



HERE FOR GOOD

COOK COUNTY YMCA

A Branch of the Duluth Area Family YMCA

November 2020

WORKING TOGETHER FOR OUR SAFETY

Since we reopened in June, our staff and members have found a bit of a rhythm, as we continue to navigate through this pandemic. We continue to enforce capacity limits in classes and spaces to create opportunities for members that offer social distancing while exercising in the facility. We continue to clean many times each day across the facility including locker rooms, equipment, and common touch-points. As more people visit the facility when the weather turns colder, we will monitor those schedules to be sure they are effective.

This rhythm shouldn't cause us to let our guard down! While in the facility, members should continue to:

- Wear your mask/face covering, and remind others around you to wear it properly over mouth and nose.
- Keep a distance of at least 6 feet from others at all times – even when wearing your mask/face covering.
- Only remove your mask if you are performing vigorous exercise or entering the pool.
- Wash your hands and use hand sanitizer.
- Stay home if you feel ill, and don't visit with others who are feeling ill.



We sincerely hope that practices recommended by the CDC continue as habits while you interact with people and businesses within the community. Keeping everyone safe will help slow the spread of COVID-19 for all of us. Thank you for your work in helping to make our facility as safe as we can for everyone!

SOCIAL RESPONSIBILITY



DONATE TO SAVE LIVES

The Cook County YMCA is sponsoring a blood drive with Memorial Blood Centers on Tuesday, November 17th. Two buses will be in out lot to help our community members donate blood to save lives.

If you are able to donate, pre-register for the event by contacting Michele Keil at mkeil@mbc.org or 218-740-1541.

YOUTH SNACKS

Food access is part of our mission at the Y. We continue to provide free snacks for youth right inside our door all day, every day. Thank you to the amazing donors that make this possible!

HEALTHY LIVING

MORE GROUP WORKOUT CLASSES

We are adding some classes back to our group workout schedule!

The following classes will be added to the weekly schedule starting the week of November 9th.

Active Together – Tuesdays at 8:15–9:15 a.m. and Saturdays 9:15–10:30 a.m.

Active Together is a simple and athletic program drawing from all four elements of fitness: cardio, strength, balance, and flexibility. This class is great for those new to exercise and for the super busy and fit who need to get it all in one class!

Cycle Together – Tuesdays at 5:30–6:30 p.m.

Cycle Together is a 60-minute cycling experience brought indoors. Roll over hills, chase the pack, spin the flats, climb mountains, and sprint to the finish.

Cycle 30 Together – Thursdays at 8:15–8:45 a.m.

Cycle 30 Together will get you fitter & feeling better in only 30 minutes. It's a cardio workout that is easy as riding a bike. Inspiring music and motivating coaching will get you to burn calories, improve muscular endurance & build cardio fitness.

Strength Train Together – Saturdays at 10:35–11:35 a.m.

This class combines traditional strength exercises with functional training moves to make you fitter and stronger. High-rep training, athletic movements, and a periodized training approach are key components of this results-driven workout.

Due to low attendance, the Wednesday 5:30 p.m. Strength Train Together class will be canceled starting the week of November 9th.



TRY DAY FRIDAYS
OPEN TO THE COMMUNITY EVERY FRIDAY
Cook County residents may try the Y for FREE any Friday!
Just bring your photo ID with a Cook County address.
Join on a Friday and your Join Fee is waived.

DANCE COSTUMES

We have dance costumes for sale! Left over costumes from the 2019–2020 dance season are available to the general public for \$40. All proceeds from the sale will go towards scholarships for future dance programs. We have sizes from pre-k to adult. First come first served!

ANNUAL DAY PASS SALE

November 27th - 30th

**GIVE
THE
GIFT
OF
HEALTH**

8 passes
\$48 plus tax

16 passes
\$96 plus tax



YOUTH DEVELOPMENT

A HAPPY HALLOWEEN FOR KIDS

Many Halloween traditions were changed this year as families and community members considered the risks associated with parties and trick or treating. Despite the challenges, parents were working hard to allow the kids to be kids.

At the YMCA on Halloween night, we hosted a drive in movie in our parking lot. At least 8 families came to view the movie *Coco* on our giant inflatable screen, and enjoy free healthy snacks from our Youth Snack Program.

The Cook County Child Care Center celebrated Halloween with costumes, room-to-room trick or treating, and party in the gym. Our toddlers and preschoolers played in bounce houses and on tricycles. We even had a few games of ring toss and egg on a spoon. Kids colored pumpkins and shared lots of smiles.

A huge thank you goes out to our Volunteer Jennifer Trowbridge and the Child Care Staff for making this day special for kids in our community!



WE WANT YOU ON OUR TEAM

We have the following part-time positions open for applications: Teacher, Teacher's Aide, Youth Specialist, and Lifeguard. Apply online through our website.