



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

CHASING THEIR DREAMS

SUMMER 2017 YOUTH PROGRAM GUIDE
YMCA OF CASS AND CLAY COUNTIES

- › Sports & Enrichment Programs
- › Summer Camps
- › Swim School & Team
- › Child Care

YMCA OF CASS AND CLAY COUNTIES

FACILITY HOURS

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

HOLIDAY HOURS

New Year's..... 7:00am - 12:00pm*
Easter Closed
Memorial Day..... 7:00am - 12:00pm*
4th of July..... Closed
Labor Day 7:00am - 12:00pm*
Thanksgiving..... 7:00am - 12:00pm*
Christmas Eve.....6:00am - 3:00pm
Christmas..... Closed
New Year's Eve.....6:00am - 3:00pm

*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 ymcacassclay.org or check our new YMCA app.

LOCATIONS

Fercho YMCA

400 1st Avenue S, Fargo
701.293.9622

Schlossman YMCA

4243 19th 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 #ymcacassclay

 **Website**
ymcacassclay.org

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

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

 **Facebook**
facebook.com/ymcacassclay

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

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

PROGRAM REGISTRATION

Flip through the guide for information on summer programs, events and more!

ONLINE	PHONE	WALK-INS
ymcacassclay.org	701.293.9622 or 701.281.0126	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.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.

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!

NEW FRIENDS & ENDLESS FUN

I go to Y camp every summer. I MAKE
NEW FRIENDS and I learn how to swim. ”

Bennett
Camp Cormorant Participant





SWIMMING LESSONS

Mon	P/Baby	P/Child	Guppy	Starfish	Froggie	Turtle	Otter	Seal	Shark	Private	Adapt	Adult
11:00am			CAMP	CAMP	CAMP	CAMP	CAMP	CAMP	CAMP			
3:30pm			CAMP	CAMP	CAMP	CAMP	CAMP	CAMP	CAMP		x	
4:00pm			x	x	x	x	x	x			x	
4:30pm			x	x	x	x	x				x	
5:00pm		x	x	x	x	x	x				x	
5:30pm	x		x	x	x			x			x	
6:00pm		x	x	x		x	x			x	x	
6:30pm					x	x		x	x		x	x

Tues	P/Baby	P/Child	Guppy	Starfish	Froggie	Turtle	Otter	Seal	Shark	Private	Adapt	Adult
11:00am			CAMP	CAMP	CAMP	CAMP	CAMP	CAMP	CAMP			
3:30pm			CAMP	CAMP	CAMP	CAMP	CAMP	CAMP	CAMP		x	
4:00pm			x	x	x	x	x	x	x		x	
4:30pm			x	x	x	x	x	x			x	
5:00pm			x	x	x	x	x				x	
5:30pm			x	x		x	x	x		x	x	
6:00pm		x	x	x	x		x		x	x	x	
6:30pm	x		x	x	x	x		x			x	

Wed	P/Baby	P/Child	Guppy	Starfish	Froggie	Turtle	Otter	Seal	Shark	Private	Adapt	Adult
11:00am			CAMP	CAMP	CAMP	CAMP	CAMP	CAMP	CAMP			
3:30pm			CAMP	CAMP	CAMP	CAMP	CAMP	CAMP	CAMP		x	
4:00pm			x	x	x	x	x	x			x	
4:30pm			x	x	x	x	x				x	
5:00pm			x	x	x	x	x				x	
5:30pm	x		x	x	x	x		x	x		x	
6:00pm		x	x	x						x	x	

Thurs	P/Baby	P/Child	Guppy	Starfish	Froggie	Turtle	Otter	Seal	Shark	Private	Adapt	Adult
11:00am			CAMP	CAMP	CAMP	CAMP	CAMP	CAMP	CAMP			
3:30pm			CAMP	CAMP	CAMP	CAMP	CAMP	CAMP	CAMP		x	
4:00pm			x	x	x	x	x	x	x		x	
4:30pm			x	x	x	x	x	x			x	
5:00pm	x		x	x	x	x	x				x	
5:30pm		x	x	x		x	x	x			x	

Summer Sessions:

June 5 - August 17

(11 weeks - No class July 3-4)

Regular: MBR: \$77 NM: \$154

Private: MBR: \$308, NM: \$616

Y 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.

Questions? Contact Britt Selbo, Aquatics Director, at britt.selbo@ymcacassclay.org or 701.364.4167.
ymcacassclay.org/swimschool

Summer Swim Camps

Two week sessions - Mon-Thurs. Camp is only available those times/days listed as 'camp'. Participants will be in the same level, the same time each day for two weeks in the session of choice.

Camp #1: June 5-15 Camp #4: July 24-Aug 3

Camp #2*: June 19-29 Camp #5: Aug 7-17

Camp #3*: July 10-20

Summer Camps: MBR: \$56, NM:112

*Summer Swim Camps are now offered in Barnesville at Eagle Lake! Morning classes available. Visit us online for schedule information. Cost: \$70

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.

Half-Priced Private Lessons

May 15-18 | 5-7:00pm Get your child ready for summer! Sign up for lessons individually in any level and register for as many as you want!

MBR: \$14/lesson, NM: \$28/lesson

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

Group Descriptions

Senior Group: 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 who have gone through our Developmental group 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.

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. fmgators.com



SAFETY EDUCATION

Babysitting Trainings

9am-3pm | Fercho | Ages 11+ | MBR: \$65, NM: \$95

This one-time six-hour American Red Cross babysitting course is a hands-on way to learn everything you will need to know about babysitting. This course will teach you to be safe on the job, how to recognize an emergency, how to handle it, and 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. A pizza lunch will be provided. ymcacassclay.org/safety

May 13 June 18 July 9

LEVELS	DATES	MBR	NM
Senior - Full Season	April 24 - July 27	\$212	\$265
Senior - Spring Only	April 24 - June 2	\$104	\$130
Senior - Summer	June 5 - July 27	\$140	\$175
Age Group - Full Season	April 24 - July 27	\$192	\$240
Age Group - Spring Only	April 24 - June 2	\$96	\$120
Age Group - Summer Only	June 5 - July 27	\$128	\$160
Developmental - Full Season	April 24 - July 27	\$172	\$215
Developmental - Spring Only	April 24 - June 2	\$88	\$110
Developmental - Summer Only	June 5 - July 27	\$116	\$145

*Includes post-season practices if participant qualifies for the Zones Championships

YMCA High School Prep Camp Ages 12-18

This camp is for swimmers - all abilities and levels of experience in the water. The emphasis is on maintaining and developing conditioning for high school swimming in and out of the water by teaching proper techniques and skills. Prepare for a successful high school season, and stay fit year round. Camp is Mon-Thurs for two weeks.

CAMP SESSION July 30-Aug 10 4:30-6:00pm Island Park Pool
MBR: \$48, NM: \$60

YMCA Diving Camp Ages 8+

Y diving is for all ages and abilities. From beginners to the seasoned veteran divers this program will help you learn, perfect and maintain diving skills. Experience the fun of diving outdoors in the sun. Divers can get back on the boards and beginner divers can get a taste of the competitive diving world. Camp is Mon-Thursday for two weeks.

PER CAMP SESSION July 10-20 July 24-Aug 3
MBR: \$52, NM: \$65
4:30-6:00pm | Island Park

CPR, First Aid & More!

The YMCA offers CPR/First Aid classes, Lifeguard Certifications, Lifeguard Re-Certifications and Water Safety Instructor classes. To learn more, contact Nicole Duncomb at 701.364.4126 or nicole.duncomb@ymcacassclay.org. ymcacassclay.org/safety

Youth Exercise Concepts

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

Youth can earn access into the fitness center unsupervised after completing the Youth Exercise Concepts course with a fitness associate, which consists of a one-hour session. Youth will learn proper fitness etiquette, safety and use of the equipment. To register, contact Jason Fuller at 701.356.1453 or jason.fuller@ymcacassclay.org. ymcacassclay.org/sportsperformance

Water Safety Day

Friday, June 9 | 10-11:30am | Fercho

All Ages | FREE and Open to the Community

Parents and children can get a refresher on water safety skills as we kick off summer! We will teach parents appropriate supervision of kids and how to help someone in trouble. We will be doing swim tests on kids for our pool specifically. Instructors will also be in the pool to practice back floating and swimming back to a wall if a child falls in.

»»» SPECIALTY SUMMER PROGRAMS

MINI SPECIALTY CAMPS NEW! Half-Day Special Interest Camps for ages 6-11

Give your child the opportunity to learn and have fun in our NEW Mini Specialty Camps! Campers can sign up for the camps of their choice based on interests. Campers will learn new hobbies and skills and also build on the ones they already have. All levels welcome. A healthy snack and shirt are included.

Camp Hours: 9:00 - 11:30am
Cost Per Session: MBR: \$75, NM: \$90
Registration: ymcassclay.org/register
 Extended care 8-9am available **before** camp for \$10/week.

MINI SPECIALTY CAMP SESSIONS

- Session 1 June 5-9: Art
- Session 2 June 12-16: Sports of All Sorts
- Session 3 June 19-23: Climbing
- Session 4 June 26-30: Wacky Science/LEGO® Club
- Session 5 July 10-14: Climbing
- Session 6 July 17-21: Dance/Cheerleading
- Session 7 July 24-28: Climbing
- Session 8 July 31-Aug 4: Gymnastics
- Session 9 Aug 7-11: Sports of All Sorts



Art Camp Schlossman
 Do you like art? Come join us for a variety of art activities. Campers will get to try different forms of art, like painting, sculpting and more!

Sports of All Sorts Camp Fercho
 During the sport's sampler weeks youth will be playing and learning about different sports! Activities kids will be participating in are soccer, dodgeball, kickball, basketball, swimming, and more! Get ready to be active all week long during Sports of all Sorts!

Climbing Camp Schlossman
 Learn rock climbing skills and techniques on our 32 foot indoor rock climbing wall! We will challenge youth's skills and knowledge by tying knots and climbing routes. Every Thursday during Climbing Camp weeks, campers will head out to the Y's Camp Cormorant to climb on the outdoor ropes course.

Wacky Science/LEGO® Club Camp Schlossman
 If being a scientist, engineer or architect is something your child enjoys, they will LOVE Wacky Science week! This week we will be learning about how WACKY science truly is! We will be demonstrating and playing with science every day while learning about biology, chemistry, anatomy, physics, and meteorology! It will be a memorable week!

Dance/Cheerleading Camp Fercho
 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 week to show families and friends what we've learned.

Gymnastics Camp Fercho
 Participants will work on improved strength, flexibility and self-confidence, while working on skills like cartwheels, handstands and more. More advanced participants will increase their skill levels on the bars, and learn more in-depth stretching and conditioning.

Questions? Contact Luke Hommerding, Youth and Adult Program Director, at luke.hommerding@ymcassclay.org or 701.364.4116. ymcassclay.org/minicamp

Y'S GUYS & GALS MIDDLE SCHOOL PROGRAM Learning and Development Camp for 10-13 year olds

In search of a summer of adventure?! Middle school youth in the program ages 10-13 will assist in planning and organizing events, take part in service projects, field trips and outings in the FM area, learn independent living skills and have access to the Y's activity areas. Program runs in one-week sessions. Fee includes breakfast, lunch and snack.

Y'S GUYS & GALS SESSIONS

May 29-June 2	July 10-14
June 5-9	July 17-21
June 12-16	July 24-28
June 19-23	July 31-Aug 4
June 26-30	Aug 7-11
July 3-7	Aug 14-18

No program on July 4th

Camp Hours: 6:30am - 6:00pm
Location: Schlossman
Registration: ymcassclay.org/register
Cost: Sign up for ALL weeks: \$162.50/week
 Individual weeks: \$172.50/week

Questions? Contact Shannon Lang, School Age Director, at lang@ymcassclay.org or 218.359.2323 | ymcassclay.org/schoolage



CARABINERS & COURAGE

I LEARNED SO MUCH AT CLIMBING CAMP. Now I am getting better at my routes and I get to climb in competitions!

Sarah
Climbing Camp Participant

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!

Camp Hours: 9:00 am - 1:00 pm | Mon - Thurs

Location: KinderKamp Preschool at Fercho

Cost Per Session: MBR: \$115, NM: \$135

Information: Call Sandy at 701.364.4123 or 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-Aug 3: Dinosaurs
Session 9	Aug 7-10: Let's Get Physical

CAMP KODA Activities and 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 & Drama
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: 9:00am - 4:00pm

Location: Fercho & Schlossman

Cost Per Session: MBR: \$175, NM: \$215

Extended care available before (8-9am) and/or after (4-5pm) camp for \$10/week (\$20 for both).

Information: Call Luke at 701.364.4116 or 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. Participants must bring their own lunch. A healthy snack and shirt are included.

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 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 May 20-21 from 1-5:00pm! For details or to sign up visit the camp website or contact: Dee Jones at 701.364.4153 or dee.jones@ymcacassclay.org.

2017 CAMP SESSIONS

Session A	June 18-23
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

CHILD CARE

We build children physically, emotionally, intellectually and socially, while offering a safe, positive and enriching experience.

Financial assistance available! Also, children in Y child care receive member rates on Y 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 - 18-36 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

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

Questions? Contact Tania Erickson, Early Learning Director, at 218 512 2030 or erickson@ymcacassclay.org.
ymcacassclay.org/elc



SUMMER SCHOOL AGE PROGRAM 6:30am - 6:00pm | Mon - Fri

Give your child the gift of a screen-free summer! Travel back in time to life before the Xbox or iPad! YMCA Day Camp provides hands-on learning, physical activities, and field trips that develop children's social and cognitive skills. Best of all, it's located right in your child's school, or local YMCA, making drop-off and pick-up convenient for you.

Y EXPLORERS



BACK TO THE FUTURE!

Set the time machine dial to the year 1503. The past comes to life in an active, messy, fun way because that's how children learn best! As campers travel through time, they accomplish a task from each era to earn their ticket back to 2017. Campers gain confidence in their own abilities and find new interests. Children have opportunities to see themselves as a scientist, artist, chef, actor, and an athlete. Each week awaits a new discovery.

To combat time traveling fatigue, day campers will also engage in traditional camp activities, games, and sports. Breakfast, lunch and snack provided.

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
- Jefferson Elementary (S)
- Madison Elementary (S)
- McKinley Elementary*
- Oak Grove Elementary
- Roosevelt Elementary* (S)

MOORHEAD SCHOOL SITES

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

BARNESVILLE

DILWORTH (S)

WEST FARGO SCHOOL SITES

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

(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 218 512 2323 or lang@ymcacassclay.org.
ymcacassclay.org/schoolage



FAMILY TIME & EVENTS

Birthday Parties and Rentals

The Fercho and Schlossman Y's are a great place to bring any group, large or small. Host your birthday party, youth group, girl/boy scouts, church groups or whatever you want! Prices are based on two hour time slots with up to 10 children.

Splashtacular Birthday Party

Splash it up in our NEW Aquatic Center and fun party room! Geared for all ages.
MBR: \$95.00 | NM: \$125

Ultimate Birthday Xperience

Go interactive in our Xerzone (interactive game and activity room) and fun party room! Geared for ages 5+.
MBR: \$95.00 | NM: \$125

Maximum Motion Birthday

Keep everybody moving in our Kids' Gym/Play Loft and party room! Geared age 7 and under.
MBR: \$80.00 | NM: \$110

Bouldering Adventure

Climb to the top of our 32 foot high rock wall with your friends! Geared for ages 5+.
MBR: \$95.00 | NM: \$125

Sunday Fun Day

Sundays | 2-5:00pm | Fercho
All Ages | MBR: FREE, NM: \$15/family

At the YMCA, 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! Don't miss out on our new giant aquatic toy - the Wibit! Snack included. Just show up - no registration required.

Water Polo Ages 15+

Join us for open games of water polo in the deep end of the Large Pool every week! YMCA staff are on hand to teach skills and run games! Just show up - no registration required.

Through June 3

Location: Fercho
Time: 12:00-1:30pm
Days: Saturdays
Cost: MBR: \$FREE, NM: \$5/day

Starting June 5

Location: Island Park Pool
Time: 6:45-8:15am
Days: Mondays
Cost: MBR: \$FREE, NM: \$60/summer

Easter Eggstravaganza

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

Join us for some Easter fun with bunny makeovers, a bunny hop obstacle course, crafts, open swim and more! We will have more eggs than you have ever seen!

Beyond the Plain Climbing Competition

Saturday, April 22 | Competitions: 9-11:00am or 11am-1:00pm
Schlossman | Ages 7+ | MBR: \$26, NM: \$35

Join other adventurers and rock climbers for our first annual climbing competition! Beginner, intermediate and advanced levels are available at both times, so register for the level you would like and get ready for a fun time! Shirt included.

Healthy Kids Day

Saturday, April 29 | 1-3:00 pm | Fercho
All Ages | FREE and Open 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, swimming, crafts and even a visit from Hawkeye from the FM RedHawks!

Twins Bus Trips

Bus leaves Fercho at 7:30am | Target Field
All Ages | MBR: \$50, NM: \$65

Come join us for another great year of Twins baseball at their beautiful outdoor Target Field! All ages are welcome, but children 12 years of age and under must be accompanied by an adult. Travelers will stop for dinner on the way home, otherwise feel free to pack a meal!

June 15 Twins vs. Mariners

July 23 Twins vs. Tigers

Aug 20 Twins vs. Diamondbacks

Holiday Parent's Night Out

5-8:00 pm | Fercho
Ages 6 wks - 11 years | MBR: \$15, NM: \$25

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*. Must register by the prior Wednesday.

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

DATES	THEMES
April 7	Easter
May 19	Memorial Day

Star Wars in the Xerzone

Saturday, May 20 | 1-3:00 pm | Fercho
All Ages | FREE and Open to the Community

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



PLAYGROUNDS & PLAYMATES

“My kids never want to leave the Y. I love that we have **A PLACE TO SWIM AND PLAY TOGETHER.**”

Sharron
YMCA Member

Questions? Contact Luke Hommerding, Youth and Adult Program Director, at luke.hommerding@ymcacasclay.org or 218.364.4116. ymcacasclay.org/events

JOIN US AT THE Y!



Don't forget: You can now become a member online!
ymcacassclay.org/join

MEMBERSHIP RATES & CATEGORIES:

	MONTHLY RATE Via Automatic Bank Draft	ENROLLMENT CONTRIBUTION One-Time Fee
Family / Household* - up to two adults + dependents* living in the household	\$80.00	\$50.00
Family/Household Package* - up to two adults + dependents* living in the household (includes Playstation usage)	\$103.00	\$50.00
Single - Ages 25-64	\$53.00	\$50.00
Senior - Ages 65+	\$48.00	\$50.00
Student/Youth - Ages 8-24	\$32.00	\$0.00
Night Owl** - Ages 18+	\$10.00	\$50.00

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

Health Club Credit Programs

The Y partners with many health insurance providers that reimburse members for exercising! To find out if your plan qualifies, 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

Assistance is available, within the limits of our resources, to members that provide complete documentation showing their inability to pay the full member rate. Interested in applying? Stop by either Y location to pick up an application or visit us online.

Membership Cancellation Policy

You may cancel your membership at any time by coming to either Y location, filling out a drop form, and turning in your membership card(s). Members who draft on the 15th of each month must cancel by the last day of the prior month. Members who draft on the 1st of each month must cancel by the 15th of the prior month.

Questions on membership or want to schedule a tour?

Christine | 701.364.4121 | christine.hoff@ymcacassclay.org | Fercho
 Alex | 701.356.1477 | alex.elizarraga@ymcacassclay.org | Schlossman

INCLUDED IN MEMBERSHIP:

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

Aquatic Center (F)

NEW! Including a six-lane lap loop, small warm water pool, and zero-depth kids' pool.

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 below)!

Members receive special rates

on all Y programs, services and events!

Locker Rooms

Including saunas, whirlpools and towel service.

FREE 60min. session

Includes a body assessment, consultation and fitness center orientation.

NO CONTRACTS, FREE Guest Passes

and so much more!

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 <small>20 60-minute sessions</small>	\$300	\$380

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.



Questions? Contact Jason Fuller, Fitness and Sports Coordinator, at 701.356.1453 or jason.fuller@ymcacassclay.org
www.ymcacassclay.org/sportsperformance

