



## RESOLUTION REBOOT Another reason Y

- Swim Lessons
- Group Pilates Reformer
- Youth Arts & Dance Classes
- Group Training Classes

Early Spring classes begin March 2.  
Registration opens January 28.

View class schedules and register at  
Member Services or [ymcamn.org](http://ymcamn.org)



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# SPRING INTO ACTION

## YMCA IN HUDSON PROGRAM GUIDE

Fitness, Aquatics, Sports,  
Youth Development,  
Family Engagement  
Programs and more!

Early Spring Session  
March 2 - April 19

Session information and registration  
is also available online at  
[www.ymcamn.org/hudson](http://www.ymcamn.org/hudson).





## YMCA PROGRAM STAFF

YMCA IN HUDSON, WI

### AQUATICS: PAGES 4-13

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### PERSONAL TRAINING & SMALL GROUP TRAINING: PAGES 14-19

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### FAMILY ENGAGEMENT: PAGES 22-25

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### SPORTS : PAGES 26-28

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### YOUTH DEVELOPMENT: PAGE 29-31

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### MEMBERSHIP:

Amanda Kasay, Membership Director

Amanda.Kasay@ymcamn.org or 651-747-0981

### YMCA IN HUDSON, WI

2211 Vine Street, Hudson WI 54016

P 715-386-1616 [www.ymcamn.org/hudson](http://www.ymcamn.org/hudson)

## FACILITY HOURS

Monday–Thursday 5:00am–10:00pm  
Friday 5:00am–9:00pm  
Saturday & Sunday 6:00am–8:00pm

### KIDS STUFF HOURS

Monday–Thursday 8:00am–1:30pm & 3:30–8:30pm  
Friday 8:00am–1:30pm & 3:30–7:00pm  
Saturday 7:45am–3:00pm  
Sunday 8:00am–5:00pm

### TEEN CENTER / SKATE PARK HOURS

Monday–Friday 3:15pm–6:00pm  
Saturday Closed  
Sunday Closed

### HOLIDAY HOURS

New Year's Day 7:00am–4:00pm  
Easter Closed  
Memorial Day 7:00am–2:00pm  
4th of July 7:00am–2:00pm  
Labor Day 7:00am–2:00pm  
Thanksgiving 7:00am–Noon  
Christmas Eve 7:00am–Noon  
Christmas Day Closed  
New Year's Eve 7:00am–4:00pm

Follow us  
on Facebook  
and Twitter for  
updates and  
announcements.



Racquetball Court reservations can be made  
at Member Services, or online.

[www.activitiesquares.com/login.php](http://www.activitiesquares.com/login.php)  
Passcode: 9622



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## YOUTH & TEEN PROGRAMS HUDSON YMCA ROTARY TEEN CENTER

### **Leaders Club** No Membership Required

Free to join and open to all 6–8th graders, plan fun volunteer projects, go on field trips and learn leadership skills! Active members earn a free youth membership for the YMCA! Tuesdays at 4:00pm!

### **Teen Center** No Membership Required

Monday–Friday (10+): 3:15– 6:00pm

Saturday & Sunday: Closed

Come hang out with friends after school, play foosball, ping-pong, video games or just hang out! FREE! Skate Park is CLOSED for the season!

### **Youth in Government Model UN** No Membership Required

Assume the role of a country and participate in this hands on, STUDENT LED conference! Spend the weekend in Minneapolis with 800 other young People. Grades 7–12

Delegation meetings: 2/10, 2/24, 3/9, 3/23  
6:00pm @ Teen Center

### **Middle School Madness** No Membership Required

Hang out after hours in the teen center! Different activities each week, games, food, music and friends! 7–9:30pm Admission: \$3.00

February 14th

March 13th

April 24th

February 28th

March 27th

May 8th

Questions?

Alyson Sauter

[Alyson.Sauter@ymcamn.org](mailto:Alyson.Sauter@ymcamn.org)



@HudsonTeenCenter



@HudsonYMCARotaryTeenCenter





## WESTERN WISCONSIN DELEGATION INFORMATION

**Delegation Director: Alyson Sauter**  
**Office Location: YMCA in Hudson**  
**Phone: 651.259.9659**  
**Email: Alyson.Sauter@ymcamn.org**

### WHO CAN PARTICIPATE

All students grade 7-12!  
 Delegates can participate individually or as part of a group

### MEETING SCHEDULE & ACTIVITIES

- Delegation Meetings (all meetings 6-7pm):  
 February 10<sup>th</sup>, February 24<sup>th</sup>, March 9<sup>th</sup>
- Final Mandatory Meeting: March 23rd

### PROGRAM COST - \$390

- 2 nights in conference hotel
- Evening activities & events
- Conference supplies & rental
- Printed session book
- Dinner during the Secretary General's Banquet
- All advisor expenses

### IMPORTANT DATES

Priority Registration Deadline	January 28, 2020
Country Assignments Begin	January 29, 2020
<b>Registration Closes</b>	<b>February 28, 2020</b>
All ICJ Memorials Due	March 6, 2020
Model United Nation	March 26-28, 2020

### FUNDRAISING

Fundraising, scholarships and financial assistance are all available. For more information on financial



# YMCA MEMBER, PARTICIPANT, AND GUEST CODE OF CONDUCT

We expect persons using YMCA programs and facilities to behave in a mature and responsible way, and to respect the rights and dignity of others. Our Code of Conduct does not permit language or any action that can hurt or frighten another person, or that falls below a generally accepted standard of conduct.

### The following activities are prohibited in all YMCA facilities and programs

- Inappropriate attire. Appropriate attire must be worn at all times.
- Angry or vulgar language, including swearing, name-calling or shouting.
- Physical contact with another person in any angry or threatening way.
- Any demonstration of sexual activity or sexual contact with another person.
- Harassment or intimidation by words, gestures, body language or any menacing behavior.
- Theft or behavior that results in the destruction of property.
- Carrying or concealing any weapons or devices or objects that may be used as weapons.
- Using or possessing illegal chemicals or alcohol on YMCA property, in YMCA vehicles, or at YMCA sponsored programs.
- Any other conduct of an inappropriate, threatening or offensive nature.
- Loitering is not permitted in or outside YMCA facilities or programs
- Smoking is not permitted in or outside YMCA facilities or programs, or on YMCA property or program sites.
- YMCA facilities and grounds are a smoke-free environment.

Members, participants, and guests are encouraged to be responsible for their personal comfort and safety, and to ask any person whose behavior threatens their comfort to refrain. If a member, participant or guest feels uncomfortable in confronting the person directly, they should report the behavior to a YMCA staff person. **A member, participant, or guest who is in violation of the Code of Conduct could be subject to consequences including removal from a program and/or termination of membership or program privileges.**

## KEY REMINDERS

- Use of cell phones and electronic devices is prohibited in all locker rooms and restrooms. Music and games are permitted in program areas; however, talking on the phone is limited to the lobby area only. Members and guests may only take pictures of themselves or child(ren).
- Children under 7 years of age must be accompanied by a parent/adult guardian at all times when in the facility, unless in a YMCA staff supervised area.
- Parents must remain in the building while children under the age of 10 are in registered programs. We expect persons using YMCA programs and facilities to behave in a mature and responsible way, and to respect the rights and dignity of others.
- An adult guardian must be 16 years of age or older
- Children ages 10 and above may use the facility without parent/adult guardian
- Children under age 16 must complete a swim test, unless within arms reach of a parent or adult guardian.
- Youth 10 – 14 years may participate in adult fitness classes when accompanied by an adult.
- 15+ years may participate in adult fitness classes unaccompanied by adult.
- Fitness Center Youth Orientation required for members age 10-17 years old (the fitness center is not available to non members under 17 years)
- The Women's Locker Room is for females ages 15 years and up, the Men's Locker Room is for males ages 15 and up.
- The Girls Locker Room is for girls ages 6 and over, or adult women with children of opposite gender under the age of 6 years.



# HEALTHY LIVING

IMPROVING THE NATION'S HEALTH AND WELL-BEING

## YOUTH SWIM

### ABOUT Y SWIM LESSONS

Swim Lessons provide important life skills that could save a life, and will benefit you for a lifetime. All age groups are taught the same skills but divided according to their developmental milestones. In YMCA Swim Lessons you can expect to:

- Get personalized attention in a caring environment
- Begin with the skills you are ready to learn
- Build self-confidence as you learn new skills
- Reduce the risk of developing chronic diseases through physical activity
- Have fun and foster relationships
- Learn an important life skill from well-trained instructors

### SWIM STARTERS

PARENT & CHILD: STAGES A-B

RATIO: 1 TO 10

ACCOMPANIED BY A PARENT, INFANTS AND TODDLERS LEARN TO BE COMFORTABLE IN THE WATER AND DEVELOP SWIM READINESS SKILLS THROUGH FUN AND CONFIDENCE- BUILDING EXPERIENCES, WHILE PARENTS LEARN ABOUT WATER SAFETY, DROWNING PREVENTION, AND THE IMPORTANCE OF SUPERVISION.

#### STAGE A: WATER DISCOVERY

6 MONTHS - 3 YEARS

Parents accompany children in stage A, which introduces infants and toddlers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about the water.

#### STAGE B: WATER EXPLORATION

6 MONTHS - 3 YEARS

In this stage, parents work with their children to explore body positions, floating, blowing bubbles, and fundamental safety and aquatic skills.

### PRESCHOOL SWIM

STAGES 1-3

RATIO: 1 TO 4

STUDENTS LEARN PERSONAL WATER SAFETY AND ACHIEVE BASIC SWIMMING COMPETENCY BY LEARNING TWO BENCHMARK SKILLS:

- SWIM, FLOAT, SWIM—SEQUENCING FRONT GLIDE, ROLL, BACK FLOAT, ROLL, FRONT GLIDE, AND EXIT
- JUMP, PUSH, TURN, GRAB

#### STAGE 1: WATER ACCLIMATION

3 YEARS - 5 YEARS

Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water in stage 1. This stage lays the foundation that allows for a student's future progress in swimming.

#### STAGE 2: WATER MOVEMENT

3 YEARS - 5 YEARS

Students focus on body position and control, directional change, and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water.

#### STAGE 3: WATER STAMINA

3 YEARS - 5 YEARS

Students learn how to swim to safety from a longer distance than in previous stages in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action.



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# HUDSON MIDDLE SCHOOL MADNESS

Hang out on Friday's, after hours in the teen center!  
Different activities each week, games, food, music and friends!

7-9:30pm Admission: \$3.00

Teen Center will remain open from 3:00pm-9:30pm

## WINTER 2020 - MIDDLE SCHOOL MADNESS DATES

March 13th

March 27th

April 24th

May 5th

May 22nd

DJ Dance Party

Survivor Night!

Movie Night!

New Years  
Celebration

### Survivor Challenge

Questions?

Alyson Sauter

Alyson.Sauter@ymcamn.org

651.259.9659



@HudsonTeenCenter



@HudsonYMCARotaryTeenCenter

\*Send us a picture of this on your fridge/bulletin board at home for a free Middle School Madness Admission\*



# MARTIAL ARTS

"Martial arts" is a general term for different traditions of combat practice that exist in many cultures around the world. These traditions teach a combination of self-defense, competition, mental discipline and personal development. Martial arts classes at the Y focus on self-confidence, spatial awareness, coordination and rhythm. Kids learn techniques for kicks, punches and blocks. All classes are grouped by age and ability.



## 2020 Schedule

Cost for 8 weeks- \$130 members \$140 non-members

- Tiger class is 5:45-6:30pm
- Beginner class is 6:30-7:30
- Advanced class is 7:15-8:15

Session 1 Wednesday Jan 8-Feb 26

Session 2 Wednesday Mar 4-Apr 29 no class Apr 1

Session 3 Wednesday May 1-June 24 No classes in July

Short Session 4 Wednesday August 5-26

Session 5 Wednesday Sept 9-Oct 28

Session 6 Wednesday Nov 4-Dec 23

# YOUTH SWIM (CONTINUED)

## SWIM BASICS

SCHOOL AGE: STAGES 1-3

RATIO: 1 TO 4

STUDENTS LEARN PERSONAL WATER SAFETY AND ACHIEVE BASIC SWIMMING COMPETENCY BY LEARNING TWO BENCHMARK SKILLS:

- SWIM, FLOAT, SWIM—SEQUENCING FRONT GLIDE, ROLL, BACK FLOAT, ROLL, FRONT GLIDE, AND EXIT
- JUMP, PUSH, TURN, GRAB

### STAGE 1: WATER ACCLIMATION

5 YEARS - 12 YEARS

Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water in stage 1. This stage lays the foundation that allows for a student's future progress in swimming.

### STAGE 2: WATER MOVEMENT

5 YEARS - 12 YEARS

Students focus on body position and control, directional change, and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water.

### STAGE 3: WATER STAMINA

5 YEARS - 12 YEARS

Students learn how to swim to safety from a longer distance than in previous stages in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action.

## SWIM STROKES

SCHOOL AGE: STAGE 4

RATIO: 1 TO 4-5

HAVING MASTERED THE FUNDAMENTALS, STUDENTS LEARN ADDITIONAL WATER SAFETY SKILLS AND BUILD STROKE TECHNIQUE, DEVELOPING SKILLS THAT PREVENT CHRONIC DISEASE, INCREASE SOCIAL-EMOTIONAL AND COGNITIVE WELL-BEING, AND FOSTER A LIFETIME OF PHYSICAL ACTIVITY.

### STAGE 4: STROKE INTRODUCTION

4 YEARS - 12 YEARS

Students develop stroke technique in front crawl and back crawl and learn the breaststroke kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke.

## SWIM STROKES

SCHOOL AGE: STAGES 5-6

RATIO: 1 TO 6

### STAGE 5: STROKE DEVELOPMENT

5 YEARS - 12 YEARS

Students work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading water and sidestroke.

### STAGE 6: STROKE MECHANICS

5 YEARS - 12 YEARS

Students refine stroke technique on all major competitive strokes, learn about competitive swimming, and discover how to incorporate swimming into a healthy lifestyle.

## GROUP LESSON RATES:

You don't need to be a member of the Y to take swimming lessons, but members receive a discount on lessons.

Lessons for Parent/Child and Preschool classes are 30 minutes long, and lessons for School Age and Teen/Adult classes are 40 minutes long.

*Please note: Participants must be a Y member to receive the member rate.*

**MEMBERS: \$55**

**NON-MEMBERS: \$109**



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## LEAGUES & CLASSES

March 16th - May 10th

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Sunday						
Monday	<p><b>Adult Basketball League: 4:00-8:00PM</b></p> <p><b>Futsal Practice:</b>            Grades 1st-2nd: 5:00-6:00PM            Grades 3rd-4th: 5:00-6:00PM            Grades 5th-6th: 6:00-7:00PM            Grades 7th-8th: 6:00-7:00PM</p> <p><b>Home school P.E.: 1:15-3:15PM Grades k-12</b></p>	<p><b>3 on 3 Basketball Practice:</b>            Grades 3rd-4th: 5:00-6:00PM            Grades 5th-6th: 6:00-7:00PM            Grades 7th-8th: 6:00-7:00PM</p> <p><b>**Games on Thursdays or Saturdays**</b></p>	<p><b>Tumbling class</b>            Ages 3-1st grade: 4:30-5:15PM</p> <p><b>Martial Arts</b>            Ages 4-6: 5:45-6:30PM            Ages 7+ Beginner: 6:30-7:30PM            Ages 7+ Advanced: 7:15-8:15PM</p> <p><b>Racquetball class</b>            Ages 8-12: 4:30-5:15PM            Ages 13-15: 5:15-6:00PM</p> <p><b>Basketball league</b>            Grades 1st-2nd: 5:15-6:15PM</p> <p><b>Adult Volleyball</b>            6:30-9:00PM</p>	<p><b>Basketball Class</b>            Ages 3yrs-1st grade: 4:30-5:15PM</p> <p><b>**Possible Game days for Futsal &amp; Basketball**</b></p>		
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						<p><b>**Possible Game days for Futsal &amp; Basketball**</b></p>

## TEEN/ADULT SWIM

Participants aged 13+ who are developing their skill should start in the Teen/Adult Swim Basics program including three stages: 1 - Water Acclimation, 2 - Water Movement, and 3 - Water Stamina.

Those who can swim 10-15 yards (half of the length of the lap pool) on their front and back, without floatation, should start in the Teen/Adult Swim Strokes program including three stages:

4 - Stroke Introduction, 5 - Stroke Development and, 6 - Stroke Mechanics.  
 (To view descriptions of each of the six stages, please see pages 4 and 5.)

Questions can be directed to our Aquatics department at (651) 259-9658.

## SPECIALTY SWIM

### SWIM CREW

### AGES 5-14

Must pass Swim Strokes stage 5 or perform equivalent skills. Swimmers explore what it's like to be on a swim team without committing to a whole season. Participants will learn competitive swimming techniques, drills and endurance building. Swimmers are introduced to competitive swimming language and organized workouts.

See Member Services for pricing details.

### LOGROLLING

### AGES 5-99

Logrolling improves fine and gross motor skills, athleticism, body awareness, endurance, confidence, concentration, and most of all, balance. All of this is accomplished while having fun and learning a new sport. Logrolling began many years ago. After lumberjacks brought the logs down river, they would have competitions to see who could balance on the log the longest. The log continues to roll in the water, and the last lumberjack standing won. Today, the sport takes place on the river, lake or in a pool.



Sundays from 4:45-5:45 pm

March 8 - April 19

\$60/member; \$115/non-member

Register at Member Services today!





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# YMCA SPORTS

2020 SESSION 2: MARCH 16TH - MAY 10TH

Hudson YMCA- 2211 Vine Street, Hudson WI 54016

## SKILLS CLASSES

Kids will meet weekly to develop their skills through a variety of age-appropriate skill drills and team-building exercises. The 8-week session focuses on progressive skill development and learning life lessons. The focus is not on scrimmaging or gameplay. Skills classes are geared towards youth ages 3 through 2nd grade.

**Basketball class | Tumbling | Martial Arts** **\$70 Members**  
**\$95 Non-Members**

## SPORTS LEAGUES

Leagues consist of practices and team competitions with coaches and officials. The first 2 weeks of the 8-week session will focus on skill development and teamwork, while the remaining weeks introduce scored games along with continued practice. Leagues are geared towards youth in grades 2-8.

**Futsal (indoor Soccer) | Basketball | 3on3 basketball 3rd-8th** **\$105 Members**  
**\$130 Non-Members**

Register for a **youth league** 2/3/ - 3/3 and receive \$15 off/Registration **Financial Assistance Available**



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# LESSON SELECTOR

## WHAT AGE GROUP DOES THE STUDENT FALL INTO?

 6 months-3 years PARENT* & CHILD: STAGES A-B	 3 years-5 years PRESCHOOL: STAGES 1-3	 5 years-12 years SCHOOL AGE: STAGES 1-6	 12+ years TEEN & ADULT: STAGES 1-6
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All age groups are taught the same skills but divided according to their developmental milestones.

## WHICH STAGE IS THE STUDENT READY FOR?

Can the student respond to verbal cues and jump on land?

NOT YET **A / WATER DISCOVERY**

Is the student comfortable working with an instructor without a parent in the water?

NOT YET **B / WATER EXPLORATION**

Will the student go underwater voluntarily?

NOT YET **1 / WATER ACCLIMATION**

Can the student do a front and back float on his or her own?

NOT YET **2 / WATER MOVEMENT**

Can the student swim 10-15 yards on his or her front and back with face in the water?

NOT YET **3 / WATER STAMINA**

Can the student swim 15 yards of front and back crawl?

NOT YET **4 / STROKE INTRODUCTION**

Can the student swim front crawl, back crawl, and breaststroke across the pool?

NOT YET **5 / STROKE DEVELOPMENT**

Can the student swim front crawl, back crawl, and breaststroke across the pool and back?

NOT YET **6 / STROKE MECHANICS**

\*At the Y, we know families take a variety of forms. As a result, we define parent broadly to include all adults with primary responsibility for raising children, including biological parents, adoptive parents, guardians, stepparents, grandparents, or any other type of parenting relationship.

REGISTRATION BEGINS 4/30/2019  
ymcamn.org



# EARLY SPRING SWIM LESSON SCHEDULE

Monday		
March 2-April 13 (Once a week for 7 weeks)		
Time	Class	Product Code
10:00 am to 10:30 am	Parent/Child Swim Starters (stages A-B)	84_AQ_2282_10_030220_YYD
10:35 am to 11:05 am	Preschool Swim Basics (stages 1-3)	84_AQ_2283_10_030220_YYD
11:10 am to 11:40 am	Preschool Swim Basics (stages 1-3)	84_AQ_2283_11_030220_YYD
2:15 pm to 2:55 pm	Adult Swim Basics (stages 1-3)	84_AQ_2289_10_030220_YHL
4:15 pm to 4:45 pm	Preschool Swim Basics (stages 1-3)	84_AQ_2283_12_030220_YYD
4:50 pm to 5:30 pm	School Age Swim Basics (stages 1-3)	84_AQ_2284_10_030220_YYD
4:50 pm to 5:30 pm	Beginner Swim Strokes (stage 4)	84_AQ_2288_10_030220_YYD
4:50 pm to 5:30 pm	Advanced Swim Strokes (stages 5-6)	84_AQ_2285_10_030220_YYD
5:35 pm to 6:05 pm	Preschool Swim Basics (stages 1-3)	84_AQ_2283_13_030220_YYD
5:35 pm to 6:15 pm	School Age Swim Basics (stages 1-3)	84_AQ_2284_11_030220_YYD
6:10 pm to 6:40 pm	Preschool Swim Basics (stages 1-3)	84_AQ_2283_14_030220_YYD
6:20 pm to 7:00 pm	Beginner Swim Strokes (stage 4)	84_AQ_2288_11_030220_YYD
6:20 pm to 7:00 pm	Advanced Swim Strokes (stages 5-6)	84_AQ_2285_11_030220_YYD
Tuesday		
March 3-April 14 (Once a week for 7 weeks)		
Time	Class	Product Code
4:15 pm to 4:45 pm	Preschool Swim Basics (stages 1-3)	84_AQ_2283_20_030320_YYD
4:50 pm to 5:30 pm	School Age Swim Basics (stages 1-3)	84_AQ_2284_20_030320_YYD
4:50 pm to 5:30 pm	Beginner Swim Strokes (stage 4)	84_AQ_2288_20_030320_YYD
4:50 pm to 5:30 pm	Advanced Swim Strokes (stages 5-6)	84_AQ_2285_20_030320_YYD
5:00 pm to 5:30 pm	Parent/Child Swim Starters (stages A-B)	84_AQ_2282_20_030320_YYD
5:35 pm to 6:05 pm	Preschool Swim Basics (stages 1-3)	84_AQ_2283_21_030320_YYD
5:35 pm to 6:15 pm	School Age Swim Basics (stages 1-3)	84_AQ_2284_21_030320_YYD
5:35 pm to 6:15 pm	Beginner Swim Strokes (stage 4)	84_AQ_2288_21_030320_YYD
6:10 pm to 6:40 pm	Preschool Swim Basics (stages 1-3)	84_AQ_2283_22_030320_YYD
6:20 pm to 7:00 pm	School Age Swim Basics (stages 1-3)	84_AQ_2284_22_030320_YYD
6:20 pm to 7:00 pm	Beginner Swim Strokes (stage 4)	84_AQ_2288_22_030320_YYD
6:45 pm to 7:25 pm	School Age Swim Basics (stages 1-3)	84_AQ_2284_23_030320_YYD
6:45 pm to 7:25 pm	Advanced Swim Strokes (stages 5-6)	84_AQ_2285_21_030320_YYD
Wednesday		
March 4-April 15 (Once a week for 7 weeks)		
Time	Class	Product Code
4:50 pm to 5:30 pm	School Age Swim Basics (stages 1-3)	84_AQ_2284_30_030420_YYD
4:50 pm to 5:30 pm	Beginner Swim Strokes (stage 4)	84_AQ_2288_30_030420_YYD
5:35 pm to 6:05 pm	Preschool Swim Basics (stages 1-3)	84_AQ_2283_30_030420_YYD
5:35 pm to 6:15 pm	Advanced Swim Strokes (stages 5-6)	84_AQ_2285_30_030420_YYD
6:10 pm to 6:40 pm	Parent/Child Swim Starters (stages A-B)	84_AQ_2282_30_030420_YYD
6:10 pm to 6:50 pm	School Age Swim Basics (stages 1-3)	84_AQ_2284_31_030420_YYD
6:20 pm to 7:00 pm	Swim Crew	84_AQ_2514_30_030420_YYD
Thursday		
March 5-April 16 (Once a week for 7 weeks)		
Time	Class	Product Code
4:15 pm to 4:45 pm	Preschool Swim Basics (stages 1-3)	84_AQ_2283_40_030520_YYD
4:50 pm to 5:30 pm	School Age Swim Basics (stages 1-3)	84_AQ_2284_40_030520_YYD
4:50 pm to 5:30 pm	Beginner Swim Strokes (stage 4)	84_AQ_2288_40_030520_YYD
4:50 pm to 5:30 pm	Advanced Swim Strokes (stages 5-6)	84_AQ_2285_40_030520_YYD
5:35 pm to 6:05 pm	Preschool Swim Basics (stages 1-3)	84_AQ_2283_41_030520_YYD
5:35 pm to 6:15 pm	School Age Swim Basics (stages 1-3)	84_AQ_2284_41_030520_YYD



## Youth Programming

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FOR SOCIAL RESPONSIBILITY

### YMCA Youth Fitness Guidelines

YMCA members 7-9 years will be allowed to participate in designated family fitness workouts in the Fitness Center with a parent or adult guardian or as a part of a YMCA program, **ONLY** after completing a family fitness orientation and wearing appropriate wristband. Youth ages 7-9 must be directly supervised and within arms-reach of a parent or adult guardian at all times.

YMCA members age 10-17 years can use the Fitness Center without direct supervision **ONLY** after completing a youth orientation and wearing appropriate wristband.

All youth members must sign and abide by the Youth Consent/Agreement Form. Youth using the free weight area must read and sign a copy of the Free Weight Guidelines.

Sign up for an orientation at Member Services. Youth are required to receive an orientation at each YMCA branch they visit as equipment and facilities may vary slightly.

Family and Youth Fitness orientations are available to current YMCA members only.

### Family Fitness Orientation – Ages 7-9 w/Parent or Adult Guardian: White Wristband

This age group may participate in family fitness workouts in the Fitness Center or other designated area(s) with a parent or adult guardian. We will provide family friendly workouts using body weight and appropriate strength training apparatus (resistance bands and balls). Workout guides will show kids and parents how to work out in an environment that will safely challenge fitness enthusiasts of all ages and abilities. This age group can attend all Kids and Family Fitness Group Exercise classes.

### Youth Ages 10-11: Green Wristband

This age group may use all the cardiovascular equipment according to proper fit, with the exception of treadmills and stepmills. This age group will also be shown basic strength training techniques primarily using body weight and appropriate strength training apparatus (resistance bands and balls, hand weights, etc.). This age group can attend all Kids and Family Fitness Group Exercise classes and select Group Exercise Classes (w/parent or adult guardian). Parents or adult guardians are strongly encouraged to attend orientation.

### Youth Ages 12-14: Orange Wristband

This age group may use all the cardiovascular and strength training machines upon completion of an orientation and according to proper fit. This age group can attend select Group Fitness Classes (w/ parent or adult guardian).

### Youth Ages 15-17: Purple Wristband

This age group may use the entire fitness center including the free weight area upon completion of a free weight orientation. This age group can attend all Group Exercise Classes.





# Youth Programming

AGES	0-1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	
Facility Usage**	Accompanied by parent/guardian																		
Kids Stuff**							Parent/guardian remain on Y property												
Family Gym Time																			
Parent's Night Out*																			
ASHI; Babysitting Course*																			
Drawing: All Skill Levels																			
Dance: Ballet/Tap*																			
Language Classes																			
Intro to Guitar																			
Home Alone Safety for Kids*																			
Home School Gym*																			
Sports Classes*																			
Sports Leagues*																			
Teen Center (5th-12th Grade)																			
Teen Night (5th-8th Grade)																			
Leaders Club (6th-8th Grade)																			
Youth in Government*																			
Lifeguard Training *																			
Swim Lessons/Private Lessons*																			
Swim Team**																			
Advanced Training: Teens**																			

YMCA in Hudson, Wf  
22 11 Vine Street, Hudson Wf 54016

Member / Non-member rates

\* Registration Required  
\*\* Membership required

107700

# EARLY SPRING SWIM LESSON SCHEDULE

Thursday	March 5-April 16	(Once a week for 7 weeks)
Time	Class	Product Code
5:35 pm to 6:15 pm	Advanced Swim Strokes (stages 5-6)	84_AQ_2285_41_030520_YYD
6:10 pm to 6:40 pm	Preschool Swim Basics (stages 1-3)	84_AQ_2283_42_030520_YYD
6:20 pm to 7:00 pm	Beginner Swim Strokes (stage 4)	84_AQ_2288_41_030520_YYD
6:20 pm to 7:00 pm	Swim Crew	84_AQ_2514_40_030520_YYD
6:45 pm to 7:25 pm	School Age Swim Basics (stages 1-3)	84_AQ_2284_42_030520_YYD
6:45 pm to 7:25 pm	Beginner Swim Strokes (stage 4)	84_AQ_2288_42_030520_YYD
Friday	March 6-April 17	(Once a week for 7 weeks)
Time	Class	Product Code
9:50 am to 10:20 am	Preschool Swim Basics (stages 1-3)	84_AQ_2283_50_030620_YYD
10:25 am to 10:55 am	Preschool Swim Basics (stages 1-3)	84_AQ_2283_51_030620_YYD
Saturday	March 7-April 18	(Once a week for 7 weeks)
Time	Class	Product Code
8:50 am to 9:30 am	School Age Swim Basics (stages 1-3)	84_AQ_2284_60_030720_YYD
8:50 am to 9:30 am	Beginner Swim Strokes (stage 4)	84_AQ_2288_60_030720_YYD
8:50 am to 9:30 am	Advanced Swim Strokes (stages 5-6)	84_AQ_2285_60_030720_YYD
9:35 am to 10:15 am	School Age Swim Basics (stages 1-3)	84_AQ_2284_61_030720_YYD
9:35 am to 10:15 am	Beginner Swim Strokes (stage 4)	84_AQ_2288_61_030720_YYD
9:35 am to 10:15 am	Advanced Swim Strokes (stages 5-6)	84_AQ_2285_61_030720_YYD
10:20 am to 10:50 am	Parent/Child Swim Starters (stages A-B)	84_AQ_2282_60_030720_YYD
10:20 am to 10:50 am	Preschool Swim Basics (stages 1-3)	84_AQ_2283_60_030720_YYD
10:20 am to 11:00 am	Beginner Swim Strokes (stage 4)	84_AQ_2288_62_030720_YYD
10:55 am to 11:25 am	Parent/Child Swim Starters (stages A-B)	84_AQ_2282_61_030720_YYD
10:55 am to 11:25 am	Preschool Swim Basics (stages 1-3)	84_AQ_2283_61_030720_YYD
11:05 am to 11:45 am	School Age Swim Basics (stages 1-3)	84_AQ_2284_62_030720_YYD
Sunday	March 8-April 19	(Once a week for 6 weeks)
Time	Class	Product Code
11:15 am to 11:55 am	Beginner Swim Strokes (stage 4)	84_AQ_2288_70_030820_YYD
11:35 am to 12:15 pm	Beginner Swim Strokes (stage 4)	84_AQ_2288_71_030820_YYD
11:35 am to 12:15 pm	Advanced Swim Strokes (stages 5-6)	84_AQ_2285_70_030820_YYD
12:00 pm to 12:30 pm	Preschool Swim Basics (stages 1-3)	84_AQ_2283_70_030820_YYD
12:20 pm to 1:00 pm	School Age Swim Basics (stages 1-3)	84_AQ_2284_70_030820_YYD
12:35 pm to 1:05 pm	Preschool Swim Basics (stages 1-3)	84_AQ_2283_71_030820_YYD
1:05 pm to 1:45 pm	Beginner Swim Strokes (stage 4)	84_AQ_2288_72_030820_YYD
1:05 pm to 1:45 pm	Advanced Swim Strokes (stages 5-6)	84_AQ_2285_71_030820_YYD
1:10 pm to 1:50 pm	School Age Swim Basics (stages 1-3)	84_AQ_2284_71_030820_YYD
4:45 pm to 5:25 pm	Log Rolling	84_AQ_2510_70_030820_YYD

Lesson availability varies by location. Schedules subject to change. Please visit [www.ymcamn.org](http://www.ymcamn.org) for updated class listings.



# HEALTHY LIVING

## IMPROVING THE NATION'S HEALTH AND WELL-BEING

### COMPETITIVE SWIM

#### SWIM TEAM

Becoming a member of the YMCA Swim Team means fun, fitness and teamwork. Our swim team is a developmental swim program run by trained coaches to improve swimmers' competitive skills and endurance through progression rather than intense competition. Team promotes healthy lifestyles while embracing the four core values of caring, honesty, respect and responsibility. Practices are structured much the same way as any competitive swim team: warm-up, stretching, technique, endurance, and cool-down. Participants are expected to come to practice to work hard and improve skills. Expect to be a part of the team by participating in the meets. While it is not a requirement to participate in the meets, it does showcase the team aspect of swimming: you swim together, you win together.

#### Participant Requirements:

- Front crawl 25 yards without stopping
- Pass YMCA Swim Lessons Swim Strokes stage 5 or Red Cross level 4
- 5 years-21 years old
- Swimmers must be YMCA members to participate

The team experience is designed to promote self-esteem, self-discipline, and sportsmanship.

Cost includes meets.

Payment plan options are available.



### PRIVATE LESSONS

#### PRIVATE SWIM LESSONS

These lessons are designed to give participants individualized attention to improve or master their swimming skills. Together, the instructor, participant and/or parent determine the goals for the session and the curriculum is customized for the swimmer's success. Each private or customized small group lesson is 30 minutes in length.

Ages: All

One-on-one instruction.

	Member	Non-Member
1 lesson	\$40	\$80
3 lessons	\$110	\$220
7 lessons	\$225	\$450

#### Customized Small Group Lessons:

One instructor and 2-3 participants.  
Prices are split among all participants.

	Member	Non-Member
3 lessons	\$196	\$392
7 lessons	\$392	\$804

### VOLUNTEERING

The success of our team is closely linked with the participation of families. The team depends on volunteers to help run swim meets, plan and host social gatherings, or contribute to administrative support throughout the season. It teaches participants the value of helping others selflessly and doing something good for themselves as well as others.

### Safety Courses

ASHI Child and Babysitting Safety: ages 11-15	84_LE_6140_60_030720_YSR	11-15 yrs	Haley	\$65/\$65
9:30 am to 3:30 pm				
Saturday 3/7				
Preschool Room				
ASHI Child and Babysitting Safety: ages 11-15	84_LE_6140_60_041120_YSR	11-15 yrs	Dawn	\$65/\$65
9:30 am to 3:30 pm				
Saturday 4/11				
Preschool Room				
Home Alone Safety for Kids (1 day)	84_LE_6144_60_040420_YD	9-13 yrs	Dawn	\$55/\$65
9:00 am to 4:00 pm				
Saturday 4/4				
Preschool Room				

### Class Descriptions

ASHI Child and Babysitting Safety: ages 11-15	Program provides information in the business of babysitting, proper supervision, basic caregiving skills, and responding properly to ill or injured children or infants. No prerequisites, CPR/AED and Basic First Aid certification strongly recommended.
Dance: Ballet/Tap 30	An Introduction class to two core dance styles: Ballet and Tap. Dancers learn the basics of ballet and tap technique within this 30 min class, in progression over the weeks, Dancers also learn choreography in a fun class setting. Encourages self-confidence.
Drawing: All Skill Levels	Learn how to expand your drawing abilities in a class that meets you at your skill level! From stick figures to perspective and 3D drawing, you can experience it all!
Drawing: All Skill Levels ages 15-99	Learn how to expand your drawing abilities in a class that meets you at your skill level! From stick figures to perspective and 3D drawing, you can experience it all!
Home Alone Safety for Kids (1 day)	A comprehensive safety program that prepares children to stay home alone.
Hudson German: Beginner	Our Beginner German class will give you a foundation for future learning. This class will encourage openness to new and exciting experiences and promotes confidence through exploration.
Hudson German: Beginner 2	This class is for students who have completed 2-3 months of German study.
Hudson German: Intermediate	This class will focus primarily on communication. Students will discuss vocabulary, practice grammar, read and review articles to current topics.
Hudson Spanish for Travelers	This class is designed to help make travel easier by teaching you basic Spanish words and phrases.
Hudson Spanish: Advanced	This class is for those who have mastered the Intermediate class and are ready to continue with their Spanish Language.
Hudson Spanish: Beginner	Our Beginner Spanish class introduces students to basic Spanish Language Skills.
Hudson Spanish: Intermediate	Our Intermediate Spanish class will progress those students who have taken the beginner class and are ready to move forward and explore new and exciting experiences with the Spanish language.

REGISTRATION BEGINS JANUARY 28, 2020

Class availability varies by location. Schedules subject to change. Please visit [ymcamn.org](http://ymcamn.org) for updated class listings.





# Hudson YMCA Family Engagement Programs Schedule

Early Spring 2020 - Classes start week of March 2, 2020

(715) 386-1616    [ymcamn.org/hudson](http://ymcamn.org/hudson)    [www.facebook.com/stcroixvalleyymca](http://www.facebook.com/stcroixvalleyymca)

BUILDING HOURS		KIDS STUFF HOURS
Monday-Friday:	M-Th 5:00am-10:00pm, F 5:00am-9:00pm	
Saturday:	6:00am-8:00pm	
Sunday:	6:00am-8:00pm	

**PARENT'S NIGHT OUT INFORMATION**  
 March 14th 4-8pm  
 April 11th 4-8pm  
 Member \$25 Non-Member \$30  
 Multiple Child discount available with Early Bird Savings

### Classes starting Monday, March 2

Hudson Spanish for Travelers B4_LE_B470_10_030220_YYD	8:15 am to 9:00 am Class meets 7 times	10+ yrs	Community Room	Doug	\$40/\$70
Hudson Spanish for Travelers B4_LE_B470_11_030220_YYD	10:15 am to 11:00 am Class meets 7 times	10+ yrs	Community Room	Doug	\$40/\$70
Hudson Spanish: Beginner B4_LE_B471_10_030220_YYD	11:15 am to 12:00 pm Class meets 7 times	10+ yrs	Community Room	Doug	\$40/\$70

### Classes starting Tuesday, March 3

Hudson German: Intermediate B4_LE_B477_20_030320_YYD	10:00 am to 10:45 am Class meets 7 times	10+ yrs	Community Room	Christine	\$40/\$70
Hudson German: Beginner 2 B4_LE_B476_20_030320_YYD	11:00 am to 11:45 am Class meets 7 times	10+ yrs	Community Room	Christine	\$40/\$70
Hudson German: Beginner B4_LE_B474_20_030320_YYD	12:00 pm to 12:45 pm Class meets 7 times	10+ yrs	Community Room	Christine	\$40/\$70
Drawing: All Skill Levels B4_LE_5122_20_030320_YYD	5:00 pm to 6:00 pm Class meets 7 times	7-14 yrs	Community Room	Lindsey	\$30/\$55

### Classes starting Wednesday, March 4

Hudson Spanish: Intermediate B4_LE_B472_30_030420_YYD	10:15 am to 11:00 am Class meets 7 times	10+ yrs	Community Room	Doug	\$40/\$70
Hudson Spanish: Advanced B4_LE_B473_30_030420_YYD	11:15 am to 12:00 pm Class meets 7 times	10+ yrs	Community Room	Doug	\$40/\$70

### Classes starting Thursday, March 5

Drawing: All Skill Levels ages 15-99 B4_LE_5123_40_030520_YYD	10:30 am to 11:30 am Class meets 7 times	15+ yrs	Community Room	Lindsey	\$30/\$55
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### Dance Classes

Ballet/Tap 30 B4_LE_3680_40_030520_YYD	4:45 pm to 5:15 pm Class meets 7 times on Thursdays starting 3/5	3-5 yrs	Studio 2	Summer	\$58/\$65
Ballet/Tap 30 B4_LE_3680_41_030520_YYD	5:20 pm to 5:50 pm Class meets 7 times on Thursdays starting 3/5	6-9 yrs	Studio 2	Summer	\$58/\$65

REGISTRATION BEGINS JANUARY 28, 2020

Class availability varies by location. Schedules subject to change. Please visit [ymcamn.org](http://ymcamn.org) for updated class listings.

Page 1 of 2

# HEALTHY LIVING

IMPROVING THE NATION'S HEALTH AND WELL-BEING

## WATER SAFETY AND POLICIES

### POOL RULES

- Children should be supervised at all times.
- Diving in shallow water is prohibited.
- Do not enter the pool if you suspect you have a communicable disease or an open cut or blister.
- Wear family appropriate and clean swim attire only.
- Shower, using warm water and soap, before entering the pool or after use of toilet facilities.
- Children in diapers must wear a reusable plastic pant with snug elasticized legs and waistband.
- Diving is prohibited in water less than 9 feet deep.
- Spitting, spouting water from mouth or blowing the nose in the pool is prohibited.
- No extended breath-holding or hyperventilation.
- Only U.S. Coast Guard approved lifejackets and wearable foam flotation devices are allowed. Users must remain within arm's reach of an adult.
- Do not run or engage in rough play in the pool area or locker rooms.
- Diaper changing in the pool area is prohibited. Please use locker rooms.
- Do not bring animals into the pool area.
- Do not bring food, drink, gum or tobacco into the pool area.
- Glass and shatterable items are prohibited in the pool area.

### SWIM ATTIRE GUIDELINES

- Clothing may be worn over a swimsuit if it is clean and family appropriate.
- Clothing must be rinsed off thoroughly in the shower before entering the water.
- Children in diapers must wear reusable plastic pants with elasticized legs and waistband.
- Please see Aquatic staff for details about water depth restrictions when wearing clothing in the water.

### WATERSLIDE RULES

- Due to the uniqueness of each YMCA facility, waterslide rules may differ.
- Children must pass the YMCA Shallow Water Test and be at least 48 inches tall or pass the YMCA Deep Water Swim Test to use the waterslide.
- Follow instructions of the attendant.
- No standing, kneeling, rotating or stopping on the slide.
- Keep hands inside of slide.
- Parents may not hold children on the slide or catch them in the splash pool at the bottom of the slide.
- Exit the plunge pool immediately.
- Goggles, masks or Personal Flotation Devices may not be worn on waterslide
- Do not use the slide while under the influence of alcohol or drugs.
- Single riders only.
- WARNING: Water Depth is 42 inches.

### AQUATIC SAFETY DRILLS

- For aquatic staff training, the YMCA does periodic safety drills by simulating emergencies.
- Your cooperation in following staff instructions during a drill is greatly appreciated.
- Thank you for your support in making your YMCA safe.





## WHIRLPOOL RULES

### WARNING

- Minimum age to use the whirlpool is 15.
- Elderly persons and person suffering from heart disease, diabetes, or high or low blood pressure should not enter the whirlpool.
- Persons with medical conditions should not enter the whirlpool without prior consultation and permission from their physician.
- Pregnant women should consult their physician's regarding whirlpool usage.
- Family appropriate and clean swim attire only.
- Shower, using warm water and soap, before entering the whirlpool or after use of toilet facilities.
- Lengthy exposure may be hazardous to your health and may result in nausea, dizziness or fainting.
- Persons under the influence of alcohol or drugs may not use the whirlpool.

## SWIM AGE GUIDELINES

For the safety of our members and guests, swimmers may be asked to pass a YMCA Swim Test.

- Children under the age of 7 must be accompanied by an adult in the water unless they are able to pass an appropriate YMCA Swim Test.
- Children who pass the swim test must still have a parent in the pool area.
- Children 7, 8 and 9 years old may be in the pool unaccompanied, but a parent must remain in the facility.
- Children 10 and up may be in the pool and facility unaccompanied.

### Not sure where to start with Y Swim Lessons?

Our instructors can do a brief in-water assessment to determine which level is appropriate for swimmers of any age or ability.

Questions can be directed to our Aquatics department at (651) 259-9658 or online at [www.ymcamn.com/swimming](http://www.ymcamn.com/swimming).

## SWIM TEST POLICY

For the safety of our members and guests, swimmers under the age of 15 must be within arm's reach of an adult at all times, or pass a YMCA swim test.

Lifeguards are not able to give the swim test if they are actively guarding therefore swim test will be done at 7:05pm Mon-Fri or 1:55pm on Sat-Sun. Swim test may be given at the top of each hour if needed.

### Deep Water

To swim in water deeper than the swimmer's armpits, the swimmer must pass the Deep Water Swim Test.

- Jump into water
- Tread water for 30 seconds
- Transition from treading to a front float for 10 seconds
- Return to treading for an additional 10 seconds

### Shallow Water

To swim without an adult in water shallower than the swimmer's armpits or in the designated shallow end, the swimmer must pass the Shallow Water Swim Test or if they are over they are 5 or older may wear a lifejacket in the pool area.

- Enter water to armpit depth
- Front float for 5 seconds
- Transition from floating to standing in water
- Back float for 5 seconds and return to standing

Any Swimmer Ages 5-14 that cannot pass one of the swim test is allowed to wear a lifejacket in the pool with out a parent in the water.

# FOREVERWELL PROGRAMMING

## PROGRAMS TO ENHANCE WELLNESS THROUGH AGING FOR Y MEMBERS AND THE COMMUNITY

### NEW MEMBER ORIENTATIONS

Do you want to know more about what is happening at our Y? Whether it is fitness, education or socializing that you are looking for, come and learn more during the group orientations. Contact Pat Graf to set it up at (651) 259-9646 or [Pat.Graf@ymcamn.org](mailto:Pat.Graf@ymcamn.org).

### FOREVERWELL NEWSLETTER & CLASS SCHEDULE

For a more detailed look at our ForeverWell classes and programs, please print a copy of our monthly newsletter and class schedule.

Go online to <http://tinyurl.com/zq4o5rp> and look for it under Printable Schedules > ForeverWell Newsletter or ForeverWell Group Fitness Schedule.

### STRENGTH TRAINING FOR SENIORS

Work with a personal trainer in a small class setting to maximize the benefits of strength training. Master the skills necessary to safely and effectively use the strength training equipment on our fitness floor. You will learn about sets, reps, tempo, and the proper amount of weight you should be lifting. Each week presents a new challenge as you learn proper form and exercise execution.

- Mondays and/or Wednesdays from 9:00-9:45am in the Fitness Center
- 7-week classes begin the week of 3/2
- Sign up at Member Services to reserve your spot
- Maximum number of participants per class is 6
- Cost is \$70. Early bird registration discount of 10% applies 1/28-2/11.

### OPEN PICKLEBALL

Pickleball is a member run, court sport much like tennis but on a smaller court with a solid racquet the size of a racquetball paddle. The ball is a whiffle ball so it slows the game a little to make it more family/senior citizen friendly. There is also a no-volley zone to prevent slamming the ball into the opponents' court. Scoring is similar to tennis. Pick up a Gym Schedule to see all the hours of play.

### PICKLEBALL LESSONS

Starting Tues. Mar. 3 or Wed. Mar. 4 for 7 weeks

Learn to play Pickleball or improve your game and skills by taking lessons. See the flyer for details. Register at Member Services. Early bird registration discount of 10% applies 1/28-2/11.

### KNITTING TOGETHER

Every Friday 10:00-12:00, Community Room

Bring your knitting/craft projects and meet new people. Share ideas, patterns, tips, etc. FREE and open to the public with photo I.D. No registration required.

### MAH JONGG

Thursdays, 12:30-2:30pm (Community Room)

Learn to play Mah Jongg, the ancient Chinese game of strategy and luck. FREE. No registration necessary.



## \*\*Restorative Yoga / Meditation\*\*

Reduce anxiety, stress and find a sense of calm and emotional wellbeing through these healthful classes.

Treat yourself to balance and healing.

**FREE with membership—See Group Ex Schedule for class times**



# HEALTHY LIVING

IMPROVING THE NATION'S HEALTH AND WELL-BEING

## GROUP EXERCISE CLASSES

With over 30 types of group exercise classes to choose from you'll find something that's right for you. Try cardio, strength, water exercise, yoga, and more! There's no pre-registration required for any of our FREE classes and you're welcome to join in at any time. To view our schedule including all class descriptions, visit us online at [www.ymcamn.org](http://www.ymcamn.org). Download our new, free YMCA of the Greater Twin Cities app.

Group fitness classes are open to ages 15 and up.

Ages 10-14 can attend with a parent or guardian although BodyPump™ is not recommended for youth under age 15.

Free drop-in childcare is available for up to 2 hours children (ages 6 weeks to 10 years) while you workout!

### CARDIO & STRENGTH

Boot Camp  
R.I.P.P.E.D.®

### CARDIO

Defend Together  
Cardio Step Together  
Group Cycle  
**NEW!** Rhythm Ride Cycle

### STRENGTH

Core Focus Together  
BodyPump™  
Core Conditioning  
Studio Strength

### FOREVERWELL (AGES 55+)

ForeverWell Yoga  
ForeverWell Cardio  
ForeverWell Group Cycle  
SilverSneakers® Classic  
SilverSneakers® Circuit  
SilverSneakers® Yoga  
Moving For Better Balance  
Tai Chi for Health Practice

### YOGA & PILATES

Gentle Yoga  
Yoga  
Yoga Flow  
Balance and Flex Together  
Mat Pilates  
Tai Chi for Health Practice  
Flow  
Restorative Yoga  
Meditation

### DANCE

Barre Fusion  
Zumba™  
Line Dancing - Beginner  
Line Dancing - Intermediate

### KIDS & FAMILY

Kids Fitness  
**NEW!** Little Lotus Kids Yoga

### WATER EXERCISE

Arthritis Water Exercise  
ForeverWell Water Exercise  
Water Exercise

# HEALTHY LIVING

IMPROVING THE NATION'S HEALTH AND WELL-BEING

## CERTIFICATION COURSES

### ASHI BLENDED LEARNING BASIC LIFE SUPPORT (BLS) AGES 15+

The ASHI BLS training provides basic life-saving training including CPR, the use of an AED, and the relief of choking for adult, child and infant patients. The goal of this skills-based training is to help students develop the knowledge, skills, and confidence to respond in a medical emergency.

To achieve certification, participants must score 70% or better on the written exam, and demonstrate all knowledge and skill objectives. BLS certification is valid for two years.

**Course Fee \$70**

### ASHI BLENDED LEARNING OXYGEN AGES 15+

The ASHI Emergency Oxygen Administration initial training program helps students develop the knowledge, skills and confidence to provide first aid care with emergency oxygen for all suddenly ill or injured victims.

Participants must possess current certification in BLS and First Aid (through ASHI or another national organization), and should bring proof of current certification with them to class.

To achieve certification, participants must score 70% or better on the written exam, and demonstrate all knowledge and skill objectives. Emergency Oxygen Administration certification is valid for two years.

**Course Fee \$25**

### ASHI BLENDED LEARNING FIRST AID AGES 15+

The ASHI Basic First Aid training program provides workplace and community training in first aid emergency skills. The goal of this training is to help students develop the knowledge, skills, and confidence to respond in a medical emergency. The program is designed to focus on caring for injured or ill adults and children in a variety of settings, including soft tissue injuries, muscle and bone injuries, burns, sudden illness, and environmental emergencies.

To achieve certification, participants must score 70% or better on the written exam, and demonstrate all knowledge and skill objectives. Basic First Aid certification is valid for two years.

**Course Fee \$50**

### AMERICAN RED CROSS LIFEGUARD TRAINING AGES 15 & UP

The purpose of the American Red Cross Lifeguard training course is to provide entry-level lifeguard participants with the knowledge and skills to prevent, recognize and respond to aquatic emergencies and to provide care for breathing and cardiac emergencies, injuries and sudden illnesses until emergency medical services (EMS) personnel take over.

Participants will all receive access to an American Red Cross Lifeguarding Participants e-book (books will be available for use during the course but not sent home with the participants). Upon completion of this course, participants will receive an American Red Cross certificate for Lifeguarding/First Aid/CPR/AED valid for 2 years, and a certificate for American Red Cross Administering Emergency Oxygen valid for 2 years.

**Prerequisites:** Swim 300 yards continuously demonstrating breath control and rhythmic breathing. (Candidates may use front crawl, breaststroke, or a combination of both. Swimming on back or side is not allowed.) Tread water for 2 minutes using only the legs. Complete a 10-pound object retrieval in 1 minute, 40 seconds.

**Certification Requirements:**

- Attend and participate in all class sessions.
- Demonstrate competency in all required skills and activities
- Demonstrate competency in all required final rescue skill scenarios.
- Pass the CPR/AED for the Professional Rescuer, First Aid, Administering Emergency Oxygen and Lifeguarding Skills final written exams with minimum grades of 80%.

**Full Course Fee \$200    Review Course Fee \$100**

### WHAT IS A BLENDED LEARNING CLASS?

Students can access online course materials from any computer at any time and complete their learning with an instructor-led, in-class skills practice and evaluation.

- One week prior to the course date, students will be emailed an at home assignment.
- Once the student completes the at home assignment, print off a certificate of completion.
- Students then bring the certificate of completion to the in-class practice.



# HEALTHY LIVING

## IMPROVING THE NATION'S HEALTH AND WELL-BEING

### PERSONAL TRAINING LEADERSHIP TEAM

Members are invited to schedule a one-on-one 60-minute FITNESS SOLUTION session with a Certified Personal Trainer to assess goals, address areas they want to improve and to design a custom path to achieve their health and fitness goals.

Stop by the fitness desk or Member Services to schedule your appointment today!

#### Naomi Dahl - Full Time Trainer

- NASM Certified Corrective Exercise Specialist
- ACSM Certified Personal Trainer
- Powerhouse Pilates Reformer
- ACSM Cancer Exercise Trainer
- YMCA Kettlebell/TRX® Instructor
- YMCA Water Personal Training



#### Kelly Fox - Director of Healthy Living

- B.A. Health Promotion
- ACSM Certified Exercise Physiologist
- ACE Certified Personal Trainer
- ACE Certified Group Fitness Instructor
- YMCA Kettlebell/TRX® Instructor
- Group Cycle Instructor



We sell packages of 4, 8, 12 and 20 sessions for 30 or 60-minutes.

Visit us online at [www.ymcamn.org/health\\_fitness](http://www.ymcamn.org/health_fitness), talk to a Personal Trainer in the fitness center, or stop by Member Services for more information!

Questions can be directed to Kelly Fox, Director of Healthy Living, at (651) 259-9661 or [Kelly.Fox@ymcamn.org](mailto:Kelly.Fox@ymcamn.org).

#### Pilates Reformer Group Class - 60 min

Condition your entire body with spring-resistance exercises on the Pilates reformer. This class is kind to your joints while strengthening your core, posture and muscular tone. You must complete Pilates Reformer Instruction before joining this class. Contact us or visit Member Services at your local Y to register for this pre-requisite.

#### Strength Training for Seniors - 45 min

Master the skills necessary to safely and effectively use the strength-training equipment at the Y. Learn about sets, reps, tempo and the proper amount of weight you should lift. Class helps you gain better balance, good posture, a high degree of energy and stronger bones.

#### Tread and Shed - 60 min

High-intensity training is the most proven way to bust through plateaus and ruts. Class includes exciting treadmill drills interchanged with dynamic strength circuits. If you're at a point you're ready to put the work in to get the changes you want, this is the class for you.

#### WAVE Fit - 45 min

Work out on stand-up paddleboards specially designed for the pool. Challenge your strength and endurance with dynamic exercises on the board while demonstrating balance, coordination and core control.

### LIGHTER U SMALL GROUP TRAINING

This class is a series of lessons that will help educate you in the classroom on how gradual lifestyle changes can positively impact your health.

In 7 small-group sessions, participants will dive into relevant nutrition topics and set goals to help you eat well, get active and live life to the fullest. Learn helpful tips and strategies to make healthy changes in simple steps that will benefit you long after the program has ended.

Class begins the week of March 2 for 7 weeks and is led by a Certified Personal Trainer. The hour combines 30 minutes of nutrition education in classroom with a 30 minute workout in the Fitness Center (with the exception of our Tuesday evening class which is 60 minutes of nutrition education with Jamie).

**Mondays 11:30-12:30 PM**  
**Tuesdays 9:00-10:00 AM**  
**Tuesdays 6:15-7:15 PM**

**Deb**  
**Krista**  
**Jamie**

\$140/member or \$182/non-member  
**SAVE 10% when you enroll by 2/11!!**



**REGISTRATION BEGINS JANUARY 28, 2020**

Class availability varies by location. Schedules subject to change. Please visit [ymcamn.org](http://ymcamn.org) for updated class listings.



**Tread and Shed - 60 min: 15+ yrs**  
 84\_FW\_1189\_30\_030420\_YHL 5:30 pm to 6:30 pm Fitness Center Kelly \$112 member /\$154 non-member  
 Class meets 7 times

**Pilates Reformer Group Class - 45 min: 15+ yrs**  
 84\_FW\_1339\_31\_030420\_YHL 5:45 pm to 6:30 pm Studio 3 Naomi \$112 member /\$154 non-member  
 Class meets 7 times

**Classes starting Thursday, March 5**

**Bootcamp - 60 min: 15+ yrs**  
 84\_FW\_1203\_40\_030520\_YHL 9:15 am to 10:15 am Gym Naomi \$140 member /\$182 non-member  
 Class meets 7 times

**Tread and Shed - 60 min: 15+ yrs**  
 84\_FW\_1189\_40\_030520\_YHL 9:15 am to 10:15 am Fit Center Krista \$112 member /\$154 non-member  
 Class meets 7 times

**Bootcamp - 60 min: 15+ yrs**  
 84\_FW\_1203\_41\_030520\_YHL 10:30 am to 11:30 am Gym Angie \$140 member /\$182 non-member  
 Class meets 7 times

**Pilates Reformer Group Class - 45 min: 15+ yrs**  
 84\_FW\_1339\_40\_030520\_YHL 10:30 am to 11:15 am Studio 3 Naomi \$112 member /\$154 non-member  
 Class meets 7 times

**Pilates Reformer Group Class - 60 min: 15+ yrs**  
 84\_FW\_1326\_40\_030520\_YHL 5:30 pm to 6:30 pm Studio 3 Naomi \$140 member /\$182 non-member  
 Class meets 7 times

**Classes starting Friday, March 6**

**Bootcamp - 60 min: 15+ yrs**  
 84\_FW\_1203\_50\_030620\_YHL 10:00 am to 11:00 am Gym Angie \$140 member /\$182 non-member  
 Class meets 7 times

**Pilates Reformer Group Class - 60 min: 15+ yrs**  
 84\_FW\_1326\_50\_030620\_YHL 10:25 am to 11:25 am Studio 3 Cindy \$140 member /\$182 non-member  
 Class meets 7 times

**Classes starting Saturday, March 7**

**Bootcamp - 60 min: 15+ yrs**  
 84\_FW\_1203\_60\_030720\_YHL 7:30 am to 8:30 am Gym Naomi \$140 member /\$182 non-member  
 Class meets 7 times

**Class Descriptions**

**Bootcamp - 60 min** This class is about improving your strength and stamina through a rugged workout. Class consists of sports drills, weights, jumping rope, boxing, circuits and interval training. It's great for preparing for events like weddings, reunions, postnatal and other milestones.

**Lighter U - 60 min** Learn about nutrition and mental wellness during a weight-loss journey, and participate in physical activities.

**Pilates Reformer Group Class - 30 min** Condition your entire body with spring-resistance exercises on the Pilates reformer. This class is kind to your joints while strengthening your core, posture and muscular tone. You must complete Pilates Reformer Instruction before joining this class. Contact us or visit Member Services at your local Y to register for this pre-requisite.

**Pilates Reformer Group Class - 45 min** Condition your entire body with spring-resistance exercises on the Pilates reformer. This class is kind to your joints while strengthening your core, posture and muscular tone. You must complete Pilates Reformer Instruction before joining this class. Contact us or visit Member Services at your local Y to register for this pre-requisite.

**REGISTRATION BEGINS JANUARY 28, 2020**

Class availability varies by location. Schedules subject to change. Please visit [ymcammn.org](http://ymcammn.org) for updated class listings.



# PERSONAL TRAINING

Get results faster with the help of a personal trainer. Enjoy custom fitness plans built around your goals and schedule.

## 60-MINUTE INTRODUCTORY PACKAGE

New to training? Find out if it's the right path for you to reach your goals with a special rate for new training clients. (Limit one per customer, members only)

Package	Price	Price Per Session
4 Sessions	\$239	<b>\$59.75/session</b>

## 60-MINUTE TRAINING PACKAGES

Looking to lose weight, improve strength and endurance or train for a competition? Get the most out of your training time with a customized 60-minute workout.

Member			Non Member		
Package	Price	Price Per Session	Package	Price	Price Per Session
1 session	\$75	<b>\$75/session</b>	1 session	\$95	<b>\$95/session</b>
4 sessions	\$280	<b>\$70/session</b>	4 sessions	\$360	<b>\$90/session</b>
8 sessions	\$540	<b>\$67.50/session</b>	8 sessions	\$700	<b>\$87.50/session</b>
12 sessions	\$780	<b>\$65/session</b>	12 sessions	\$1,020	<b>\$85/session</b>
20 sessions	\$1,099	<b>\$54.95/session</b>	20 sessions	\$1,499	<b>\$74.95/session</b>

## 30-MINUTE TRAINING PACKAGES

Looking for guidance on safe exercise techniques, new ideas to add to independent workouts, or training that fits into your busy schedule? Get customized answers and advice during a concentrated 30-minute training session.

Member			Non Member		
Package	Price	Price Per Session	Package	Price	Price Per Session
1 session	\$50	<b>\$50/session</b>	1 session	\$70	<b>\$70/session</b>
4 sessions	\$180	<b>\$45/session</b>	4 sessions	\$260	<b>\$65/session</b>
8 sessions	\$340	<b>\$42.50/session</b>	8 sessions	\$500	<b>\$62.50/session</b>
12 sessions	\$480	<b>\$40/session</b>	12 sessions	\$720	<b>\$60/session</b>
20 sessions	\$640	<b>\$32/session</b>	20 sessions	\$1,040	<b>\$52/session</b>





# BUDDY TRAINING

Want to work out with a friend or partner? Enjoy concentrated attention as you work together with (or compete against!) a buddy to reach shared goals. Prices listed are per participant.

## 60-MINUTE INTRODUCTORY PACKAGE

New to buddy training? Find out if it's the right path for you both to reach your goals with a special rate for new training clients. (Limit one per customer, members only)

Package	Price	Price Per Session
4 Sessions	\$159	<b>\$39.75/session</b>

## 60-MINUTE TRAINING PACKAGES

Looking to lose weight, improve strength and endurance or train for a competition? Get the most out of your training time with a customized 60-minute workout.

Member			Non Member		
Package	Price	Price Per Session	Package	Price	Price Per Session
1 session	\$45	<b>\$45/session</b>	1 session	\$65	<b>\$65/session</b>
4 sessions	\$175	<b>\$43.75/session</b>	4 sessions	\$255	<b>\$63.75/session</b>
8 sessions	\$340	<b>\$42.50/session</b>	8 sessions	\$500	<b>\$62.50/session</b>
12 sessions	\$480	<b>\$40/session</b>	12 sessions	\$720	<b>\$60/session</b>
20 sessions	\$750	<b>\$37.50/session</b>	20 sessions	\$1,150	<b>\$57.50/session</b>

## 30-MINUTE TRAINING PACKAGES

Looking for guidance on safe exercise techniques, new ideas to add to independent workouts, or training that fits into your busy schedules? Get customized answers and advice during a concentrated 30-minute training session.

Member			Non Member		
Package	Price	Price Per Session	Package	Price	Price Per Session
1 session	\$35	<b>\$35/session</b>	1 session	\$55	<b>\$55/session</b>
4 sessions	\$135	<b>\$33.75/session</b>	4 sessions	\$215	<b>\$53.75/session</b>
8 sessions	\$260	<b>\$32.50/session</b>	8 sessions	\$420	<b>\$52.50/session</b>
12 sessions	\$360	<b>\$30/session</b>	12 sessions	\$600	<b>\$50/session</b>



## Hudson YMCA Group Training Schedule

Early Spring 2020 - Classes starting between March 2 and April 19

(715) 386-1616 [ymcamn.org/hudson](http://ymcamn.org/hudson) [www.facebook.com/stcroixvalleyymca](https://www.facebook.com/stcroixvalleyymca)

BUILDING HOURS		KIDS STUFF HOURS	
Monday-Friday:	M-Th 5:00am-10:00pm, F 5:00am-9:00pm	Monday-Friday:	M-Th 8am-1:30pm & 3:30-8:30pm, F 8am-1:30pm & 3:30pm-7pm
Saturday:	6:00am-8:00pm	Saturday:	7:45am-3pm
Sunday:	6:00am-8:00pm	Sunday:	8am-5pm

### Classes starting Monday, March 2

<b>Pilates Reformer Group Class - 60 min: 15+ yrs</b>					
84_FW_1326_10_030220_YHL	8:00 am to 9:00 am Class meets 7 times	Studio 3	Naomi	\$140 member /\$182 non-member	
<b>Strength Training for Seniors - 45 min: 55+ yrs</b>					
84_FW_1306_10_030220_YHL	9:00 am to 9:45 am Class meets 7 times	Fitness Center	Deb	\$70 member /\$84 non-member	
<b>Lighter U - 60 min: 18+ yrs</b>					
84_FW_1363_10_030220_YHL	11:30 am to 12:30 pm Class meets 7 times	Studio 3/Fit Center	Deb	\$140 member /\$182 non-member	
<b>WAVE Fit - 45 min: 14+ yrs</b>					
84_FW_1361_10_030220_YHL	5:30 pm to 6:15 pm Class meets 7 times	Pool	Kelly	\$112 member /\$154 non-member	
<b>Pilates Reformer Group Class - 60 min: 15+ yrs</b>					
84_FW_1326_11_030220_YHL	6:30 pm to 7:30 pm Class meets 7 times	Studio 3	Naomi	\$140 member /\$182 non-member	

### Classes starting Tuesday, March 3

<b>Lighter U - 60 min: 18+ yrs</b>					
84_FW_1363_20_030320_YHL	9:00 am to 10:00 am Class meets 7 times	CommRm/Fit Center	Krista	\$140 member /\$182 non-member	
<b>Pilates Reformer Group Class - 60 min: 15+ yrs</b>					
84_FW_1326_20_030320_YHL	9:00 am to 10:00 am Class meets 7 times	Studio 3	Naomi	\$140 member /\$182 non-member	
<b>Pilates Reformer Group Class - 30 min: 15+ yrs</b>					
84_FW_1325_20_030320_YHL	4:30 pm to 5:00 pm Class meets 7 times	Studio 3	Naomi	\$84 member /\$126 non-member	
<b>Lighter U - 60 min: 18+ yrs</b>					
84_FW_1363_21_030320_YHL	6:15 pm to 7:15 pm Class meets 7 times	Comm Rm	Jamie	\$140 member /\$182 non-member	

### Classes starting Wednesday, March 4

<b>Pilates Reformer Group Class - 45 min: 15+ yrs</b>					
84_FW_1339_30_030420_YHL	8:15 am to 9:00 am Class meets 7 times	Studio 3	DeAnn	\$112 member /\$154 non-member	
<b>Strength Training for Seniors - 45 min: 55+ yrs</b>					
84_FW_1306_30_030420_YHL	9:00 am to 9:45 am Class meets 7 times	Fitness Center	Angie	\$70 member /\$84 non-member	
<b>Pilates Reformer Group Class - 60 min: 15+ yrs</b>					
84_FW_1326_30_030420_YHL	10:20 am to 11:20 am Class meets 7 times	Studio 3	Cindy	\$140 member /\$182 non-member	

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