



HERE FOR GOOD

COOK COUNTY YMCA

A Branch of the Duluth Area Family YMCA

October 2020

GOLF SCRAMBLE OCTOBER 4th

JOIN US AND PLAY FOR YOUTH

There is still time to join us on Sunday, October 4th for a great day out on the green! We will be having a 4 person scramble, with multiple competitions to play.

Proceeds from our Golf Scramble will support all aspects of Youth Development programs, including food access and scholarship assistance for youth to participate in summer day camp, After-School All-Stars, Youth in Government, and early childhood development at our Childcare Center.

Registration for a team of 4 is \$400 and includes the following: green fees, golf cart, lunch, Y Swag Bag, athletic quarter-zip, and the joys of supporting youth in our community.

PLAY FOR CHARITY AT SUPERIOR NATIONAL GOLF COURSE.

REGISTRATION INCLUDES

- ▶ \$1,000,000 Shoot Out
- ▶ \$10,000 hole in one prize
- ▶ \$5,000 putting contest
- ▶ Buy "Disasters" to hinder competitors and mulligans to help your score
- ▶ Donate to support youth scholarships for programs

[CLICK HERE TO REGISTER!](#)

VISITORS WELCOME

Starting Monday, October 5th, the Cook County YMCA will begin allowing visitors to use the facilities. Visitors and local residents may purchase day passes or use a member guest pass.

We remain committed to procedures that support the health and safety of all facility users. Visitors will go through a health screening before entering the building and we will continue capacity limits, reservations for the pool and group classes, and routine sanitation of the facilities throughout the day.

NOW HIRING

Full-Time Lead Teacher, Full-Time Teacher's Aide, Part-time Teacher and Teacher's Aide, and Lifeguards. Apply online at www.duluthymca.org.

HEALTHY LIVING

GROUP WORKOUT INSTRUCTORS

Chris

Allison



Meet our instructors! Watch Facebook every Tuesday for posts highlighting our fantastic team of highly trained and experienced leaders.

All of our instructors have passed the YMCA Group Exercise Certification process. Many have passed Mossa's rigorous 20-hour training process or have otherwise been certified to teach in their areas. They will motivate, give feedback, and help you work out to effectively meet your goals. You'll even find yourself having fun along the way!

GYMNASIUM SCHEDULE

A schedule for the gymnasium is now available online or on the Duluth Area Family YMCA App!

YOUTH DEVELOPMENT

WELCOME MISS CHEYENNE

In September, we welcomed Cheyenne McEntee as our Lead Teacher in the Toddler Room. She is diving into the curriculum building essential skills for toddlers with dance, games, songs, art, and outside activities. She brings a playful and positive energy to nurturing the development of these growing kids.

Cheyenne fell in love with Grand Marais when she moved here to the Gunflint Trail five years ago. She enjoys being outside and working with kids. She was a paraprofessional for two years and gained training and skills working with kids with special needs. She worked as a camp counselor at Summer Kids Camp. Help us welcome Cheyenne in her new role!



CHEYENNE MCENTEE

YOUTH SNACKS

Food access is part of our mission at the Y. In October, we continue to provide free snacks for youth right inside our door all day, every day.

SOCIAL RESPONSIBILITY

PET PORTRAITS

In honor of Pet Wellness Month, if you donate \$20 to support families in our community, we'll draw a portrait of your pet!

Keep in mind, we are a whole lot better at caring for you than we are at drawing, but we'll do our best and we've recruited some local artists to help us out so, you may just get something great!

Visit us at <https://www.duluthymca.org/pet-portraits> to learn more and get your pet's portrait today!



Tim Young

FREE RUBY'S PANTRY GIFT CERTIFICATES

We are giving away Ruby's Pantry gift certificates in partnership with the Sawtooth Mountain Clinic to make sure everyone has access in our county. Anyone can pickup a certificate at our front desk, no questions asked.

WITNESS THE POWER OF 2020

Your \$20 can support families and youth across our region! When people come together, there is no stopping the power of their movement. Join us in our 2020 Community Support Campaign and make a donation that will make tomorrow brighter for all in our community. We know this year has been difficult, so we're asking many to come together for the good of all. We believe in the heart of the people of the Northland and their ability to rise above challenges, and come together for good. So our fall challenge is this:

We are asking for 2,020 people each give \$20, and through their joint effort we'll raise \$40,400 in support of families across our region. If you can give more than \$20, please do, as you will be stepping in for those that cannot donate at this time. If you traditionally give to the 100x100x100 Campaign your \$100 gift will still be appreciated in this campaign.

**GIVE YOUR
GIFT TODAY**

Your generosity will be laying the groundwork for a brighter tomorrow. You will be there with us, feeding, caring, nurturing, and providing for your community - together ensuring that your Y and the programs you love are here for good and here for all.

YOU ARE INVITED
TO JOIN US
VIRTUALLY FOR A

**Roaring Twenties
MURDER MYSTERY SOIREE**

Friday, Oct. 30th
8 p.m.

check-in starts at 7:45 p.m.

**VIRTUAL
EVENT**

the **Y**
YMCA

A fundraiser for the
DULUTH AREA FAMILY YMCA
Providing access & opportunity
FOR ALL in our community.

With technology at our fingertips, our virtual Murder Mystery will deliver an unforgettable evening of entertainment, prize drawings, and awards for "best dressed". Put on your glad rags, muddle a drink, and join us for a Gatsby-esque Murder Mystery from the comfort of your own home. Get your tickets today!

PURCHASE TICKETS