



# THE Y CONNECTION

**NORTHERN LIGHTS YMCA - DICKINSON PROGRAM CENTER - FEBRUARY 2019**

## ON DECK...

- SAFE SITTER BABYSITTING  
February 2
- POLAR PLUNGE SWIM MEET  
February 9
- WINTER SESSION 2 BEGINS  
February 11
- HOLIDAY HOP (VALENTINES)  
February 15
- SAFE SITTER BABYSITTING  
March 2
- WINTER SESSION 3 BEGINS  
March 18
- SCHOOLS OUT FUN DAY  
Any scheduled off day or snow day  
Call 774-4076 for more information

## A LOOK AT OUR FUTURE!!

Kahler-Slater has provided these renderings of what various areas of the YMCA will look like after construction is complete!



**SYSTEMS CONTROL LITTLE SPARKS CHILD CARE CENTER**



**FITNESS CENTER**



**THE POOL**



**FRONT LOBBY**



**STEWART**  
MANUFACTURING, LLC



**CCI**  
systems®

**Our 2019 and Beyond  
Corporate Lease Partners**

## JOIN OUR CHILD CARE STAFF!

The Northern Lights YMCA Dickinson Center is seeking **YEAR ROUND** full and part time help in our new Systems Control Little Sparks Child Care Center.

We're hiring Lead Teachers, Caregivers and other staff. We offer competitive pay and flexible hours - including **EVENING HOURS**. The YMCA also offers paid time off, **FREE TRAINING/CERTIFICATION** opportunities, **FREE YMCA MEMBERSHIP** for employees and a **VERY GENEROUS RETIREMENT PLAN** that includes a match as high as seven percent!

Current early childhood students, high school students and volunteers are also encouraged to apply! Please stop by the YMCA or call (906) 774-4076 for more information! Employment applications are also available online at [www.nlymca.com/dickinson](http://www.nlymca.com/dickinson).



### FITNESS

#### **TURBO KICK!**

KICK UP THE MUSIC, KICK UP THE ENERGY! The ultimate cardio-kickboxing experience, Turbo Kick is perfect for the beginner and elite fitness enthusiast alike! This fat-burning workout combines cardio kickboxing with body-sculpting HIIT moves choreographed to the hottest music mixes. Get lean, get toned, and feel unstoppable in the class that's high-energy and super addicting! Ready to become a total knockout? Class run Thursdays from 6:15-7 pm, beginning Feb. 14. Contact 774-4076 for more information.

### YOUTH/FAMILY

#### **SAFE SITTER CLASSES**

Safe Sitter® prepares students in grades 6-8 to be safe when they're home alone, watching younger siblings, or babysitting. Students learn life-saving skills such as how to rescue someone who's choking, and helpful information like what to do if there's severe weather. The lessons are filled with fun activities and role-playing exercises. Students even get to use CPR manikins to practice choking rescue! Lunch is included.  
**AGES:** 11-18 **COST:** \$66 Member; \$100 General Public  
**WHEN:** February 2; March 2; April 27  
**TIME:** 8 am-1:30 pm

### AQUATICS

#### **NEED SWIM LESSONS?**

A new session of swim lessons begins the week of Feb. 11. Now is the time to register. The YMCA offers lessons for all ages and abilities, including adult swim lessons. Private sessions are also available. And remember, the pool is only open for another couple months. So take advantage, get out of the cold and enjoy our 85 degree water! Visit [www.nlymca.com/dickinson](http://www.nlymca.com/dickinson) or call the Welcome Desk at 774-4076 for more information or assistance selecting the correct lesson.

## YMCA DASHBOARD DATA

**December  
Member  
Check-ins:  
8,422**

**2018  
Jan.-Dec.  
Financial Asst.  
Given:  
\$41,492**

**Total  
Active  
Members:  
2,594**

THANK  
YOU!  
😊

Thank you to all of our members who have signed the Loyalty Wall at the Y. There's still time to get your name on the wall and register for your FREE t-shirt! We'll also soon start giving away prizes to members who take the Loyalty Pledge. Stop by the Welcome Desk for full details, and thank you for your continued support during our construction!