swimming, snacks, special guests and field trips. Children receive hands-on experience as they practice their readiness, motor and social skills. Enrollment is limited to ensure a quality, fun experience. Sessions run from September through May. YMCA membership is not required.

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Income Based Assistance Program – Early Learning and School Age Learning Child Care
YMCA Child Care Services has assistance available through the United Way and the YMCA Partner of Youth fund, for the Early Learning and School Age Learning Center Programs. Families can qualify based on family size, household monthly income and other assistance that the family receives. Income must be verified by families. To be considered your child must be enrolled in one of our child care programs. For more information, please call Pennie at 701.364.4115.

NEW Child Care Assistance Program! – Haven’t qualified in the past?
You may now be eligible! Call 701.364.4115 or visit ymcacassclay.org for more info.

SHORT-TERM CHILD CARE

Playstation – Member Reservation Child Care Centers  Serving Kids Ages 6 wks – 8 yrs
Children can play in a safe and enriching environment while their parents work out! The Playstations at both YMCAs are staffed during peak membership usage times. Call today for more information or to make a reservation for your child. For members only. Limit care time of two hours. Members must remain in the building while their children are in care. See the Playstation Handbook for more details.

Fercho YMCA  701.364.4143
Schlossman YMCA  701.356.1449

Y MEMBER HOURLY RATES
$10.00 / hour per child
(without Family / Household Package)

Y MEMBER UNLIMITED MONTHLY CARE PLAN WITH MEMBERSHIP
Family / Household Package – $98.00/Month
Includes care for up to 2 hours per day for all children on the family membership. See page 19 for more details.

REACH & RISE™

Mentoring Program  Serving Kids Ages 6-17
Reach & Rise was designed to build better futures for youth by helping them reach their full potential through the support of caring adults. The program supports youth who lack role models and are in communities challenged by poverty, crime and single-parent households, among other social issues. Mentors meet with youth weekly for 1-3 hours.

BECOME A MENTOR
Must be 23 years old, complete training hours with Reach & Rise Coordinator, and make a one-year commitment to the program.

REFER A YOUTH
Refer a youth ages 6-17 years old who could benefit from a meaningful relationship with an adult.

For more information, to apply to become a mentor, or to refer a child, visit www.ymcacassclay.org/reachrise
Licensed, quality YMCA School Age Learning Centers offer a unique before and after school program and summer programming for kids in Kindergarten-6th Grade. Our activities supplement what the children are learning in their school day by aligning ND State Standards with our lesson plans. Home-work assistance provided daily. Lunch is included during the summer months and on school out days. During the summer programs, we also offer swim lessons, baseball and field trips.

Please call the center you are interested in for current availability and to schedule a tour.

**YMCA SITES**

**HOURS:** 6:30 am - 6:00 pm

- **Fercho** (S) — 400 1st Ave S, Fargo | 701.364.4132
- **Schlossman** (S) — 4243 19th Ave S, Fargo | 701.356.1455
- **Calvary** (S) — 4575 45th St S, Fargo | 701.281.4960
- **South** (S) — 4225 38th St S, Fargo | 701.232.9360

**FARGO SCHOOL SITES**

**HOURS:** 7:00 am - 6:00 pm

- **Oak Grove Elementary** (S) — 2720 32nd Ave S | 701.371.7829
- **Madison Elementary** (S) — 1040 N 29th St | 701.446.5154
- **Jefferson Elementary** (S) — 1701 4th Ave S | 701.412.8970
- **McKinley Elementary** (S) — 2930 N 8th St | 701.219.3668
- **Horace Mann Elementary** — 1025 3rd Ave S | 701.371.7291 (S)
- **Roosevelt Elementary** (S) — 1026 10th St N | 701.371.6277

**WEST FARGO SCHOOL SITES**

**HOURS:** 7:00 am - 6:00 pm

- **Aurora Elementary** (S) — 3420 9th St W | 701.412.8971
- **Eastwood Elementary** (S) — 500 10th Ave E | 701.729.7268
- **Freedom Elementary** (S) — 401 26th Ave E | 701.371.5701
- **L.E. Berger Elementary** (S) — 631 4th Ave E | 701.729.7265
- **Westside Elementary** (S) — 945 7th Ave W | 701.729.7267
- **Independence Elementary** (S) — 3700 54th St S, Fargo | 218.512.2030
- **Osgood Kindergarten Center** (S) — 5550 44th Ave S, Fargo | 701.371.2920
- **Horace Elementary** — 110 3rd Ave N, Horace | 701.729.7266
- **Harwood Elementary** (S) — 110 Freedom Dr, Harwood | 701.491.0150

**BARNESVILLE ELEMENTARY**

**HOURS:** 6:30 am - 6:00 pm (S)

- **310 5th St SE, Barnesville | 701.412.5341**

**DILWORTH ELEMENTARY**

**HOURS:** Dismissal - 6:00 pm (S)

- **108 Main St N | 701.799.2948**
  Site is legally unlicensed.

**MOORHEAD SCHOOL SITES**

**HOURS:** 7:00 am - 6:00 pm

- **Robert Asp Elementary** (S) — 910 11th St S | 701.367.4832
- **Ellen Hopkins Elementary** (S) — 2020 11th St S | 701.367.5459
- **SG Reinertsen** (S) — 1201 40th Ave S | 701.367.1397
- **Probstfield Center for Education** — 2410 14th St S | 701.238.0499 (S)

**MIDDLE SCHOOL AGE LEARNING CENTER**

**HOURS:** 6:30 am - 6:00 pm

- **Schlossman YMCA** (S) — 4243 19th Ave S, Fargo | 701.412.1909
- **Carl Ben Middle School** — 1601 13th Ave S, Fargo | 701.238.0751

*After School Care Only

**COME VISIT!**

All the School Age Learning Center staff are now housed at our office site in Moorhead!

**1132 28th Ave. S. Suite,101 B. Moorhead, MN** (East of Courtyard Marriot)

Contact us at **218.512.2030**

Transportation is provided to and from area schools, please contact the site you are interested in for details.

Accredited Program (S) - Summer Program also held at this site.

* Sites do not have a morning program.

Questions? Please Contact:
Becky Mueller, School Age Director
218.512.2030 ext. 3313 or mueller@ymcacassclay.org

We build children physically, emotionally, intellectually and socially, while offering a safe, positive and enriching experience for all youth.
SAFETY EDUCATION CLASSES  www.ymcacassclay.org/safety
The YMCA offers community CPR, First Aid, AED, Lifeguarding and Water Safety Instructor trainings. Visit us online for current classes or to learn about hosting a safety education class at your organization.

Y EMPLOYMENT  www.ymcacassclay.org/jobs
Imagine going to work knowing that what you do each day positively affects the lives of the people in your community. Working at the Y, you’ll discover more than a job—you’ll find the opportunity to make a lasting difference in the lives of those around you. Our staff members—of all ages and from diverse backgrounds and life experiences—enjoy the personal satisfaction that comes from nurturing the potential of youth and teens, improving the nation’s health and well-being and providing support to our neighbors. Visit us online for details on currently openings.

AMERICORPS PROGRAM  www.ymcacassclay.org/americorps
AmeriCorps is an opportunity to make a big difference in your life and in the lives of those around you. It’s a chance to apply your skills and ideals toward helping others and meeting critical needs in your community. AmeriCorps members receive a monthly living allowance in return for their service. Upon successful completion of your term, members qualify for an education award of $2,822.00. For more information on upcoming AmeriCorps terms, please contact Brooks Dockter at 701.356.1467 or brooks.dockter@ymcacassclay.org.

VOLUNTEER OPPORTUNITIES  www.ymcacassclay.org/volunteer
The Y has many opportunities for volunteers to get involved. Opportunities include youth mentors, special events, youth program assistants, basketball coaches and referees and more! Contact the Volunteer Program Assistant at 701.281.0126 for more details.

PARTNER OF YOUTH ANNUAL CAMPAIGN  www.ymcacassclay.org/jobs
The YMCA provides income-based assistance for programs, camps, membership and child care. This program ensures that every child has the opportunity to participate at the Y. The YMCA Partner of Youth Campaign makes this assistance possible. With your financial support, kids at the Y can continue to LEARN, GROW AND THRIVE. To learn more, or donate, call 701.364.4120.

HEALTHY CONNECTIONS
A companies’ most important resource is their employees. Making an investment in their health can benefit your company more than ever. Let our YMCA Healthy Connections wellness program help your company and employees become more healthy, well and essentially successful! Together we can become partners in wellness, helping you and your company make positive changes that promote a healthy workplace, increase productivity through improved overall wellness, and create a healthy workplace and motivate employees to take on a healthy lifestyle. Contact a Membership Coordinator at 701.293.9622 for more information.
IT PAYS TO BE A YMCA MEMBER!
Members Save Over 25% on Programs, Services & Events!

BOOT CAMP, WEIGHT LOSS & MORE
Achieve your goals with new wellness programs at the Y!

BEFORE AND AFTER SCHOOL CARE
The Y provides a safe and enriching environment for kids in kindergarten - middle school to receive homework help, stay active, and have fun!

YMCA OF CASS AND CLAY COUNTIES

FERCHO YMCA
400 1st Ave. S.
Fargo, ND 58103

SCHLOSSMAN YMCA
4243 19th Ave. S
Fargo, ND 58103

For details on membership, child care, youth/adult programs and more, visit:
WWW.YMCACASSCLAY.ORG