



# THE Y CONNECTION

NORTHERN LIGHTS YMCA - DICKINSON PROGRAM CENTER - MARCH 2020

## ON DECK...

PARENTS NIGHT OUT

March 6

HOLIDAY HOP (St. Patrick's Day)

March 13

MOTHER SON SUPERHERO DANCE

March 14

SESSION 3 BEGINS

March 16

NERF PARTY

March 20

SPRING BREAK DAY CAMP

March 23-27

SAFE SITTER CLASS

March 28

INDOOR SOCCER CLINIC

April 3-5

CHILD CARE NOW OPEN!!

Call 239-3717 to register

## \$5 FITNESS IS HERE!

### NEW LOWER PRICES FOR GROUP FITNESS CLASSES

Five dollar fitness is here! In order to deliver the best value for your YMCA membership, we're making all group fitness and spin classes just five dollars each class for the full session.

We're also going to be adding a Barre class for session 3!!! Stay tuned for details.

You won't find a better value for your fitness dollar anywhere else! Membership includes full access to our newly renovated center including the pool, gym, sauna, and fitness center seven days a week - AND NOW - add any fitness class for just \$5!



## SLAP IT HIGH!

The YMCA has lowered member prices for all group fitness and spin classes!

COMING SOON:  
BARRE!

# \$5

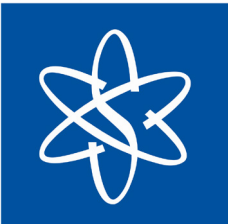
NEW EVERYDAY PRICE!

Five weeks of classes for only \$5!

## JOIN THE YMCA TODAY!

(No joining fee through March 31)

SYSTEMS



CONTROL



Our 2020 and Beyond  
Corporate Lease Partners

## MERMAID NIGHT FUN!

More than two dozen boys and girls took part in our latest theme night activity “Mermaid Night” on Friday, Feb. 28. Participants enjoyed lots of fun including crafts, pool time and pizza. Join us for our next theme night – Nerf Party – which is planned for Friday, March 20. A Dolly and Me Tea Party theme night is set for Sunday, April 26. More info is available at this following link: <https://nlymca.com/dickinson/core/#/programs/107/youth-family-programs/>



### FITNESS

#### NOW OFFERING BARRE!

New fitness sessions begin Monday, March 16, and a new offering is coming with Barre!

Have fun and increase your core strength and flexibility while you move your hips. This class will improve your posture and strengthen your core with fun dance moves.

Class will be offered either Fridays (11-11:30 a.m.) or Tuesdays (5:30-6 p.m.) Cost is only \$5 for members.

<https://nlymca.com/dickinson/core/#/programs/47/group-fitness/>

### YOUTH/FAMILY

#### SPRING BREAK DAY CAMP MARCH 23-27

Join the Northern Lights YMCA this spring break for a week-long camp. Let your child enjoy swimming, arts & crafts, camp songs, sports and games. Don't forget to pack a sack lunch, swim attire, towel, gym shoes and outdoor gear. Before and after care available at additional charge.

**AGES:** 5-12 **WHEN:** March 23-27

**TIME:** 9 am-4 p.m

**COST PER WEEK:** \$125 members or \$150 general public

<https://nlymca.com/dickinson/core/#/programs/108/day-camp/>

### AQUATICS

#### JOIN WATER IN MOTION

Are you thinking about competing in the Northwoods Triathlon this summer but a little nervous about the water portion? Relax, our aquatics staff has you covered. The YMCA offers adult lap training classes for swimmers of all levels, from beginners to those looking to improve their technique and time.

**AGES:** 13 and up **WHEN:** Mon. and Thu. 7-8 pm. **COST:** \$20 members or \$40 general public

<https://nlymca.com/dickinson/core/#/programs/102/adult-lap-training/>

## YMCA DASHBOARD DATA

Feb.  
Member  
Check-ins:  
10,457

2020  
Jan.  
Financial Asst.  
Given:  
\$3,870

Total  
Active  
Members:  
3,261

THANK  
YOU!  
😊

Thank you to all the staff, parents and other volunteers who helped at the NLYMCA swim meet in February. The meet, our first youth meet in the new pool, was a tremendous success.