



HERE FOR GOOD

COOK COUNTY YMCA

A Branch of the Duluth Area Family YMCA

THANK YOU FOR STAYING WITH US!

As the Y, we have been proud to serve our community for more than 150 years by providing life-saving swim lessons, fitness experts, and welcoming spaces where you can gain skills and confidence as you create community. Our mission has always been bigger than our buildings, and since the Covid-19 pandemic closed our doors, you have seen, perhaps more clearly than ever before, that our mission expands beyond the confines of our physical doors. You stood with the Y as we stood with the community to provide vital services. We could not have done this without your support. Thanks to you, our Y is here for good.

By choosing to stay with us and keep your membership active, you kept seniors engaged, youth fed, and essential childcare in place for our community. Your sustaining membership kept key employees working for good and preparing for the day we could welcome you back. You made virtual fitness options possible and offered parents and care-givers online activities and resources to keep their kids active when the schools closed.

Now, we are ready to welcome you back to your favorite place with gratitude to you for your commitment to our cause. We opened our doors on June 15th. Please visit our website to learn more about the changes we have made to ensure that we are welcoming you back safely.

We can't wait to see you.

THE YMCA IN PHASE ONE

The Y is reopening with protections in place to increase safety for members. In Phase One, the Cardio and Weight Rooms are open and shower reservations are available. A few bikes and machines have been relocated to the gymnasium for proper spacing. The pool will open on July 1st. For more information on what is available, new operating hours, and mask use can be found on our Reopening webpage here: <https://www.duluthymca.org/blog/cook-county-ymca-reopens-june-15th>

We have created a reservation system for areas within the facility. Reservations can be made through the schedules page on our website. Reserved areas have capacity limits and waitlists. If you sign up on the waitlist and a spot becomes available, you will automatically be moved into the eligible spot and notified by email. Members not able to sign up through the website may contact the Y to reserve a time slot.

Schedules can be found here: <https://www.duluthymca.org/schedules-cook-county>

REOPENING: HELP US STAY SAFE



TEMPERATURE CHECKS: All members will have their temperature taken prior to entering the Y at our Safety Station tent. All staff will also receive daily temperature checks.



WIPE DOWN EQUIPMENT: Use the cleaning materials provided to you. Wipe down equipment before and after each use. Staff will also be monitoring and cleaning equipment throughout the day.



WEAR YOUR MASK: Masks are required while inside the Y. The exception will be while you are exercising.



EXPECT REDUCED CAPACITY: Per the Governor's guidelines, we will be operating at a reduced capacity. At times of full capacity, you will be asked to wait in a designated area until space is available.



KEEP THE KIDS AT HOME: We are unable to provide Kids Club at this time. Space inside the facility is extremely limited.



STAY HOME IF YOU'RE SICK: CDC and state guidelines encourage seniors and other vulnerable people to stay home.



KEEP YOUR DISTANCE: Respect all signs regarding physical distancing. Stay at least six feet away from others whenever possible and 10 feet while working out.

YOUTH DEVELOPMENT



SUMMER KIDS CAMP

When: Monday-Friday from 7:45am-5:15pm
Cost: \$36 per day (scholarships available)
Ages: 5-12 years

Summer Camp is off to great start! Camp activities include open gym, nature games, outdoor exploration, open swim, songs, STEAM (Science, Technology, Engineering, Art, and Math) activities, outdoor cooking, fitness, sports, playground, hikes, and more! Breakfast and lunch are provided by the ISD 166 Summer Food Program. Register online or contact the YMCA.

HEALTHY LIVING

NEW GROUP WORKOUT SCHEDULE

Come sweat with your favorite instructors! June 15th is the start of our new group workout schedule. Reserve your spot for the in-person classes by viewing the schedule on our website. <https://www.duluthymca.org/schedules-cook-county>



Virtual classes streamed live on Facebook (everyone can watch online!):

Tuesdays 10:00-10:45 am Silver Sneakers Circuit with Helen
Wednesdays 10:00-10:45 am Silver Sneakers Yoga with Nancy
Thursdays 10:00-10:45 am Silver Sneakers Circuit with Chris

In-person classes in the studio and outdoors:

Monday 5/22: 12:00-12:45 pm Balance and Flex with Chris, Studio
Monday starting 5/29: 12:00-12:45 pm Yoga with Mindy, Studio
Monday 4:15-5:00 pm Cycle Together with Molly, Studio
Tuesday 4:15-5:00 pm Mystery Sweat with Jeanne, Tennis Courts
Wednesday 4:15-5:00 pm Mystery Sweat with Allison, Tennis Courts
Thursday 4:15-5:00 pm Mystery Sweat with Jeanne, Tennis Courts
Friday 12:00-12:45 pm Yoga with Nancy, Studio

SENIOR WALKS ON THE CROFTVILLE ROAD

All are welcome to join the YMCA and friends on a weekly walk along the Croftville Road on Fridays at 10:30 AM. Come! Enjoy exercise, companionship and fresh air on one of the prettiest and most charming stretches along the north shore of Lake Superior. Walk at your own pace! Brisk, moderate, or relaxed! Social distancing will be practiced. Plenty of parking on the west end of the Croftville Road; let's meet there! Bring your own water. Bring a friend, too!



PRIDE MONTH: The YMCA is FOR ALL.

Diversity and Inclusion Statement: The Y is made up of people of all ages and from every walk of life working side-by-side to strengthen communities. Together we work to ensure everyone, regardless of gender, income, faith, sexual orientation or cultural background has the opportunity to live life to the fullest. We share the values of caring, honesty, respect and responsibility - everything we do stems from it.

SOCIAL RESPONSIBILITY

SUMMER AMERICORPS MEMBERS



The Cook County Community YMCA is pleased to announce its partnership with AmeriCorps in the deployment of over 200 AmeriCorps Members supporting Minnesota organizations affected by Covid-19. Locally, the focus will be on providing support to our most vulnerable populations during the Covid-19 pandemic.

Jennifer Trowbridge and Sue Hakes were both sworn in as AmeriCorps Members on Monday, June 8, 2020. Jennifer shared that "being sworn in with over 200 other AmeriCorps members was surprisingly powerful and very meaningful. It feels great to be doing this work."

"I'm excited to be working with Jennifer and Sue in their new capacities as AmeriCorps Members supporting the mission of our Y", said Branch Executive Director Emily Marshall. In addition to wellness checks, Jennifer and Sue are working to provide safe opportunities for Seniors and Youth to socialize, maintain health and wellness, and become more proficient with social media.

Socializing safely during Covid-19 is a challenge, but possible. Through the Y, Seniors are already enjoying a "Coffee Chat" using ZOOM weekdays from 9:00-9:30 and LIVE Silver Sneaker's Fitness classes Tuesday-Thursday at 10:00 AM on Facebook. Seniors can join a weekly walk along the Croftville Road every Friday at 10:30. And, stay tuned for a Historical Harbor Walk and Zoom Trivia later this month! Of course, safety will be of the utmost performances at all outdoor events.

For more information, check the Cook County Community YMCA Facebook page Events or call Sue Hakes at 218-370-9833.

A MESSAGE FROM THE YMCA PRESIDENT AND CEO

At our YMCA, diversity, equity, and inclusion are at the center of all that we do, and we are committed to being active allies and partners to communities of color. We know that ~~taking~~ taking a stand is not enough and that we have work to do. Our organization is traveling on a journey to build the principles of equity, diversity, and inclusion into all of our operations, as well as to model those principles as we advance our mission. We are imperfect, we are learning, we are listening, and we are at work on this all the time. We will continue to educate ourselves and to center this work in the days, months, and years to come and to challenge ourselves to listen, to see, and to act bravely in the face of injustice.

To read the full statement from our President and CEO visit our website.

We stand against racism and injustice.

We stand for diversity, equity, and inclusion.

We stand in solidarity with communities of color and with those who fight for justice.

Today, our mission is more important than ever. We are here for all people as we nurture youth development, foster healthy living, and inspire social responsibility.

To our employees, our members, and our communities across the Northland, we see you, we hear you, and we stand with you.

Today and every day we commit to meaningful change.

WE ARE STRONGER TOGETHER.

