



HERE FOR GOOD

COOK COUNTY YMCA

A Branch of the Duluth Area Family YMCA



MARCH 2021

A GLIMPSE INTO A DAY AT THE Y

Are you curious about what it's like to visit the Y right now? The YMCA is providing healthy activities for all ages within the state guidelines issued to reduce the spread of COVID-19. Read on about what our members are saying about visiting the Y!

I am always grateful for the accessibility of the Y in our rural community no matter how limited it is at this time, and I'm looking forward to better days ahead. Thank you!

Smooth, hassle free check-in and feeling of best practices concerning virus.

I have recently valued the family swim and family gym options. I bring my 2 grandchildren and they love coming. You have good programs for all ages.

Great experience coming back to the Y. Staff are very good with the COVID protocols and helping members who have been away to get up to speed with the new regulations. The exercise rooms were set up for maximum social distance which made me feel safe. Thank you.

(I) was apprehensive about Covid issues but was impressed with the carefulness and caution you have instituted to create a sense of safety. Your staff have been helpful (as they always are!) and responded to questions and suggestions quickly. I feel safe working out and grateful to have such an amazing resource in our community. Thanks to all you do!!

I feel so safe and supported by staff working out right now. It is a big deal for me to walk in and have the staff in such good moods and make me feel welcome. Thank you for being positive during this difficult time.

You are doing a fantastic job in keeping this vital space open, thank you! Kudos to front desk staff, friendly enforcement of mask-wearing, distancing and hand-washing. Locker rooms are spotless and efficiently managed! Thanks again!

The atmosphere there is always so friendly and pleasant. It's a pleasure to go somewhere and experience people enjoying their work.

Being able to reserve a pool lane to swim safely is very important to me, and I'm impressed with the Y's continued diligence in making it a safe place for our community. Many, many thanks.

Schedules

Join

Give

Employment

HEALTHY LIVING

MARCH SCHEDULE

We have a new Group Workout Schedule for March!

We are continuing to 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, so make sure to pre-register to guarantee yourself a spot. Click [here](#) to make a reservation!



Monday	Tuesday	Wednesday	Thursday	Friday
12:15-1 P.M. Strength Train Together	10-10:45 A.M. Silver Sneakers Circuit 11 A.M.-12 P.M. Balance & Flex	10-10:45 A.M. Silver Sneakers Yoga 12:15-1 P.M. Active Together	10-10:45 A.M. ZUMBA Gold 11 A.M.-12 P.M. Balance & Flex 12:15-1 P.M. Strength Train Together	11-11:45 A.M. Yoga 12:15-1 P.M. Active Together

Pickleball Update

One court is available for doubles games Monday through Friday from 10:00 A.M. - 12:00 P.M. Masks are required while playing. No paddle? No problem. Stop by the Front Desk to rent one while you play.

DANCE PROGRAMS RETURN

Hip, Hop, Hooray! Our dance programs are back! Starting March 1st, instructor Christine Curtis will be teaching a 6-week session of classes for grades 3-12 and adults. Participants can be new to dance or experienced performers for these classes that focus on Ballet Barre technique and creative movement. An exciting new class, Choreography and Improv, is being offered to high school students this session as well. Registration is open now! Did you miss your chance to register for this session? More info to come for spring dance programming!



YOUTH DEVELOPMENT

INFANT CARE OPENINGS

Kids learn, thrive, and grow here while families return to work. The Cook County Childcare Center has immediate openings for infants ages 6 weeks to 16 months on a part-time or full-time basis. Our caring and trained staff will meet your child at their developmental stage and nurture their growth in positive ways. Parents receive regular communication and assessments regarding their child's development. Schedule a tour of the Center to meet Teachers and see how each room is set up for child development and success. For more information and enrollment, contact Tina Eich at teich@cookcountnymca.org.

NEW CLIMBING WALL FOR PRESCHOOL KIDS



As part of our inclusive childcare project, a climbing wall was installed in the preschool room this month. Climbing is a very tactile activity that allows children to gain exposure to movement and sensory input that can help in motor processing. The pressure they feel in their muscles and joints can help internal regulation. The wall is also visually inviting and motivates the children to climb in safe ways in the classroom and increase movement. Climbing also increases problem solving and decision-making skills in all climbers as children determine hand and foot placement throughout the climb.

Finally, the wall will be used to enforce academic skills by adding fun games like climbing to letters or numbers, climbing using certain colors or patterns, climbing to shapes, counting while climbing, etc. The wall was a portion of a project that was funded by the Lloyd K Johnson Foundation.

When it is safe to resume Kid's Club activities and birthday parties, the wall will be able to be utilized by others as well. We are looking forward to the return of these programs!

SOCIAL RESPONSIBILITY

EMERGENCY RESPONSE MEMBER POSITION



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. 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 childcare center. Apply today! www.truenorthamericorps.org/apply

FULL-TIME TEACHER POSITION OPEN

We are now hiring for a full-time Teacher in the Child Care Center. This position comes with a full compensation package including health benefits, discounts on programs and child care, and career advance perks. Join our dynamic team and support healthy development in kids ages 6 weeks to 5 years. Apply online: www.duluthymca.org. For more information, Contact Tina Eich, Youth Development Director at 218-387-3386 x 614 or teich@cookcountnymca.org.

PART-TIME OPPORTUNITIES

Part-time positions are open at the Y. Employees receive a free adult membership, discounts on programs and child care, paid training, and connect with the community in positive ways. Contact Betsy Blaisdell for more information at 218-387-3386 x 503 or bblaisdell@cookcountnymca.org.

TEACHER
TEACHER'S AIDE

DAY CAMP
COUNSELORS

LIFEGUARDS