



THE Y CONNECTION

NORTHERN LIGHTS YMCA - DICKINSON PROGRAM CENTER - SEPTEMBER 2019

ON DECK...

- FALL/WINTER HOURS BEGIN
September 3
- FALL OPEN HOUSE
September 4 (4-8 pm)
- PARENT'S NIGHT OUT
September 7
- FALL SESSION 1 BEGINS
September 9
- FAMILY FIRE-N-FUN
September 14
- FLAG FOOTBALL CLINIC
September 20-22
- FALL SESSION 1 BEGINS
September 9
- FALL SESSION 2 BEGINS
October 14
- CHILD CARE NOW OPEN!!
Call 239-3717 to register

NEW SPIN BIKES!

TOP OF THE LINE MODEL ON THE WAY

IRON MOUNTAIN - A brand new Fitness Center with all new cardio, strength and free weight equipment just didn't feel complete. And now, thanks in part to a generous donation, the Northern Lights YMCA Dickinson will be getting 16 brand new spin bikes!



The Spinner® Chrono™ Power distances itself from the pack of indoor cycles that measure power by offering a hassle-free experience for operators, instructors and riders alike, all while staying true to the iconic feel of a Spinner® bike. With direct power measurement, patent-pending magnetic resistance, and the brightest console back light in the industry -- with no batteries to change -- the Spinner Chrono Power bike will exceed expectations.

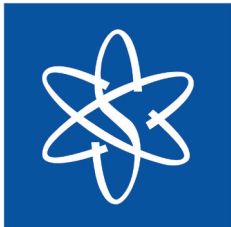
PRECOR raised the bar on accuracy and reliability by putting the strain gauge power sensor directly on the resistance system. The sensor is protected from shoes and sweat, and directly wired to the console to eliminate wireless pairing, manual calibration or the need for batteries.

The bikes have a patent-pending magnetic resistance system. The unique caliper design of the resistance mechanism specifically accommodates the heavy perimeter-weighted flywheel that delivers the iconic Spinner® feel. Every turn of the knob delivers an equal increase without sudden jumps in resistance.

And say goodbye to batteries. The on-board generator not only drives the power measurement sensor, but also the always-on ultra-bright console backlight, and keeps the console on for three minutes after you stop pedaling. The console is Bluetooth® compatible to share data with a smartphone and ANT+ compatible for heart rate straps and leaderboard pairing.

The Y plans to use the fitness bay on the far west end of the fitness center as a new spin studio when the new bikes arrive in a few weeks. Classes are open for registration, and more classes will be added as needed. See the back side for full spin class schedule.

SYSTEMS



CONTROL



**Our 2019 and Beyond
Corporate Lease Partners**

MONSTER DASH TO REPLACE COLOR RUN

FAMILY FUN 5K SET FOR SATURDAY, OCTOBER 26

Are you looking for a little bit of thrill this Halloween? Join us at the Northern Lights YMCA Dickinson Center for our Monster Dash Family Fun Run 5K. Gather your family and friends and dress up in your best Halloween Costume! Medals will be awarded to the top three male and female finishers and a prize will be given for the best costume! All entries include a t-shirt. To guarantee t-shirt, registration must be received October 12.

REGISTER BY OCT. 12 TO BE GUARANTEED A T-SHIRT

AGES: All Ages

COST: \$25 Adult 5K; \$15 Student 5k; \$100 Family (5-6 people)

WHEN: Saturday, October 26

TIME: Packet Pick-Up Friday 5:30-7 pm; Race will begin at 9 am



FITNESS

FALL SPIN SCHEDULE

RISE & SHINE CYCLING:

MON. & WED. (5:15-6 am) \$30*

TUES. & THUR. (5:15-6 am) \$30*

INDOOR CYCLING:

MON. & WED. (5:20-6:05 pm) \$30*

TUES. & THURS. (5:15-6 pm) \$30*

INTRO TO CYCLING:

WED. (6:20-6:50 pm) \$10*

SATURDAY CYCLE & TONE:

SAT. (8:30-9:30 am) \$15*

*Member pricing

NOTE: More classes added as needed

YOUTH/FAMILY

CHECK OUT POWER & AGILITY CLASS THIS FALL

This 5-week athletic program is geared for all student-athletes entering grades 5th-senior year wanting to improve explosive power and quickness while improving overall body conditioning. This program will enhance athletic performance, build character and encourage team work.

AGES: 12-17 **TIME:** 4-5 pm

COST: \$32 Mbrs; \$64 General Public

WHEN: Wednesdays

WHERE: YMCA Gymnasium

AQUATICS

NOW HIRING LIFEGUARDS

The YMCA is hiring lifeguards, and will conduct a training session for those interested but not yet qualified. YMCA lifeguards must be minimum age of 16. Certifications: CPR for the Professional Rescuer, AED, Basic First Aid and Emergency Oxygen. Ability to maintain certification-level of physical and mental readiness. Must demonstrate lifeguard skills in accordance with YMCA standards. The YMCA lifeguard training registration deadline is Oct. 27. Call 774-4076 for more information.

YMCA DASHBOARD DATA

August
Member
Check-ins:
2,566

2018
Jan.-July
Financial Asst.
Given:
\$27,613

Total
Active
Members:
2,371



Thank you to Gundlach Champion and all the contractors and subcontractors who have worked so hard all summer so that our new fitness center and locker rooms could be open in time for the fall sessions. The new spaces look incredible!