



HERE FOR GOOD

COOK COUNTY YMCA

A Branch of the Duluth Area Family YMCA

FEBRUARY 2021

OPEN WITH CARE

We've prepared a safe environment to welcome you back, which means implementing new guidelines for facility and equipment use.

As we have reopened, you will experience new practices required by the Governor's order. You will find indicators for healthy physical distancing, mask requirements, the spacing of fitness equipment, ample access to hand sanitizer, and significant disinfecting of equipment and activity areas throughout the day. Following CDC and health department guidelines, we have reopened popular areas and activities.

What areas are available? *Reservations required

- Wellness Center: Weight Room and Cardio Rooms
- Gym: Open Gym, Pickleball and Family Open Gym*
- Locker rooms
- Showers
- Lap Pool*
- Hot Tub*
- Family Swim*
- Group Workout Classes*

What areas are unavailable?

- Kids Club
- Sauna
- Water Slide
- Towel Rentals
- Water Fountains (bottle refill use only)
- Coffee Service
- Lobby Seating
- Generation Room

What the Y is Doing?

- **Personal Protective Equipment for All Staff:** All staff are required to wear masks.
- **Temperature Checks:** All members, visitors, and staff must complete a temperature scan and answer health screening questions before entering the facility.
- **Designed for Social Distance by Physical Distance:** All open areas inside the Y have been evaluated and redesigned where necessary to help keep social distancing by physical distancing between members. Signage is placed prominently throughout the facility to drive awareness of this requirement.
- **Cleaning:** In addition to our members wiping down equipment after use, Y Staff make a round of sanitizing equipment and high touch points every three hours, as well as a deep clean overnight.

The Y is committed to meeting the needs of the community and will continue to adapt our policies and procedures to meet the state and local guidelines. Here are some ways to stay up-to-date with what's going on at the Y: Follow the Cook County YMCA Facebook page, download the Duluth Area Family YMCA app, check our website at www.cookcountyyymca.org, or tune into WTIP every Monday at 9:45am!

How
Can I
Help?



Stay home if sick

Keep your distance



Wear a mask

Follow Capacity Limits



Clean equipment

HEALTHY LIVING SCHEDULES



We have a new Group Workout Schedule for February!

We are continuing to slowly add classes back to our Group Workout Schedule. Masks and reservations are required. There is a limit of 8 participants for classes in the studio and 12 in the hillside of the gymnasium, so make sure to pre-register to guarantee yourself a spot. [Click here to make a reservation!](#)

Monday
Strength Train Together
12:15-1 P.M.
Hillside Gym

Tuesday
Balance & Flex
11 A.M.-12 P.M.
Studio

Wednesday
Active Together
12:15-1 P.M.
Hillside Gym

Thursday
ZUMBA
12:15-1 P.M.
Hillside Gym

Friday
Yoga
11 A.M.-12 P.M.
Studio

Pickleball is back!

Two courts are available for 2 on 2 games Monday through Friday from 1:00 P.M. - 3:00 P.M. Masks are required while playing. No paddle? No problem. Stop by the Front Desk to rent one while you play.

PRIVATE SWIM LESSONS AVAILABLE

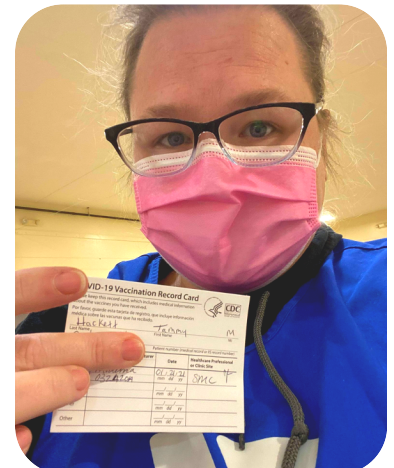


Private Swim Lesson packages are now available! Book a lesson package and build your skills. Due to COVID-19 we are not offering group lessons at this time, but the YMCA is offering package sessions of private lessons or semi-private lessons to individuals, couples, siblings, or parent/child pairs in the same household. Swimmers need to be able to swim independently enough that they don't need physical support in the water or be accompanied by a parent in the water at all times. Book your package online or by contacting the Membership Desk. All ages and levels welcome!

YOUTH DEVELOPMENT

EARLY CHILDHOOD EDUCATION TEACHERS RECEIVE VACCINES

The Teachers and Teacher's Aides the Cook County Child Care Center had the opportunity to get their first dose of the COVID-19 vaccine in January and are getting their second dose in mid-February. The team is thankful to Cook County and Sawtooth Mountain Clinic for providing this opportunity to protect our essential workers and further protect the children and families in their care every day.



MEETING THE DEMANDS FOR EARLY CHILDHOOD EDUCATION FOR SIX YEARS

In 2014, childcare shortages were brought to the attention of the Early Childhood Coalition. A survey was conducted which further proved the extent of the issue. With the approval of the coalition and the help of the Lloyd K. Johnson Foundation, the YMCA opened a new childcare program in 2015 which instantly filled with a waiting list. The program served ten kids with one full-time and four part-time staff members.



In 2016, the YMCA's strategic plan was developed with input from community leaders across all sectors. Striving to meet the demands of early childhood was identified as a top priority. We were able to open a second program which specialized in infant and toddler care. This program allowed us to serve more young children but the waiting lists were still long.



In 2017, childcare continued to be the primary focus of our strategic plan. We provided some emergency assistance and support at the Cooperation Station until they could re-open their doors and partnered with the school district to open a third program serving preschool age children.

In 2018, we became a state-licensed and parent-aware rated center. The center became three separate rooms designed to support kids in their stage of development. Now, in 2021, the center provides care for 40 kids with four full-time and four part-time staff members.



An adequate supply of childcare and choices increases the quality of life for families with young children and is vital to creating a family-friendly community which encourages families to live, grow, and thrive in our area. Accessible, quality child care allows parents to become economically self-sufficient, make advancements in career or education, and balance work and family needs. We are proud to continue to serve our community, especially during these difficult times.

SOCIAL RESPONSIBILITY

EMERGENCY RESPONSE MEMBER POSITION OPEN

Are you ready for a position to engage with your community, invest in our youth, and develop yourself? True North AmeriCorps is seeking applicants for an Emergency Response Member from February 16-August 27th at the Cook County YMCA.

The Y's True North AmeriCorps program is dedicated to engaging citizens in solving community problems. Emergency Response Members are AmeriCorps members serving at a nonprofit or public agency that is in need of additional support in responding to the community's relief efforts for COVID-19.



In this position, the AmeriCorps member will support a variety of efforts to meet the diverse needs of the students in the child care center. Activities may include organizing short video lessons from community members such as firefighters or librarians, gathering information for special education services, supporting effective communication with families, and daily cleaning/sanitizing.

To begin the application process and find out more information, visit the application homepage. Interviews will begin soon. Apply today! www.truenorthamericorps.org/apply

MEMBERSHIP



FEBRUARY 14 - 28

We want to show you some love and welcome you to the Y with a \$0 Join Fee!

Offer available to any new or renewing members.



Schedules

Join

Give

Employment

FULL-TIME POSITION OPEN: PRESCHOOL 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@cookcountyyymca.org.

LOCAL BOOK SALES SUPPORT YOUTH PROGRAMS

Are you ready for a new local book? Then open up a copy of *Ice Cream and Fish, A Children's History of Grand Marais*. In December, the Minnesota Children's Press released copies of this new book written by Linnea Ljosenvoer and Iris Works. Anne Brataas, President of the Minnesota Children's Press, mentored a group of local kids including YMCA Summer Day Camp kids to write, illustrate, design, and edit this charming read. It contains interviews with local residents about history, businesses, and activities from the perspective of youth in our community.

Copies are available for pick-up at the YMCA for any donation amount. All sales will help support school-age programs such as summer day camp and the after-school program. Get your copy today and pick-up one for a gift!

