



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# INVESTING IN THEIR POTENTIAL

WINTER/SPRING 2017 YOUTH PROGRAM GUIDE  
YMCA OF CASS AND CLAY COUNTIES

› Enrichment Programs › Events › Membership



# YMCA OF CASS AND CLAY COUNTIES

## FACILITY HOURS

Monday-Friday..... 5:00 am – 11:00 pm  
Saturday-Sunday ... 6:00 am – 8:00 pm

## HOLIDAY HOURS

Thanksgiving..... 7:00 am – 12:00 pm\*  
Christmas Eve ..... 6:00 am – 3:00 pm  
Christmas..... Closed  
New Year's Eve..... 6:00 am – 3:00 pm  
New Year's Day .... 7:00 am – 12:00 pm\*  
Easter ..... Closed  
Memorial Day..... 7:00 am – 12:00 pm\*

\*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 **701.293.9622**, visit [mccassclay.org](http://mccassclay.org) or check our new YMCA app.

## LOCATIONS

### Fercho YMCA

400 1<sup>st</sup> Avenue S, Fargo  
701.293.9622

### Schlossman YMCA

4243 19<sup>th</sup> Avenue S, Fargo  
701.281.0126

### Partner Facility:

### Family Wellness

2960 Seter Parkway, Fargo  
701.234.2400

**IT SAVES TO  
BE A MEMBER!**

**YMCA MEMBERS RECEIVE  
DISCOUNTS ON YMCA PROGRAMS,  
SERVICES, CAMPS AND MORE!**

**CONNECT WITH US!** Share your YMCA stories with us using [#yovacassclay](https://www.instagram.com/yovacassclay)

 **Website**  
[ymcassclay.org](http://ymcassclay.org)

 **Twitter**  
[@yovacassclay](https://twitter.com/yovacassclay)

 **LinkedIn**  
Search YMCA of Cass and Clay Counties

 **Facebook**  
[facebook.com/yovacassclay](https://facebook.com/yovacassclay)

 **Instagram**  
[@yovacassclay](https://www.instagram.com/yovacassclay)

 **Mobile App**  
Search YMCA of Cass and Clay Counties

## PROGRAM REGISTRATION

Flip through the guide for information on winter/spring programs, events and more!

### ONLINE

[www.ymcassclay.org](http://www.ymcassclay.org)

### PHONE

701.293.9622

### WALK-INS

400 1st Ave S, or 4243 19th Ave S, Fargo


**Program Registration Policies:** Programs will be pro-rated if participants join after the start date. Participants will not be reimbursed for missed classes after enrollment in the program. Classes are subject to change or cancellation based on enrollment.

**Program Credit/Voucher & 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. All vouchers expire after 90 days. 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.ymcassclay.org/forms](http://www.ymcassclay.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.

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

## LAUGHTER & LIFE LESSONS

 **I LOVE COMING TO THE Y.** My friends are here. We do homework and get to play outside.

Gregory  
School Age Participant



## YOUTH SPORTS

### Baton & Competitive Show

Fercho | Ages 4-18

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.

**Tues** 5:00-5:45 pm\* **ALL SESSIONS**  
MBR: \$35, NM: \$43

\*Competitive Team and Show Twirling requires instructor permission and is an hour program (5:00-6:00pm).

### Rookie Baseball Schlossman | Ages 3-6

Children develop baseball skills including throwing, catching, hitting and base running. Participants will also build social skills, gain confidence and develop leadership skills.

**Sat** 10:00-10:50 am **Ages 3-4** **SPRING 1 & 2**  
MBR: \$35, NM: \$43  
**Sat** 11:00-11:50 am **Ages 5-6**

### Intro to Dance Fercho | Ages 3+

Have fun learning basic ballet and jazz moves and vocabulary. Most importantly your dancers will have a blast. A small program will be performed at the end of the session to show families and friends what we've learned.

**Tues** 5:00-5:50 pm **Ages 3-5** **ALL SESSIONS**  
MBR: \$35, NM: \$43  
**Tues** 6:00-6:50 pm **Ages 6+**

## ROCK CLIMBING

### Rock Climbing

Schlossman | Ages 7-12

Learn rock climbing skills and techniques on our 32' indoor rock climbing wall. They will challenge their skills and knowledge by tying knots and climbing basic routes.

**Tues** 5:15 - 6:15 pm **WINTER 1 & 2,**  
**SPRING 1**  
**Sat** 10:00-11:00am **MBR: \$35, NM: \$43**

### Advanced Rock Climbing

Schlossman | Ages 10-15

Take your climbing to the next level! Learn rock climbing skills and techniques on our 32 foot indoor climbing wall. As climbers progress, they will challenge their skills and knowledge by trying more advanced routes and techniques.

**Thurs** 5:30-6:30 pm **WINTER 1 & 2,**  
**SPRING 1**  
**Sat** 11:15am-12:15 pm **MBR: \$35, NM: \$43**

## ENRICHMENT & SPECIAL INTEREST

### Wacky Science & Engineering

Schlossman | Ages 5-10

Join us on a wacky adventure through all kinds of cool and crazy reactions and roller coasters. We will use everyday ingredients to make slippery slime, oogleck, gak and volcanoes! We will also build bridges and skyscrapers. Hands-on activities will keep kids' interest peaked!

**Thurs** 5:00-6:00 pm **All Sessions** **MBR: \$38,**  
**Sat** 10:00-11:00am **Winter 2 & Spring 2** **NM: \$47**

### LEGO® Club Schlossman | Ages 6-12

We will build LEGO® models to inspire engaged learning for youth! Our club will include basic reading, critical-thinking, and building ideas with hands-on activities to create LEGO® products that promote imagination, pique curiosity and enhance learning.

**Tues** 5:00 - 6:00 pm **All Sessions** **MBR: \$38,**  
**Sat** 10:00-11:00am **Winter 1 & Spring 1** **NM: \$47**

## GYMNASTICS

### Tiny Tumblers Fercho | 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.

**Tues** 5:00-5:50 pm **ALL SESSIONS**  
MBR: \$35, NM: \$43  
**Thurs** 6:00-6:50 pm  
**Sat** 10:00-10:50 am

### Little Leapers Fercho | 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.

**Tues** 6:00-6:50 pm **ALL SESSIONS**  
MBR: \$35, NM: \$43  
**Thurs** 5:00-5:50 pm  
**Sat** 11:00-11:50 am

### Gymsters Fercho | 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.

**Tues** 7:00-8:00 pm **ALL SESSIONS**  
MBR: \$35, NM: \$43  
**Thurs** 7:00-8:00 pm  
**Sat** 12:00-1:00 pm

# COOL & CRAZY REACTIONS

“ I WANT TO BE A SCIENTIST when I grow up! Then I can make even bigger homemade volcanoes.

Eva  
Wacky Science &  
Engineering Participant

## YOUTH PROGRAMS

**WINTER 1: January 2 - February 4**

**WINTER 2: February 6 - March 11**

**SPRING 1: March 20 - April 22**

**SPRING 2: April 24 - May 27**

**5 Week Sessions.** There will be no classes on April 15 due to the Easter holiday. Programs will be pro-rated.



**Questions?** Contact Keegan Murphy, Youth Development Director, at 701.364.4116 or keegan.murphy@ymcacassclay.org [ymcacassclay.org/programs](http://ymcacassclay.org/programs)



# YOUTH PROGRAMS

## BASKETBALL

### Basketball Fercho & Schlossman | Ages 4-7

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). Winter 1 Session will be held at Fercho. Winter Session 2 will be held at Schlossman.

Sat	10:00-10:50 am	Ages 4-5	<b>WINTER 1 &amp; 2</b> MBR: \$35, NM: \$43
Sat	11:00-11:50 am	Ages 6-7	

## SPORTS PERFORMANCE

### Fercho & Schlossman | Ages 11-17

Improve your fitness level and reach your peak performance! Sports Performance is 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.

Sessions	MBR Fee	NM Fee
60 min	\$15	\$18
Package 20 60-minute sessions	\$300	\$380

**Questions?** Contact Jason Fuller, Fitness and Sports Coordinator, at 701 356 1453 or [jason.fuller@ymcacassclay.org](mailto:jason.fuller@ymcacassclay.org)  
[www.ymcacassclay.org/sportsperformance](http://www.ymcacassclay.org/sportsperformance)

## Boys & Girls Basketball League

### Fercho | Grades 2-4

Get in on the action with youth league! No phone-in registrations accepted! Please pick-up a registration form at either YMCA Member Service Desk or download a form online at [www.ymcacassclay.org/forms](http://www.ymcacassclay.org/forms). Please mail completed form to 400 1st Ave S, Fargo, ND 58103. Coaches will contact parents the week prior to practice with practice and game schedules. Coaches are also needed!

### Fall Season: Five Games

MBR: \$55.00, NM: \$65.00 | **Registration:** Nov. 21 - Dec. 18  
**Season:** Feb. 4 - March 11 | **Practice Starts:** Week of Jan. 23



# FAMILY TIME & EVENTS

## HOLIDAY PARENT'S NIGHT OUT

We want to help ease your holiday worries by offering you a night out, kid free! While away, your children will enjoy holiday specific games in the gym, have access to our Xerzone and Kids' Gym, and be able to utilize our Playstation facility\*.

\*All children eight and under only in the Playstation.  
Snack included (not supper). 25 spots available per date.

**Ages:** 6 weeks - 11 years **Time:** 5:00 - 8:00 pm

**Location:** Fercho

**Cost:** MBR: \$15, NM: \$25

(must register by the prior Wednesday)

DATES	THEMES
Dec 16	Christmas
Feb 10	Valentine's Day
March 10	St. Patrick's Day
April 7	Easter
May 19	Memorial Day

## XERZONE EVENTS

Enjoy fitness activities, fun themes, wacky games, healthy snacks and family fun! All Ages welcome - ages seven and under must be accompanied by an adult.

**Ages:** All Ages **Time:** 1:00 - 3:00 pm \*6-8 pm for Dec. event

**Location:** Fercho **Cost:** FREE and open to the community

DATES	THEMES
Dec 31*	New Year's Eve Party
Jan 28	Whodunit (Sherlock Holmes)
Feb 25	Mardi Gras
March 25	St. Patrick's Day
May 20	Star Wars

## SATURDAY FUN NIGHTS

Kids will have the opportunity to have a fun-filled night, while playing interactive games in the Xerzone and Basketball Gym, scaling the Climbing Wall and so much more! 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 - 9:30 pm

**Location:** Schlossman

**Cost:** MBR: \$18, NM: \$25

**DATES**

Dec 3 Jan 7

Feb 4 March 4

## EVEN MORE FUN EVENTS!

### Youth Olympics

Jan 28 | 1:00-3:30 pm | Fercho | All Ages | MBR: \$20, NM: \$25



Kids can become little olympians in the pools and basketball gyms! Pool events (2-3:30pm) include noodle races, climbing wall competitions, freestyle and backstroke races, arm floatie races, and more. Gym events (1-2:00pm) include three-legged races, gymnastics, bean bag toss and more. Kids are able to participate in as many events as they would like and will go home with a trophy.

### Easter Eggstravaganza

April 8 | 2-4:00 pm | Fercho | All Ages | MBR: \$7, NM: \$10

Join us for some Easter fun with an Easter Egg Maze, carrot decorating, arts and crafts, bunny hop and more! We will have more eggs than you have ever seen!

### Healthy Kids Day

April 29 | 1-3:00 pm | Fercho | All Ages | Free to the community

Healthy Kids Day is a national YMCA day to inspire parents and kids to stay physically and intellectually active all summer long. Join us for a day packed with fun and interactive activities, like Family Zumba, science experiments, swimming, arts and crafts and so much more!



>> Stay tuned online at [ymcacassclay.org/events](http://ymcacassclay.org/events) for more upcoming events, like **Twins Bus Trips** (bus trips go on sale March 1).

## SUNDAY FUN DAY

At the Y, we help to provide opportunities for every family to build stronger bonds and be healthy together. Join us for games and fun in the Kids' Gym, Xerzone, Basketball Gym, and Swimming Pools designed specifically for families! Snack included.

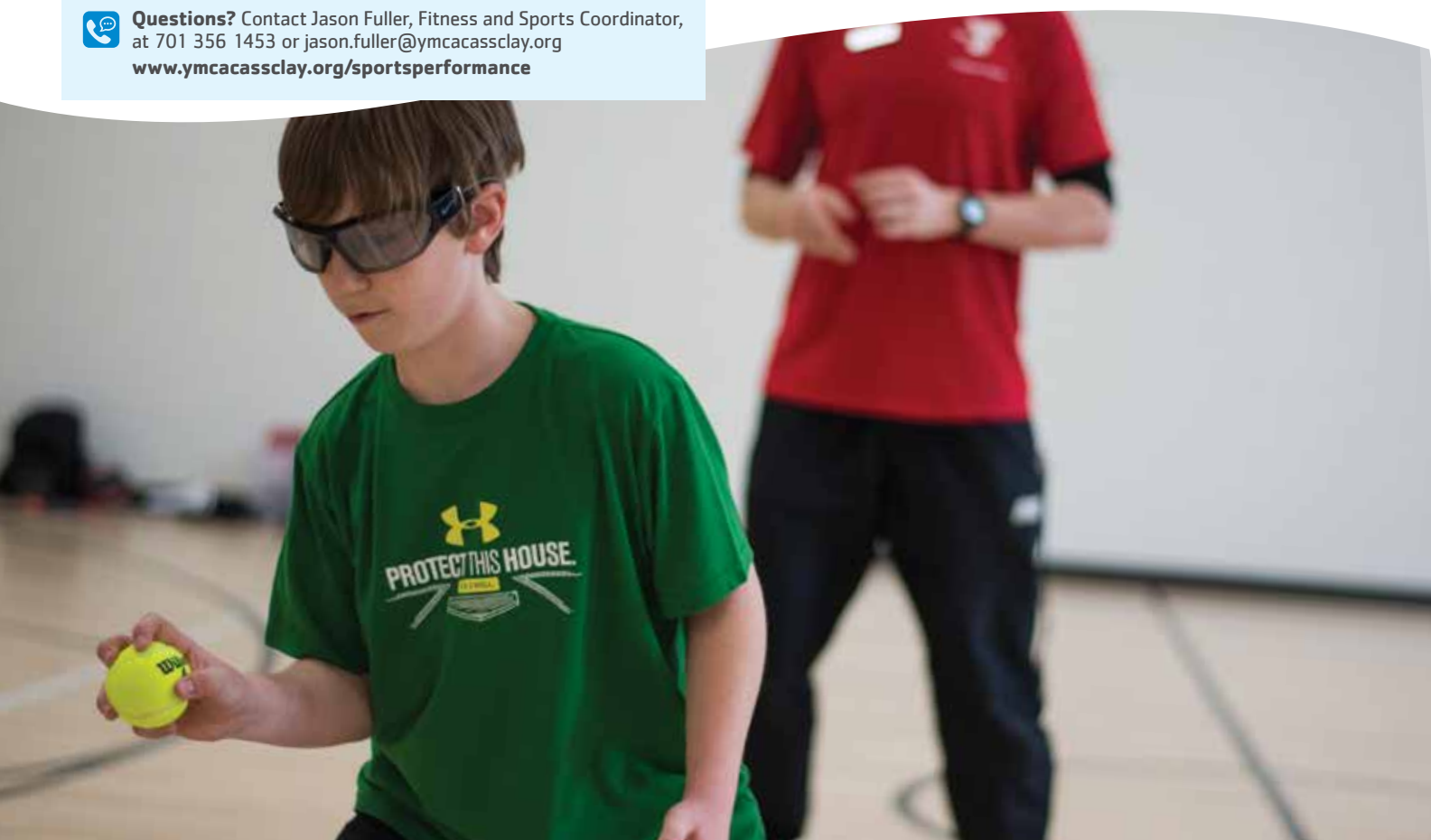
**When:** Sundays **Time:** 2:00 - 5:00 pm **Ages:** All Ages

**Location:** Fercho **Cost:** MBR: FREE, NM: \$20/family

## BIRTHDAY PARTY RENTALS

The Fercho and Schlossman Y's are a great place to bring any group, large or small. We have rental options for all ages and can customize your rental to include any combination of activity areas. For more information or to reserve a rental, call 701.364.4137 or visit [www.ymcacassclay.org/rentals](http://www.ymcacassclay.org/rentals)

**Questions?** Contact Dee Jones, Youth Development Coordinator, at [dee.jones@ymcacassclay.org](mailto:dee.jones@ymcacassclay.org) or 218 364 4153





# SWIMMING LESSONS

## Winter/Spring Sessions:

**Winter:** January 9 - March 12  
**Regular:** MBR: \$58.50, NM: \$117  
**Private:** MBR: \$234, NM: \$468

**Spring:** March 20 - May 14  
 Spring lesson registration will open Feb. 13.  
**Regular:** MBR: \$52, NM: \$104  
**Private:** MBR: \$208, NM: \$416

## Private Lesson Sessions:

December 12-15  
 March 13-16  
 May 15-25  
**MBR:** \$13/lesson  
**NM:** \$26/lesson

Mon	P/Baby	P/Child	Guppy	Starfish	Froggie	Turtle	Otter	Seal	Shark	Private	Adapt	Adult
9:30am				x								
10:00am			x	x								
10:30am		x	x	x								
4:00pm			x	x							small pool	
4:30pm			x	x						small pool	small pool	
5:00pm			x	x	x	x	x	x	x		x	
5:30pm	x		x	x	x	x		x			x	
6:00pm		x	x	x	x			x			x	
6:30pm					x	x	x	x		lap pool	lap pool	
7:00pm						x	x		x	lap pool	lap pool	x

Tues	P/Baby	P/Child	Guppy	Starfish	Froggie	Turtle	Otter	Seal	Shark	Private	Adapt	Adult
4:00pm					x	x	x	x			lap pool	
4:30pm					x	x	x		x		lap pool	
5:00pm			x	x	x	x	x			x	x	
5:30pm	x		x	x	x	x		x			x	
6:00pm		x	x	x						small pool	small pool	
6:30pm	x		x	x						small pool	small pool	
7:00pm		x	x	x						small pool	small pool	

Wed	P/Baby	P/Child	Guppy	Starfish	Froggie	Turtle	Otter	Seal	Shark	Private	Adapt	Adult
9:30am			x									
10:00am				x								
10:30am	x		x	x								
4:00pm			x	x							small pool	
4:30pm			x	x						small pool	small pool	
5:00pm			x	x	x	x	x	x			x	
5:30pm		x	x	x	x	x		x			x	
6:00pm	x		x	x	x						x	
6:30pm					x	x	x		x	lap pool	lap pool	
7:00pm					x			x	x	lap pool	lap pool	x

Thurs	P/Baby	P/Child	Guppy	Starfish	Froggie	Turtle	Otter	Seal	Shark	Private	Adapt	Adult
4:00pm					x	x	x	x			lap pool	
4:30pm					x	x	x				lap pool	
5:00pm			x	x	x	x		x		x	x	
5:30pm		x	x	x				x	x	x	x	
6:00pm	x		x	x						small pool	small pool	
6:30pm		x	x	x						small pool	small pool	
7:00pm	x		x	x						small pool	small pool	

Sat	P/Baby	P/Child	Guppy	Starfish	Froggie	Turtle	Otter	Seal	Shark	Private	Adapt	Adult
9:00am			x	x	x	x	x		x	x		
9:30am	x		x	x	x	x	x	x				
10:00am		x	x	x	x	x	x	x				
10:30am	x		x	x	x	x	x					
11:00am		x	x	x	x	x	x			x		
11:30am			x	x	x	x		x	x	x		

X: Offered in Both Pools SP: Offered in Small Pool Only LP: Offered in Large Pool Only

**Swim Level Assessments** Every Saturday from 12:00-12:30pm, YMCA Aquatics staff offer free swim level assessments for swimmers who are unsure of which level to register for.

**Questions?** Contact Britt Selbo, Aquatics Director, at [britt.selbo@ymcacassclay.org](mailto:britt.selbo@ymcacassclay.org) or 701.364.4167. [www.ymcacassclay.org/swimschool](http://www.ymcacassclay.org/swimschool)

## Lesson Descriptions

**Parent/Baby** In this class, the parent learns how to properly hold their 6-18 month baby while working on floating, submerging, hand/eye coordination and muscle strengthening through games and songs.

**Parent/Child** Toddlers ages 19-35 months. 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.

**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.

**Starfish** In this level, encouragement and positive reinforcement will help swimmers become more skilled floating independently on their front and back as well as kicking across the pool on their back independently.

**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 safety skills stressed.

**Turtle** Children in this class will build on previous levels by beginning to define swim strokes such as backstroke, front crawl and elementary backstroke.

**Otter** Swimmers in the Otter class will build endurance on the strokes learned in Turtle and they will learn dolphin kick, the timing of breaststroke, and will start to learn flip turns.

**Seal** Children in this class 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 will also be skilled in elementary backstroke, sidestroke and water safety.

# FM GATOR SWIM TEAM

## Lesson Descriptions

**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.

**Age Group:** 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 challenge your child depending on their experience in the sport as well as develop more advanced competitive skills.

**Developmental Group:** Developmental swimmers are new and experienced 6+ year old who can swim 25 yards of freestyle (front crawl) without stopping or needing assistance. They also learn the skills necessary to compete such as working with teammates, following directions, and advanced drills.

LEVELS	DATES	MBR	NM
Senior Half Season*	Jan 2 - March 19	\$218	\$273
Senior High School (boys)*	Feb 27 - March 19	\$52	\$65
Age Group - Half Season	Jan 2 - March 19	\$200	\$250
Development - Half Season	Jan 2 - March 19	\$182	\$228

\*Includes post-season practices if participant qualifies for national meets.

**Attention younger swimmers:** Have you recently passed the Otter, Seal or Shark Levels in the YMCA's Swim School? Interested in joining a swim team? Do a trial with the Gators for FREE! Contact Erich to get started!

For practice times and more information, contact Erich Richardson, Swim Team Coach, at 701.364.4151 or [erich.richardson@ymcacassclay.org](mailto:erich.richardson@ymcacassclay.org) [fmgators.com](http://fmgators.com)

# SAFETY EDUCATION

YMCA members receive discounts on all YMCA programs, trainings, and more!



## CPR, First Aid & More!

The YMCA offers CPR/First Aid classes, Lifeguard Certifications, Lifeguard Re-Certifications and Water Safety Instructor classes. Questions? To learn more, contact Nicole Duncomb at 701.364.4126 or [nicole.duncomb@ymcacassclay.org](mailto:nicole.duncomb@ymcacassclay.org). [ymcacassclay.org/safety](http://ymcacassclay.org/safety)

## Youth Exercise Concepts

### Fercho & Schlossman | Ages 12-14 | FREE for Mbrs

Youth can earn access into the fitness center unsupervised after completed the Youth Exercise Concepts class with a fitness associate. The class consists of two one-hour sessions. Youth will learn proper fitness etiquette, safety and use of the equipment. To schedule an appointment, contact Jason Fuller at 701.356.1453 or [jason.fuller@ymcacassclay.org](mailto:jason.fuller@ymcacassclay.org). [ymcacassclay.org/sportsperformance](http://ymcacassclay.org/sportsperformance)

## Babysitting Trainings Fercho | Ages 11+

This six-hour American Red Cross babysitting course is a hands-on way to learn everything you will need to know about babysitting. Start your babysitting business on the right foot and learn how to be a safe, professional and reliable sitter. Included in this course is American Red Cross First Aid and CPR that is valid for two years. This course will teach you to be safe on the job, how to recognize an emergency and how to handle it as well. A pizza lunch will be provided. [ymcacassclay.org/safety](http://ymcacassclay.org/safety)

Jan 15	9:00 am - 3:00 pm	MBR: \$65, NM: \$95
March 19	9:00 am - 3:00 pm	







# SUMMER CAMP



I LOVE EVERYTHING about Camp Cormorant!

Preston  
Camp Cormorant Participant

## BUSY BEAVER CAMP

Half-day camping experience for preschoolers ages 3-5

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! Registration opens January 1.

**Camp Hours:** 9:00 am - 1:00 pm | Mon - Thurs  
**Location:** KinderKamp Preschool at Fercho YMCA  
**Cost Per Session:** Y Mbrs: \$115 Non-Mbrs: \$135  
**Information:** Call Sandy at 701.364.4123 or [ymcacassclay.org/camp](http://ymcacassclay.org/camp)

## 2017 BUSY BEAVER CAMP SESSIONS

Session 1	.....June 5-8: Camping
Session 2	.....June 12-15: Little Scientists
Session 3	.....June 19-22: Down By the Sea
Session 4	.....June 26-29: Little Chefs
Session 5	.....July 10-13: A Trip Around Town
Session 6	.....July 17-20: Amazing Animals
Session 7	.....July 24-27: Fun in the Sun
Session 8	.....July 31-Aug3: Dinosaurs
Session 9	.....Aug 7-10: Let's Get Physical

## CAMP KODA Activities & exploration day camp for ages 6-11

### 2017 CAMP KODA SESSIONS

Session 1*	.....June 5-9: Super Hero
Session 2*	.....June 12-16: Sports Galore
Session 3*	.....June 19-23: Art
Session 4*	.....June 26-30: Outdoor Adventure
Session 5	.....July 10-14: Wet & Wild
Session 6	.....July 17-21: Music, Melodies & Dance
Session 7	.....July 24-28: Wacky Science
Session 8	.....July 31-Aug 4: Space is the Place
Session 9	.....Aug 7-11: Wet & Wild

**Camp Hours:** 8:00 am - 5:00 pm  
**Location:** Schlossman YMCA

**Cost Per Session:** Y Mbrs: \$195 Non-Mbrs: \$215  
Extended care 60min. available before and after camp for an additional cost.  
**Information:** Call Keegan at 701.364.4116 or [ymcacassclay.org/camp](http://ymcacassclay.org/camp)



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 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. Lunch is provided. Registration opens January 1.

## 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! Registration opens January 1.

**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](mailto:dee.jones@ymcacassclay.org).

### 2017 CAMP SESSIONS

Session 1	.....July 9-14
Session 2	.....July 16-21
Session 3	.....July 23-28
Session 4	.....July 30-Aug 4
Session 5	.....Aug 6-11

- Adventure Camp** All Sessions
- Mini Camp** Aug 13-15
- Waterski Camp** All Sessions
- Ropes Course Camp** All Sessions
- Horsemanship Camp** All Sessions
- Wilderness Camp** All Sessions
- Fishing Camp** All Sessions
- Cooking Camp** All Sessions
- Family Camp** June 16-18
- Art Camp** All Sessions

**Information:** [campcormorant.org](http://campcormorant.org)

# CHILD CARE

Financial assistance available!  
Also, children in YMCA child care receive member rates on YMCA programs!

## EARLY LEARNING CENTERS 6:30am - 6:00pm | Mon - Fri

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.

### Fercho Branch (A)

Toddler Care - 24-36 Months  
Early Childhood Care - Ages 3 and Up  
Before/After Kindergarten & Summer Care  
Before/After School & School Age Summer Care  
KinderKamp Preschool

### Schlossman Branch (A)

Early Childhood Care - Ages 3 and Up  
Before/After Kindergarten & Summer Care  
Before/After School & School Age Summer Care  
Kindergarten Readiness Preschool Program

### West Fargo Center

Infant/Toddler Care - Ages Six Weeks - 36 Mo.  
Early Childhood Care - Ages 3 and Up  
Before/After School & Summer Care - K-5  
Kindergarten Readiness Preschool Program

### Calvary Center (A)

Infant/Toddler Care - Ages Six Weeks - 36 Mo.  
Early Childhood Care - Ages 3 and Up  
Before/After School & Summer Care - K-5



**Questions?** Contact Tania Erickson, Early Learning Director, at 218 359 2331 or [erickson@ymcacassclay.org](mailto:erickson@ymcacassclay.org) or [ymcacassclay.org/elc](http://ymcacassclay.org/elc)

### South Center (A)

Infant/Toddler Care - Ages Six Weeks - 36 Mo.  
Early Childhood Care - Ages 3 and Up  
Before/After School & Summer Care - K-5

## SCHOOL AGE LEARNING CENTERS 6:30am - 6:00pm | Mon - Fri

YMCA School Age Learning Centers offer quality, licensed before and after school programs and summer programming for kids in K-8th Grade. Our activities supplement what children learn in their school day by aligning ND State Standards with our lesson plans. Lunch is included during the summer months and on school out days. During the summer, we also offer swim lessons, baseball and field trips.

### YMCA SITES

Fercho Branch (A) (S)  
Schlossman Branch (A) (S)  
Calvary (A) (S)  
South (A) (S)  
West Fargo (S)

### FARGO SCHOOL SITES

Horace Mann Elementary (21)  
Jefferson Elementary (21) (S)  
Madison Elementary (21) (S)  
McKinley Elementary\* (21) (S)  
Oak Grove Elementary  
Roosevelt Elementary\* (21) (S)

### WEST FARGO SCHOOL SITES

Aurora Elementary (S)  
Eastwood Elementary (21) (S)  
Freedom Elementary (S)  
Harwood Elementary\*  
Horace Elementary\*  
Independence Elementary (S)  
L.E. Berger Elementary (21) (S)  
Legacy Elementary (S)  
Osgood Kindergarten Center (S)  
South Elementary  
Westside Elementary (S)

### MOORHEAD SCHOOL SITES

Ellen Hopkins Elementary (S)  
Robert Asp Elementary (S)  
SG Reinertsen (S)  
Probstfield Center for Education

### BARNESVILLE

### DILWORTH (S)

### MIDDLE SCHOOL AGE SITES

Schlossman YMCA\* (S)

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

(21) Sites denoted with the (21) symbol are 21st Century sites.

(S) Sites denoted with the (S) symbol offer summer programs.

\* Sites denoted with the \* symbol do not offer morning care.



**Questions?** Contact Shannon Lang, School Age Learning Director, at [lang@ymcacassclay.org](mailto:lang@ymcacassclay.org) or 218 359 2323 [ymcacassclay.org/schoolage](http://ymcacassclay.org/schoolage)



# JOIN US AT THE Y!



**Don't forget: YMCA Members get discounts** on programs, events, services and camps!

## MEMBERSHIP RATES & CATEGORIES:

**MONTHLY RATE**  
Via Automatic Bank Draft

**ENROLLMENT CONTRIBUTION**  
One-Time Fee

<b>Family / Household</b> - up to two adults + dependents* living in the household	\$80.00**	\$50.00
<b>Family/Household Package</b> - up to two adults + dependents* living in the household (includes Playstation usage)	\$103.00*	\$50.00
<b>Single</b> - Ages 25-64	\$53.00**	\$50.00
<b>Senior</b> - Ages 65+	\$48.00**	\$50.00
<b>Student/Youth</b> - Ages 8-24	\$32.00**	\$0.00

\* Includes full-time college students under the age of 26 or dependent adults. Dependents must be living at the same address and are dependent for care and financial assistance.

\*\* A \$3 service fee will be added to your monthly bank draft when paying with a credit or debit card.

## PLAYSTATIONS 6 wks-age 8 Member Short-Term Child Care

Children can play in a safe and enriching environment while their parents work out! Both locations are staffed during peak membership usage times. Limit care time of two hours. Members must remain in the building while their children are in care. No reservations required.

**Fercho Y** 701.364.4143 **Schlossman Y** 701.356.1449

**Y Member Hourly Rates**  
\$10/hour per child  
(without Family/Household Package)

## Y Member Unlimited Monthly Care Plan With Membership

Family/Household Pkg: See above for prices  
Includes care for up to two hours per day for all children on the family membership.

## INCLUDED IN MEMBERSHIP:

(F): Fercho only  
(S): Schlossman only

### Aquatic Center (F)

NEW! Including a six-lane lap pool, small warm water pool, and zero-depth kids' pool. Opening to members April 16!

### Fitness Centers

Includes 24/hr access at the Schlossman branch!

### Group Fitness Classes

Over 150 classes every week!

### Racquetball/Handball Courts (F)

Courts can be reserved up to three days in advance. Equipment available for check out.

### Climbing Wall (S)

Scale our 32 foot rock wall!

### Basketball Gyms

Open for use! Member pick-up games are available over the noon hour M-F.

### Play Loft / Kids' Gym

Themed play areas with slides, climbing platforms, and more!

### Xerzones

Youth interactive rooms with games, ping pong, and more!

### AWAY Program

Use other Y's around the world!

### Use our partner location,

Family Wellness, up to 12 times per year.

### Playstations

Children can play while their parents work out! (see above)

### Members receive special rates

on all Y programs, services and events!

### Locker Rooms

Including saunas, whirlpools and towel service.

### FREE 30min. session

with a personal trainer.

### NO CONTRACTS, FREE Guest Passes,

and so much more!

## Partner of Youth Annual Campaign

The Partner of Youth Annual Campaign allows the Y to provide scholarships for children to learn life skills through different programs such as swimming lessons, basketball, camp, child care and more. For more information or to donate, call 701.364.4120 or visit [ymcacassclay.org/poy](http://ymcacassclay.org/poy).

## SAVE THE DATE!

Multiply your impact on Giving Hearts Day, by visiting [impactgiveback.org](http://impactgiveback.org) to have your donation to the Partner of Youth Annual Campaign of \$10 or more MATCHED by the Dakota Medical Foundation up to \$4,000. Find a charity to love this Giving Hearts Day, Thursday, February 9, 2017!

