



THE Y CONNECTION

NORTHERN LIGHTS YMCA - DICKINSON PROGRAM CENTER - JULY 2021

ON DECK...

PARENTS' NIGHT OUT

July 9

SUMMER SESSION 2 BEGINS

July 12

THEME NIGHT (Rocket Party)

July 16

MOUNTAIN MUD SLING

July 31

PARENTS' NIGHT OUT

August 6

FOOTBALL CLINIC

August 12-14

THEME NIGHT (ROPIN' RODEO)

August 13

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



JOIN US FOR THE MUD SLING! YMCA MUD SLING AT PINE MOUNTAIN JULY 31

IRON MOUNTAIN - After a year off due to COVID-19, the Mountain Mud Sling is back!

Join us at Pine Mountain for some muddy, family-friendly fun on Saturday July 31 starting at 9 a.m.

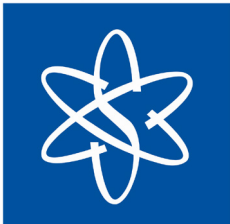
Everyone who registers by July 16 is guaranteed a t-shirt. Cost is \$25 for an individual and \$100 for a team of up to six. There is a \$200 corporate rate for teams of 10-12. Food and drink will be available for purchase from Pine Mountain beginning at 10 a.m. The event runs until 1 p.m., with starting waves every 15 minutes. You are welcome to circle the course as many times as you like!



MOUNTAIN MUD SLING TRAINING

Interested in participating in the Mountain Mud Sling, but want to get some training in first? We've got you covered. Every Monday and Thursday in July, join YMCA instructor Joshua at the Pine Mountain Stairs at 5:30 pm for Mountain Mud Sling route training. The obstacles are not in yet, but you will do the stairs and the route, with some exercises thrown in the mix as well. This training class is FREE to all in the community.

SYSTEMS



CONTROL



**Our 2021 and Beyond
Corporate Lease Partners**

SUMMER SESSION 2 STARTS MONDAY

It's never too late to join a class at the YMCA. Our second summer session begins Monday. Join some of our new programs including Muay Thai on Mondays at 5:15 pm and Wednesdays at 9:15 am, Tai Chi on Wednesdays at 8:30 am, and Pound Aerobics on Wednesdays at 11 am. Remember, classes are FREE to YMCA members. Spin classes are extra, but you can have an unlimited spin pass for just \$30 a session for members. That's five weeks of all you can spin for just \$30. Why wait? The YMCA is nice and air conditioned too. [CLICK HERE](#) for more information on all of our classes. Spin schedules are listed [HERE](#).



FITNESS

PERSONAL TRAINING ALWAYS AVAILABLE

Working out with a personal trainer has many benefits such as motivation, development of a program that fits your specific needs (including sport specific), nutritional guidance, cardiovascular training, and much more! Each training session is 55 minutes long. Sessions are non-transferable, non-refundable and must be used within one year from purchase date. By appointment only. Sessions can be one on one or as a couple. [CLICK HERE](#) for rates and more information.

YOUTH/FAMILY

SO MUCH TO DO!

What's happening in the Youth department this month? Well, we are starting the month off ducking and diving for our [Parents' Night Out](#), followed with an explosive [Rocket Party](#) on July 16! [Summer Camp](#) is in full swing. We have been busy visiting local parks, Cowboy Lake, learning games and crafts from other countries as we continue on our tour. It's not too late to join us! And for our little Y athletes, we offer Little Kickers, Little Sluggers, Tiny Track Stars, and Gymnastics. [CLICK HERE](#) for information.

AQUATICS

SWIM LESSONS TEACH SAFETY TO ALL AGES

Swim lessons at the YMCA teach new skills involving safety and comfort in the water. The world is 71 percent water and kids are 100 percent curious. Does your child know what they are doing in the water? Our swim lessons keep these curious kids safe. We have a new session starting Monday! [CLICK HERE](#) for all of our swim lesson information, and get signed up today!

YMCA DASHBOARD DATA

June
Member
Check-ins:
6,516

2021
Direct Financial
Assistance
Awarded:
\$19,115

Total
Active
Members:
2,700

THANK
YOU!



Thank you Kathy Ringel for numerous donations of office supplies such as post-it notes, cards, envelopes as well as items for the Systems Control Little Sparks Child Care Center.