



HERE FOR GOOD

COOK COUNTY YMCA

A Branch of the Duluth Area Family YMCA

JULY 2020

MASKS PROTECT OUR COMMUNITY

It has been wonderful to see so many of you at the Y over the past several weeks. We are so grateful for your support, and hope that your return to the Y has felt both safe and welcoming for you. Our team is committed to providing you with the best and safest programs and services. Please continue to share your thoughts and feedback with us about how we can best serve you.

Our understanding of COVID-19 and how to best keep ourselves and one another safe continues to evolve, and as we learn more, our processes and procedures will, in some cases, evolve.

Beginning on Monday, July 13th, we will move from requesting that members wear masks to requiring that members wear masks in common areas. Please see below for additional details:

MASK REQUIREMENTS FOR MEMBERS AND GUESTS:

- YES when in any common area, locker room, or program area. This includes traveling to and from locker rooms and program areas.
- NO when in the pool or shower, or while participating in a strenuous exercise activity.
- YES for all youth who are safely able to put on, take off, and wear a mask without assistance.
- NO for youth 2 years of age or younger.
- NO for those who have genuine medical reasons for not being able to wear a mask.

YMCA staff will continue to wear masks while working, unless they are participating in strenuous physical activity, guarding the pool, or in the water teaching classes.

We will have additional paper masks available at the membership desk for members who do not have a mask or have forgotten to bring one.

We thank you for all that you are doing to keep our staff, and one another, safe.

Group Fitness Schedule

<u>Monday:</u>	12:00 pm Yoga with Mindy, Studio 5:30 pm Defend Together with Jeanne, Outside
<u>Tuesday:</u>	4:15 pm Cycle Together with Molly, Studio
<u>Wednesday:</u>	4:15 pm Mystery Sweat with Allison, Outside
<u>Thursday:</u>	4:15 pm Mystery Sweat with Jeanne, Outside
<u>Friday:</u>	11:00 am Yoga with Nancy, Studio 4:15 pm Cardio Step Together, Outside

YOUTH DEVELOPMENT

SUMMER PROJECTS AT KIDS CAMP

When: Monday-Friday from 7:45 am-5:15 pm

Cost: \$36 per day (scholarships available)

Ages: 5-12 years

AmeriCorps Member Jenn Trowbridge has been creating some special events this summer for the kids at camp. The kids worked with Grand Marais Art Colony staff to paint the planter boxes in front of Hungry Hippie Tacos. Local Artist Tim Young helped create fun animals to ignite the creativity of the kids as they painted.

Jenn also partnered with the Cook County Whole Foods Co-op to grow food in the community garden space with campers. Every day the campers get hands-on lessons in planting, watering, tending the harvest. They even get to taste the rewards of their hard work!



ENROLLMENT INCREASING IN CHILD CARE PROGRAMS

As local families return to work, enrollment is growing in our child care programs. Due to the increase we have a need to fill additional part-time and full-time positions. Candidates can apply online at our website by clicking on the link at the bottom that says Employment Opportunities. The YMCA is accepting applications for the following positions:

- Full-time and Part-time Teacher
- Full-time and Part-time Teacher's Aide
- Day Camp Counselor - Seasonal
- Lifeguards
- Member Services Representative

Contact Betsy Blaisdell for more information: bblaisdell@cookcountnymca.org, 218-387-3386 x 503.

THE YMCA IN PHASE ONE

In Phase One, the Cardio and Weight Rooms, Gym, Pool, and Group Workouts are open. Shower reservations are available. A few bikes and machines have been relocated to the gymnasium for proper spacing. For more information on what is available, new operating hours, and mask use can be found on our Reopening website here: <https://www.duluthymca.org/blog/cook-county-ymca-open>

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 who are 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>

HEALTHY LIVING

POOL AND GYM TIME BACK ON THE SCHEDULE



The pool reopened on July 1st! Karen Halbersleben was overjoyed to be the first lap swimmer in the water. Locals Amy Seitz and her daughter Savannah were the first family to swim in the shallow area. The hot tub and sauna remain closed due to the state closure order. Reservations can be made for a lap lane or the family swim area (shallow zone).



The pool will close starting July 14th and reopen on Monday, July 20th. The bottom surface will be repainted with added texture to reduce slips and falls.

Players are already practicing their jump shots during the Open Gym times. Members can now make a reservation to shoot hoops or bring in the kids to ride the trikes. Kids need to be accompanied by someone 16 years or older on the reservation. To make a reservation, go to www.duluthymca.org/schedules-cook-county and choose the area, day, and time to sign-up.



DONATE

The Duluth Area Family YMCA and the Cook County Y are facing financial challenges in providing services in response to the needs in our community. To rise up and meet these challenges and ensure the Y's long-term sustainability, we respectfully ask for your support. All donations are tax-deductible, and with the passage of the CARES Act, you will be able to deduct up to \$300 in charitable donations on your 2020 taxes, even if you do not itemize. Donate online here: www.duluthymca.org/give

SOCIAL RESPONSIBILITY AMERICORPS MEMBERS BRING NEW COMMUNITY EVENTS TO GRAND MARAIS

On July 3rd, The YMCA hosted the area's first drive-in movie: Hamilton! Over 35 cars parked in the lot to watch the new release on the inflatable screen. Thank you to Jen Trowbridge for making this popular film accessible to our community members.



Sue Hakes recently organized the first Zoom Trivia night on July 2nd! Local Trivia host Terry Backlund lent his talent to present the questions for 9 teams to compete for Y prizes. A second Zoom Trivia night is planned for July 23rd. Register for free by contacting the YMCA.

In conjunction with the Cook County Historical Society, A Harbor History Walking Tour of Grand Marais is planned for Tuesday, July 21st. Guide Bob Carter will be present to shed light on the past while enjoying a stroll in the beautiful harbor (while social distancing of course). Register by contacting the YMCA.