



HERE FOR GOOD

COOK COUNTY YMCA

A Branch of the Duluth Area Family YMCA

APRIL 2021

MEMBERSHIP

APRIL MEMBERSHIP DRIVE - FREE TRIAL WEEK



FREE Week Trial at the Y
Have you been wondering what it's like to use the Y recently? Sign up online for a FREE week trial during the month of April and see for yourself! Like what you see? Join the Y at the end of your FREE trial and your join fee will be waived. Register for your free week here!

[Schedules](#)

[Join](#)

[Give](#)

[Employment](#)

HEALTHY LIVING

GROUP WORKOUT CLASS ETIQUETTE

To ensure that each class runs as smoothly and as safely as possible, please be respectful of the following:

- Make your reservation ahead of time to ensure you have a spot in class.
- Arrive early and be in the studio ready to workout at the beginning of the class time.
- Wear your mask securely, covering both mouth and nose, through the entire duration of class and while in the Y building.
- If, when making your reservation, you are added to the waitlist, keep an eye on your email, as that is how you'll be notified if you are moved to a spot in class.
- If you are unable to attend a class you have registered for, please cancel your reservation to make a spot for someone else.



Click here to make a reservation!

APRIL SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9-9:45 A.M. Water Fitness	10-10:45 A.M. Silver Sneakers Circuit	10-10:45 A.M. Silver Sneakers Yoga	10-10:45 A.M. ZUMBA Gold		
11-11:45 A.M. Yoga	11 A.M.-12 P.M. Balance & Flex	12:15-1 P.M. Active Together	11 A.M.-12 P.M. Balance & Flex	11-11:45 A.M. Yoga	9:15-10 A.M. Strength Train Together
12:15-1 P.M. Strength Train Together	12:15-12:45 P.M. <u>Core Focus</u>		12:15-1 P.M. Strength Train Together	12:15-1 P.M. Active Together	

New Class Highlight: Core Focus Together

Core Focus Together trains you like an athlete in 30 minutes. Motivating music will guide you through functional & integrated exercises using body weight, weighted plates, towel & platform. Great total body workout!



PICKLEBALL

April Schedule - 2 courts will be available Monday - Friday 11 A.M. - 1 P.M.



SPRING INTO FITNESS

Sign up for Personal Training with Mary to put a spring in your fitness routine. Whether you're looking to raise the bar on your current routine, or looking to make that first step, personal training can be molded to your specific goals.

Package A - 1 hour long session - \$30 for Y Members or \$40 for community members

Package B - 3 hour long sessions - \$75 for Y Members or \$100 for community

Sign up in April and your consultation is free!



BALANCE BEAM, TRICYCLES, AND FUN FOR THE FAMILY

Have you been missing play time with friends? Reserve a time for your little ones to play in the gym Monday - Saturday and enjoy the extra activities the Y has set-up in the space. Kids 1-6 can play on the climbing arch, toddler slide, tumbling mats, balance beam, soft catch balls, tricycles, and more.

Families can invite another family to join them on the reservation. If they aren't members, use your guest passes or book a time on Friday during our Try Day Fridays that free to local Cook County residents.

Our guidelines still require participants of different households to remain 6 ft apart at all times. Parents and kids 5 and up should wear masks. Kids ages 3-4 should wear one if they can put it on themselves. Families are asked to wipe down equipment and clean up the space before departing. Parents can even enjoy a little exercise themselves be walking the track or lunging while putting away the bikes.



AQUATICS

WATER FITNESS RETURNS!

Water Fitness group workout class is resuming on Mondays 9-9:45 A.M. starting April 5th. Reservations are required. [Click here to sign up!](#)



HOT TUB UPDATE

Reservations are no longer needed for the hot tub. Hot tub capacity is 3 (individuals or 3 households) with a maximum of 6. Please limit your hot tub time to 10 minutes.

Hot Tub Hours: 8-8:50 A.M., 9-9:50 A.M., 10-10:50 A.M., 11-11:50 A.M., 12-12:50 P.M., 3:30-4:20 P.M., 4:30-5:20 P.M., 5:30-6:20 P.M.

SWIM RESERVATIONS

Have you been missing swim time with friends? Our Family Swim Reservation is now available for up to 3 households with a maximum of 10 people. Only one reservation needed per 50 minute time slot. Households must maintain a 6 foot distance from others while in the pool.

Want to share a lap lane with a friend? Lap Lane reservations now allow you to swim laps or practice water aerobics with another person. Only one person needs to make a reservation.

YOUTH DEVELOPMENT

SUMMER KIDS CAMP

Summer Kids Camp is all about discovery. Kids have the opportunity to explore nature, find new talents, try new activities, gain independence, and make lasting friendships and memories. And, of course, it's fun too.

Campers will explore local outdoor areas, participant in community gardening, create arts and crafts, practice journaling, learn archery and other sports, and play team games. The curriculum includes collaborative projects with Minnesota Children's Press and other local non-profits in the community.

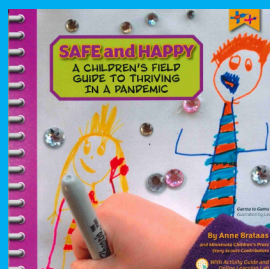
The safety of our campers, camper families, and staff is of paramount importance. The guidelines we are implementing at camp to help ensure a fun and healthy summer include health screening, physical distancing, mask wearing, hand washing, sanitization of supplies, minimal shared equipment, limits on group size, and selection of activities that allow for safe interactions.

June 7–September 3

Monday – Friday, 7:45 am – 5:15 pm

\$36/day, scholarships available

Registration opens for full-time enrollment on April 1st by contacting the YMCA. On April 15th, online registration opens for part-time and full-time based upon availability.



ANOTHER PUBLISHED BOOK WITH ARTWORK BY STORY SCOUTS

Hot off the press is a new book by Anne Brataas and Minnesota Children's Press Story Scouts Contributions. 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 childcare programs. Grab your copy today!

SOCIAL RESPONSIBILITY



EMERGENCY RESPONSE MEMBER POSITION

Engage with your community and help kids grow as an AmeriCorps member. True North AmeriCorps is seeking applicants for an Emergency Response Member to start now and work through August 27th at the Cook County YMCA. Apply today!
www.truenorthamericorps.org/apply

JOIN OUR TEAM

Employees receive a free adult membership, discounts on programs and child care, paid training, and connect with the community in positive ways. Apply online at www.cookcountnymca.org.

TEACHER,
TEACHER'S
AIDE

FULL-TIME
TEACHER

DAY CAMP
COUNSELORS

LIFEGUARDS

MEMBER
SERVICES