



HERE FOR GOOD

COOK COUNTY YMCA

A Branch of the Duluth Area Family YMCA

JANUARY 2021

OPEN AGAIN

Minnesota Governor Walz announced that our YMCA facilities could open on Saturday, December 19. The following requirements will be in place in accordance with new state guidelines as we reopen: masks will need to be worn at all times including while exercising, 12 feet of distancing will be required while exercising, and group exercise classes will continue to be offered virtually for the time being with in-person classes resuming as early as January 4th.

New Hours of Operation starting Monday, January 4 are as follows:

Monday - Friday
7 A.M. - 7 P.M.

Saturdays
9 A.M. - 1 P.M.

Sundays
Closed

We are so glad we have been able to restart our in-person vital health and well-being programs for our community. Please see important information below in our safe-to-operate plan so you are prepared when you visit your Y.

- **Reservation Systems:** Our current membership check-in system meets the state guidelines mentioned in the Governor's new executive order. Reservations are required for the pool and family gym.
- **Masks:** The health and safety of our members and staff is always our top priority. Our mask policy has been updated. Masks are required for everyone in the facility for all activities except when swimming. Please help us keep you, our team, and our members safe and healthy by wearing your mask.
- **Locker Rooms:** Locker rooms are open and you must wear your mask and maintain six feet of distance from others.
- **Group Exercise:** In-person fitness classes will be coming later in January! Joining our schedules in the upcoming weeks are Balance & Flex, Yoga and Group Cycle. Please check our online schedule soon to see when they are starting back up.
- **Ball Sports:** At this time, all basketball, pickleball, and volleyball will be suspended due to the Governor's executive order. The hillside of our gym is open for individual practicing of sports such as skill drills, but organized games are not allowed.
- **Pools:** Pools in Minnesota are allowed to open starting Monday, January 4th with temporary capacity limits. Lap Lanes and Shallow Water Exercise areas are available for reservation 7 days in advance on our website or by calling the Y.
- **Kids Club:** Kids Club will be closed until further notice.

It has been a long journey as we work together with you and our community partners to mitigate the impact of COVID-19 and meet the needs of everyone we serve. Thank you for your continued diligence and concerted efforts to help keep you, your fellow members, and our community safe by wearing masks, maintaining physical distancing, practicing good hygiene, and staying home when you are sick or exposed to someone with COVID-19.

Your Y is committed to continuing to execute our safe-to-operate plans for each program. This is a critical time for our community as we enter the winter months and we are awaiting vaccines for everyone in our community. We are very grateful for your commitment to the Y and your extraordinary care for your neighbors. For the latest Duluth Area Family YMCA COVID-19 Updates, including membership and program updates, please visit our website.

HEALTHY LIVING SCHEDULES

Our Cardio Room, Weight Room and Hillside of the Gymnasium are open and currently operating with temporary capacity limits. Please be aware of these capacities and keep your workouts to a maximum of 90 minutes if others are waiting. Remember to keep your mask on and keep a distance of 12 feet while exercising.

The Lakeside of the gym will be open by reservation for Family Open Gym time. There is a limit of one family or household per reservation time. Members are responsible for sanitizing any equipment before and after use, including bikes, trikes and toys.

The pool will be open Monday through Friday 8:00 A.M. - 1:00 P.M. and 3:30 P.M. - 6:30 P.M. Two lap lanes and a shallow water exercise area will be open for reservation per 50 minute time slot. At this time, we do not have Family Swim or the hot tub available. Masks are required at all times with the exception of showering and swimming. Hooks to hang your masks will be available in the pool area for each reservation.



Schedules

Join

Give

Employment

YOUTH DEVELOPMENT

The Child Care Center Begins the Parent Aware Four-Star Rating Process

The Cook County Child Care Center is beginning the process to become a Parent Aware four-star rated program, the highest level a participating program can earn. Parent Aware ratings are based on demonstrated use of research-based practices that prepare children for school and life. Each rating level builds on the previous one, helping families easily identify which practices the program is using.

The Center is currently a two-star rated program which enables families who qualify up to \$4000 in grant money to cover child care fees. By achieving the four-star rating, that grant money would increase to \$7500 per eligible family. A four-star rated program will also commit to ongoing quality improvement by using best practices such as the following:

- Responds to unique cultural customs and needs of children and families
- Offers activities that encourage family participation and help children transition to kindergarten
- Shares child development updates with families to set goals together
- Makes accommodations for children with special needs and their families
- Has highly-qualified and trained leadership staff, teachers, and providers
- Creates a program-wide professional development plan
- Encourages healthy living through nutrition and physical activity, always evaluating to set goals for growth



The Center will complete the process by July 1, 2021. For more information contact Tina Eich: teich@cookcountymmca.org or 218-387-3386 x 614.

FULL-TIME POSITION OPEN: TEACHER

We are now hiring for a full-time Teacher in the Child Care Center. Join our dynamic team and support healthy development in kids ages 6 weeks to 5 years. Apply online through our jobs website. Contact Tina Eich, Youth Development Director at 218-387-3386 x 614 or teich@cookcountymmca.org.

SOCIAL RESPONSIBILITY

Partner Organizations Help Support Child Care at the YMCA in 2020

As this difficult year comes to a close, we would like to take a moment to reflect on the generosity of our partners and foundations that help us continue to provide quality youth services. We continued to provide early childhood education and school-age care in person throughout the pandemic so parents could continue to work. We didn't do it alone! Thank you to our partners the Lloyd K Johnson Foundation, Northland Foundation, Cook County Community Fund, Cook County, and ISD166.

With the help of the Cook County Community Fund, we were able to add more Science, Technology, Engineering, Art, and Math (S.T.E.A.M.) lessons and activities in our preschool, after-school, and summer day camp. S.T.E.A.M activities encourage innovation, problem-solving and critical thinking skills. Introducing S.T.E.A.M. at a young age will inspire more youth to pursue career paths in these important fields.



The Lloyd K Johnson Foundation has been an amazing partner since the YMCA opened and continues to help us support youth in Cook County. We know that early intervention with children with special needs is of utmost importance. The foundation awarded the Cook County Child Care Center a grant to purchase equipment, materials, and training to elevate the level of service we are able to provide for young students with special needs with an emphasis on nature play, sensory activities, and social emotional development. Classroom sets of outdoor rain and snow gear, natural outdoor play space, and indoor climbing wall are part of this grant. To further support our efforts to be an inclusive program, the Northland Foundation and ISD 166 have partnered with us to offer additional staff support for children with diverse abilities.



Finally, we were fortunate to be a recipient of CARES dollars through the county to be able to work with the school to provide Essential School-Age Care while the school was in distance learning mode and purchase needed personal protective equipment and health and safety supplies that were needed to help prevent the spread of COVID-19.

LLOYD K. JOHNSON
FOUNDATION



COOK COUNTY ISD 166
Home of the Vikings



COOK COUNTY
COMMUNITY FUND
*An affiliate of the Duluth Superior Area
Community Foundation*

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!