



# THE Y CONNECTION

**NORTHERN LIGHTS YMCA – DICKINSON PROGRAM CENTER – SEPT. 2020**

**ON DECK...**

PARENT'S NIGHT OUT Sept. 5

FALL SESSION 1 Sept. 8

PARENT'S NIGHT OUT Sept. 19

SWIM TEAM BEGINS Sept. 29

PARENT'S NIGHT OUT Oct. 3

THEME NIGHT (Tutus & Capes) Oct. 9

FALL SESSION 2 Oct. 12

MONSTER DASH Oct. 24

IN NEED OF CHILD CARE?  
Call 239-3717 to register

## CLASSES NOW INCLUDED! GROUP EXERCISE, WATER CLASSES NOW FREE

The Northern Lights YMCA Dickinson Center has announced a major boost to its membership package.

Fresh off its \$4.5 million renovation, the YMCA is now including group and water exercise classes with membership at no additional charge.

"We want to make sure we are always delivering the best value possible for our YMCA members," Membership and Marketing Director Ron Deuter said. "And we're thrilled to be able to now include all group and water exercise classes as a free member benefit."

While the YMCA will still offer a non-member rate for its classes, members can now take classes free of charge.

The YMCA offers dozens of group and water exercise classes in five-week sessions. Classes are designed to accommodate all fitness levels. The upcoming fall session, which begins Tuesday, Sept. 8, includes classes such as Barre Above, PiYo, A.M. Warrior, Country Heat, Yoga, Fun & Fit, Water In Motion and so much more.

"We've really revamped our fitness department in anticipation of this move to free classes," Deuter noted. "We've added new instructors, offered additional trainings and certifications for all of our instructors, and refocused our classes toward the fitness seeker. We want to create a welcoming, non-intimidating and fun atmosphere for people who simply want to improve their health and quality of life.

"In light of all that's happened this year with the pandemic, it's become increasingly clear that regular exercise holds so many benefits to one's health and immune system. We want to be a community leader in providing that opportunity. Free classes for members is a big step toward that goal."

Group and water exercise classes begin as early as 5 a.m. and run through the evening.

**GROUP & WATER EXERCISE  
CLASSES NOW FREE  
FOR YMCA MEMBERS!!**



**Scan the QR  
code for full  
schedule**



SYSTEMS




CONTROL

**Our 2020 and Beyond  
Corporate Lease Partners**

## NLYMCA SWIM TEAM STARTS SEPT. 29

Learn the fundamental skills of competitive swimming, including proper stroke technique. We focus on team building and use competition as a tool to teach the values of discipline, self-improvement, and sportsmanship. Participants between the ages of 6-18, and swimming ability of the YMCA Stroke Introduction level or better are welcome. Please call to schedule an appointment to evaluate your new swimmer. Swim Team begins Sept. 29.



**White (10 and under)**

**COST:** \$189

**WHEN:** Sun., Tues., Thurs.

**TIME:** 4:45-5:45 pm

**Green (11-12)**

**COST:** \$237

**WHEN:** Sun., Tues., Thurs.

**TIME:** 4:45-6 pm

**Navy (13 and up)**

**COST:** \$386

**WHEN:** Sun.-Thurs.

**TIME:** 4:45-6 pm

### FITNESS

#### CONSIDERING PERSONAL TRAINING?!

Get a customized program that fits your specific needs. Working with a personal trainer has many added benefits such as motivation, nutritional guidance, and much more! Group packages are also available. For more information or to arrange your appointment please call 774-4076.

### YOUTH/FAMILY

#### GYMNASTICS CLASSES RETURN!

The start of the fall sessions marks the return of youth programs to the YMCA. Our Gymnastics Center will offer several classes for kids ranging in age from walking to 12. Tumbling Tuesdays, Floor Dance Routine, Wiggles and Giggles, Beginner, Intermediate and Advanced classes are all available. View our brochure online or stop in the YMCA for more information or to register!

### AQUATICS

#### WATER EXERCISE IS NOW FREE TO MEMBERS!

In case you missed it, Water Aerobics and Water in Motion are now FREE to YMCA members! Fall water aerobics has two offerings, Monday & Wednesday from 9-9:55 a.m. or Tuesday & Thursday from 8:30-9:25 a.m. Our Water in Motion class is set for Tuesday & Thursday from 2-2:45 p.m. Come join us!

## YMCA DASHBOARD DATA

Aug.  
Member  
Check-ins:  
4,524

2020  
Financial  
Assistance  
Awarded:  
\$17,305

Total  
Active  
Members:  
2,535

THANK  
YOU!  
😊

Thank you to our Summer Day Camp staff for providing our area youth a tremendous YMCA Summer Day Camp experience all summer long! Our camp grows in popularity each year, and our staff is the No. 1 reason for its success. We can't wait for next year!