



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

EMBRACE YOUR EXPERIENCE

2021-2022 Program Guide

Duluth Area Family YMCA

- Community Services
- Cook County Community YMCA
- Downtown Duluth YMCA
- YMCA Camp Miller
- YMCA at the Essentia Wellness Center

JOIN OUR FAMILY

Rent a space from the YMCA for your wedding, family reunion, birthday party, holiday celebration, or business event! For more information please contact the member service desk:

Cook County Community YMCA
218.387.3386

Downtown Duluth YMCA
218.722.4745

YMCA at the Essentia Wellness Center
218.241.8008

YMCA Camp Miller
218.722.4745 x170

PROGRAM REGISTRATION INFORMATION

Payment Methods

At the Y, payment is accepted by cash, check or credit card (Master Card, Discover, Visa, American Express). Phone and online registration must be paid by credit card. The full class fee must be paid to guarantee your spot.

Credit/Refund Policy

Credits and refunds are given for the following reasons:
1. A medical condition prevents you from participating.
2. The Y cancels the class (excluding weather conditions).
3. You transfer to a program at a lower price.

Weather Policy

For your safety and the safety of our staff, the Y may be forced to cancel a class and/or close for a portion of the day during severe weather. If school is canceled overnight, all morning programs will be canceled through 2:00 P.M. This includes all youth and adult classes, lessons, Kids Club, and activities. Evening program closures/cancellations will be determined by 2:00 P.M. Unfortunately, we are not able to reschedule classes canceled due to poor weather conditions.

Membership Benefits

Full use of the Downtown Duluth YMCA, the YMCA at the Essentia Wellness Center, and the Cook County Community YMCA. Including: Basketball & Volleyball Courts - Lap Pool - Whirlpool - Therapy Pool - Splash Pad - Waterslide - Water Vortex - Indoor Track - Racquetball/Handball - Wellness Center - Sauna - Rock Climbing Wall - Kids Club - Training Gym - Queenax Functional Training Center - Group Exercise Classes

Health and Wellness

Cardio and Weight Equipment - Fitness Evaluations - Body Composition - Blood Pressure Checks - Basic Orientations - Personal Training - Small Group Training - Physical Therapy Services

Other Benefits

Member-only pricing on programs and events with priority registration - 3 FREE Guest Passes per Year - Free Group Exercise opportunities at the Woodland Community Center and Gary New Duluth Rec Center - Insurance Reimbursement Opportunities - Nationwide Membership Reciprocity

Session Dates

Fall Session I:	September 12- October 23	Spring Session:	April 3- May 14
Registration Opens	Y Member: August 15 Community: August 22	Registration Opens	Y Member: March 6 Community: March 20
Fall Session II:	October 31- December 11	Summer Session 1:	June 12-July 23
Registration Opens	Y Member: October 3 Community: October 17	Registration Opens	Y Member: May 1 Community: May 15
Winter Session I:	January 9-February 19	Summer Session II:	July 24- September 3
Registration Opens	Y Member: December 5 Community: December 12	Registration Opens	Y Member: May 1 Community: May 15
Winter Session II:	February 20-April 2		
Registration Opens	Y Member: January 23 Community: February 6		

Duluth Area Family YMCA Locations

Downtown Duluth YMCA:

- Kid's Gym/Rock Wall
- Rec/Lap Pool
- Therapy/Family Pool
- Hot Tub and Sauna
- Full or Half Gym
- Meeting Rooms
- Group Exercise Floor
- Track Area
- Mind & Body Studio
- Cycle Room
- Racquetball Courts
- Wellness Center
- Personal Training Space

YMCA at the Essentia

- **Wellness Center:**
- Rec/Lap Pool
- Splash Pad
- Full or Half Gym
- Therapy/Family Pool
- Hot Tub and Sauna
- Meeting Rooms
- Track Area
- Fitness Studio
- Fully Licensed Child Care
- Community Room & Kitchen

Harbor Highlands:

- Lower Level Gym
- Conference Room
- Outdoor Patio

Gary New Duluth Rec Center:

- Community Room & Kitchen
- Outdoor Pavilion

Y at Woodland Community Center:

- Gymnastics Floor
- Community Room
- Commercial Kitchen

Cook County Community YMCA:

- Rec/Lap Pool
- Water slide
- Full or Half Gym
- Whirlpool and Sauna
- Meeting Room
- Fitness Studio
- Walking Track
- Fully Licensed Child Care

YMCA Camp Miller

- Residential Camps
- Cabin Rentals
- Weddings
- Corporate Retreats

REGISTRATION OPTIONS

1. Go to www.duluthymca.org
2. Contact the Member Service Desk
3. Walk in and stop by the Member Service Desk

*Need-Based Scholarships Available for Memberships and/or Programs

AQUATICS

Strong Swimmers, Confident Kids

Learn-to-Swim Programs

Progressive youth lessons, parent and child classes, and private lessons are available for all skill levels. Preschool and school aged group lessons are offered at the Downtown Duluth YMCA and at the YMCA at the Essentia Wellness Center to help fit swimming lessons into your family's schedule.

Traditional Sessions: Morning and evenings, once per week for 6 weeks based on age groups:

- Swim Starters (6-36 months)
- Swim Basics (3-5 years old)
- Swim Basics & Swim Strokes (6-12 years old)

Flexible Options: Adult lessons, private lessons, and semi-private lessons are available as well. Please visit our website or contact the front desk for more information.

Gym and Swim | Ages 3-6

Locations Offered: Downtown Duluth YMCA
Explore, play, and make new friends! The first half of class is filled with excitement in the gym as we work on a variety of games including basketball, soccer, and more. For the second half of class, your child will learn safety and confidence in the water with our swim instructors in a mixed-level group lesson. The focus of this lesson is water exploration and comfort, self-rescue skills, and beginning forward movement in the water.
Normally offered: Winter I & II

Northerns Swim Team

Locations Offered: Downtown Duluth YMCA, YMCA at the Essentia Wellness Center, Cook County Community YMCA
The Northerns Swim Team exists to be a place for all youth to have a place to be, belong, and become. We believe in having fun and learning to enjoy the sport of competitive swimming. We emphasize the development of life-long values of honesty, caring, respect, responsibility, sportsmanship, resiliency, personal growth, and positivity. We hope to develop healthy attitudes towards competition and a healthy lifestyle.

To learn more about our competitive swim team, please visit our team website or contact Alison Wieber, Aquatics Coordinator, at 218.722.4745 ext. 131 or awieber@duluthymca.org for Downtown Duluth YMCA or YMCA at the Essentia Wellness Center, or Emily Marshall at 218.387.3386 ext. 506 or emmarshall@duluthymca.org for Cook County Community YMCA.
Preseason runs: August-September
Swim seasons runs: October- February

Swim Clinic

Locations Offered: Downtown YMCA, YMCA at the Essentia Wellness Center
Whether you are a beginner or a swim team veteran, dive in, have fun and improve your strokes with the YMCA Swim Clinics.
Normally Offered: Winter II, Spring, and Summer I

Parent/Child Swim Lessons | 6-36 months

Locations Offered: Downtown Duluth, YMCA at the Essentia Wellness Center, Cook County Community YMCA
A great introduction to the aquatics environment for little ones. Children develop body awareness, independence, water safety skill, and stroke development through guided practice, songs, and games.
Normally Offered: Year Round

Pre-school Swim Lessons | Ages 3-5

Locations Offered: Downtown Duluth YMCA, YMCA at the Essentia Wellness Center, Cook County Community YMCA
Kids learn safe water habits, underwater explorations, how to swim to safety and exit the water. Lessons are a mix of activities, games, and drills.
Normally Offered: Year Round

School-Age Swim Lessons | Ages 6-12

Locations Offered: Downtown Duluth YMCA, YMCA at the Essentia Wellness Center, Cook County Community YMCA
Starting with water safety and basic swimming competency, kids progress to learn about the four competitive swimming strokes.
Normally Offered: Year Round

Adult Learn-to-Swim Lessons

Locations Offered: Cook County Community YMCA, YMCA at the Essentia Wellness Center
Adults develop swim skills, independence, comfort, and stroke skills.
Normally Offered: Winter I & II

Adult Swim Club

Locations Offered: Cook County Community YMCA
Coaches work with adults who want to improve their strokes and be able to swim farther, faster, and with more efficiency! The Short Course season focuses on teaching the 4 competitive strokes (freestyle, backstroke, butterfly, and breaststroke). Swimmers will also learn starts, turns, and racing strategies for individual races and relays. The long course season focuses on distance races, triathlon preparation, open water swimming techniques, and swimming for fitness. Join us for fun and camaraderie in the pool. At a minimum, swimmers must be able to swim 200 yards front crawl.
Short Course Normally Offered: Fall I & II, Winter I & II
Long Course Normally Offered: Summer I & II

Adult Tri Swim

Locations Offered: Downtown Duluth YMCA
Tri Swim is a program for swimmers ages 16+ who enjoy early morning swimming. Whether you are looking to improve basic strokes, become more efficient in the water, or are training for your next triathlon, get ready for a fun and rewarding workout!
Normally Offered: Year Round

* Session being offered may change due to locations

"Allie signed up for a session of eight 30-minute private swimming lessons. She started the first swimming lesson unsure of the deep end and wearing three blocks on her flotation belt. By the end of her eighth lesson, she passed the deep end test!"

YMCA Swim Lessons help adults, kids, and families learn an important life skill and support them in becoming strong and confident swimmers.

-Cook County Community YMCA Member

Private Swim Lessons

Private lessons are for those looking for extra help to take their swimming to the next level. Semi-Private swim lessons allows siblings or friends of a similar level practice together. Lessons can be booked to fit into your schedule. To schedule private lessons, please stop by the Membership Services Desk to fill out a request form or download the "Private Swim Lesson Request Form" at duluthymca.org.

- Package A | Four 30 min Lessons
- Package B | Four 30 min Lessons (Semi-Private)
- Package C | Four hour lessons / Five 45 min lessons / Eight half hour lessons
- Package D | Four hour lessons / Five 45 min lessons / Eight half hour lessons (Semi-Private)

HEALTH & WELLNESS

Group Fitness Classes

Active Older Adults

- Forever Fit Total Conditioning
- Silver Sneakers Circuit
- Silver Sneakers Classic
- Silver Sneakers Yoga
- Staying Active and Independent for Life (S.A.I.L.)
- Walk with Ease
- Water Aerobics

Cook County Community YMCA

- Active Together
- Balance and Flex Together
- Cardio Step Together
- Core Focus Together
- Cycle 30 Together
- Cycle Together
- Defend Together
- Oula
- Strength Train Together
- Water Fitness
- Yoga
- Zumba Gold

Downtown Duluth YMCA

- Buti Yoga
- Boot Camp
- Bosu Challenge
- Core Challenge
- Cycling
- Fitness Yoga
- Gentle Yoga
- HIIT
- Muscle Pump
- Pilates
- Total Condition
- Water Aerobics
- Yoga Sculpt
- Zumba

YMCA at the Essentia

Wellness Center

- Aqua Zumba
- Boot Camp
- Bosu Challenge
- Core Challenge
- Cycling
- Fitness Yoga
- Gentle Yoga
- HIIT
- Pilates
- Tabata
- Total Conditioning
- Water Aerobics
- Yoga Sculpt
- Zumba

Personal Training

Locations Offered: Downtown Duluth YMCA, YMCA at the Essentia Wellness Center
When you sign up for personal training, you are making an investment, not only in your fitness, but in your overall health. A personal trainer is someone you can count on to help you reach your individual goals, whatever they may be. Whether you are looking to gain confidence, get stronger, run a faster 5k, or just need someone to help you on your journey to health, your trainer will be there, cheering you on the whole way! A personal trainer will create a personalized program for you that will be perfect for helping you reach your goals. Training is available in 30 or 60 minute sessions, solo or with a buddy.

Session Based Classes

Adaptive Yoga (in collaboration with Courage Kenny)

Locations Offered: Y at Woodland Community Center, YMCA at the Essentia Wellness Center
Register through Courage Kenny Rehabilitation
Normally Offered: Year Round

Queenax Boost

Locations offered: YMCA at the Essentia Wellness Center
Add a little bit of playground-like fun back into your life with the Queenax Boost! You'll learn many functional movements to give you a total body strength and cardio workout in a small group setting. Improve your balance, strength, and endurance under the guidance of a Queenax certified Personal Trainer. (Ages 13+)
Normally Offered: Fall I & II, Winter I & II, and Spring

Sports Prep Strength and Conditioning

Locations offered: Downtown Duluth YMCA, YMCA at the Essentia Wellness Center
This progressive strength and conditioning program is designed for athletes in grades 6-12 looking to get the edge over the competition. Exercises will be sports specific dependent on the athletes enrolled each session.
Normally Offered: Year Round

TRX Group Suspension

Locations offered: Downtown Duluth YMCA, YMCA at the Essentia Wellness Center
Work with a certified TRX instructor over this 6-week progressive group training program.
Normally Offered: Year Round

Women with Weights (Ages 12+)

Locations offered: Downtown Duluth YMCA, YMCA at the Essentia Wellness Center
Build confidence and strength with certified personal trainer in a 6-week progressive strength training program.
Normally Offered: Fall I & II, Winter I & II, and Spring

Y-FIT

Locations offered: Downtown Duluth YMCA, YMCA at the Essentia Wellness Center
This small group training is a progressive workout program customized to fit each participant's individual needs and designed to create results for all!
Normally Offered: Fall I & II, Winter I & II, and Spring

Diabetes Prevention Program (CDC Recognized)

A lifestyle coach will introduce topics in a supportive, small group environment and encourage participants as they explore how healthy eating, physical activity, and behavior changes can benefit their health. This is a year long program that is free to the community (\$490 value). For additional information, visit our website or contact Kelli at 218-241-8008 x 510.

"It's great to see my daughter's confidence grow the more classes she takes!"

- Laura, Mother of Gymnast at the Woodland Community Center



GYMNASTICS & DANCE

Preschool Gymnastics (18 months—4 years)

Locations Offered: Y at Woodland Community Center
Our focus is to create a fun environment for children to explore, learn, and grow through gymnastics. Class options include Parent-Child, Preschool, Tiny Tumblers, and Advanced Tiny Tumblers based on age.
Normally Offered: Year Round

School Age Rec Gymnastics (ages 5+)

Locations Offered: Y at Woodland Community Center
Our recreational gymnastics program has four levels for school age children. Sessions include: Bronze I Beginner (ages 5-7), Bronze II Beginner (ages 8+), Silver I Intermediate (ages 5-7), Silver II Intermediate (ages 8+), Gold Advanced Intermediate, and Platinum Advanced. Normally Offered: Year Round

Boys Gymnastics (ages 5+)

Locations Offered: Y at Woodland Community Center
Our boys gymnastics classes focus on learning gymnastics skills as well as developing appropriate gross and fine motor skills. Sessions include Beginner Boys (ages 5-7), and Intermediate Boys (ages 8+).
Normally Offered: Fall I & II, Winter I, Winter II, & Spring

Tumbling (ages 5+)

Locations Offered: Y at Woodland Community Center
Tumbling classes are for individuals looking to learn how to do somersaults, flips, handstands, and aerials. Sessions include Beginner Tumbling (ages 5-7), and Intermediate Tumbling (ages 8+).
Normally Offered: Winter I, Winter II, and Spring

Prep Team Gymnastics (ages 5+)

Locations Offered: Y at Woodland Community Center
Prep Team is for individuals who are ready to transition out of recreational gymnastics into our Duluth YMCA 'Aerials' competitive gymnastics program. This program runs twice weekly and incorporates conditioning exercises into each practice. It is recommended athletes complete at least one session of the school-age recreational silver program prior to joining prep team.
Normally Offered: Fall I & Fall II

Competitive Gymnastics (ages 5+)

Locations Offered: Y at Woodland Community Center
Duluth YMCA 'Aerials' Team is a year-round MNUSAG Xcel girls gymnastics program for individuals interested in developing quality gymnastics skills on the girl's events (floor, vault, uneven bars, and beam) as well as competing against other local gymnastics teams. It is recommended athletes complete at least one session of Prep Team or the school-age recreational gold program prior to joining team.
Open registration for Xcel Bronze-Gold: January-May
Open registration for Xcel Diamond-Platinum: May-September

Open Gymnastics (all ages)

Locations Offered: Y at Woodland Community Center
Preschool & Family Open Gym is for families with young children who would like to use the gymnastics area for family exercise and recreation. Parents must directly supervise their children.

School Age Open Gym is supervised, but not coached or spotted. Parent supervision is required for children ages 9 and under.

Normally Offered: Year Round

Tiny Tumblers (Ages: 3-5)

Locations Offered: Cook County Community YMCA
While this class introduces children to the sport of gymnastics and the basics on the floor, bars, beam, and trampoline, our focus is to create a fun environment for gaining balance, coordination, and flexibility.

Flippers (Grades K-1)

Locations Offered: Cook County Community YMCA
This class introduces children to the sport of gymnastics and the basics on the floor, bars, beam, and trampoline. The focus is to create a fun environment for gaining balance, coordination, and flexibility.

Bronze I Beginner (Grades 2nd +)

Locations Offered: Cook County Community YMCA
This class is for those that are just starting the progressive gymnastics program. This class introduces children to skills on the floor, bars, beam, and trampoline. The focus is to create a fun environment for gaining balance, coordination, and flexibility.

Silver | Intermediate (Grades 2nd +)

Locations Offered: Cook County Community YMCA
This class is for those that have passed the beginner level of gymnastics and are ready for the next challenge and a continuation of their training. More advanced skills are taught on the beam, bar, floor, and trampoline.

Gold | Advanced (Grades 2nd +)

Locations Offered: Cook County Community YMCA
This class is for those that have passed the beginner and intermediate levels of gymnastics and are ready for the next challenge and a continuation of their training. More advanced skills are taught on the beam, bar, floor, and trampoline. Coach approval required.

Private Gymnastics Lessons

Private lessons are great for anyone interested in more practice or instruction in any area of the sport including specific skills, preparing for an event, increased tumbling knowledge, or benefiting from the benefits of one-on-one attention.

Youth and Adult Dance

Locations Offered: Cook County Community YMCA
Dance is a great way to stay active and express yourself creatively while using your spirit, mind, and body. We offer a variety of dance classes for all ages. During the winter/spring program, dancers will prepare routines for a spring dance recital at the Arrowhead Center for the Arts on May 7, 8, and 9. Ballet Afrique and Contemporary are drop-in style classes that run through April 3rd and do not conclude with a performance.

Normally Offered: Winter I & II, Spring

SPORTS & REC

Adult Opportunities

Grab some friends and/or family and join one of the YMCA rec Leagues! Our leagues are open to pre-formed teams only. Each season will have a set number of weeks for round robin play with the last two weeks reserved for the playoffs! Leagues include the following:

Refereed Volleyball League (Ages 16+)

Basketball League (Ages 16+)

Community Softball League (Recommended Ages 16+)

Self-Defense (Ages 18+)

Locations Offered: Cook County Community YMCA
Come learn the basics of self-defense in a fun, supportive environment! Using muscle memory and skills-based training, build your confidence, poise, and situational awareness through games, group activities, and practical movement. Newcomers are especially encouraged to attend, as this series is focused on fundamentals.

Normally Offered: Winter I & II

Family & Youth Opportunities

Fencing I (Ages 10+)

Locations Offered: Downtown Duluth YMCA
Ages 10 & 11 must register along with an adult.
Normally Offered: Fall I & II, Winter I & II, Spring

Fencing II (Ages 10+)

Locations Offered: Downtown Duluth YCMA
Instructor approval required.
Normally Offered: Fall I & II, Winter I & II, Spring

Intro to Taekwondo (Ages 7+)

Locations Offered: Downtown Duluth YMCA
Normally Offered: Year Round

Continuing Taekwondo (Ages 7+)

Locations Offered: Downtown Duluth YMCA
Instructor approval required.
Normally Offered: Year Round

Pickleball Clinics (Ages 13-Adult)

Locations Offered: Cook County Community YMCA
Come learn how to play Pickleball, the fastest growing sport in America. Pickleball combines elements of tennis, badminton and ping pong. The instructor will teach you the rules and skills and you'll be playing the same day. All equipment is provided.
Normally Offered: Winter I & II

Preschool Soccer (Ages 3-5)

Locations Offered: Cook County Community YMCA
Soccer introduces children to fundamental soccer principles, such as using your feet, dribbling and the basic rules of the game. This group will meet twice a week and play a game one day and focus on basic skills and teamwork the other day.
Normally Offered: Fall I & II

School-Age Soccer (Ages 5+)

Locations Offered: Cook County Community YMCA
The Y youth soccer program is designed to meet each player at their current level of play and provide opportunities to increase their individual skills. Youth will be split into several age groups to give players the opportunity to practice and play games with others their own age in the program.
Normally Offered: Fall I & II

Rock Climbing

Climb-On Class (Ages 5-12)

Locations Offered: Downtown Duluth YMCA
Normally Offered: Winter I, Winter II, & Spring

Open Climb (Ages 4+)

Try out the rock wall with trained climbing staff who are available to belay climbers as well as help new climbers have, a fun and safe climbing experience. Please wear closed toed shoes with a secure heel. Harnesses and helmets are provided. Free to Y Members, available to the community with a Day Pass purchase.

FAMILY OPPORTUNITIES

Kids Club & St. Luke's Kids Club (4 months – 9 years)

Locations Offered: Downtown Duluth YMCA, YMCA at the Essentia Wellness Center

Let your children play in a fun, caring, and safe environment while you work out. Kids Club staff will make your child's stay enjoyable and entertaining for up to two hours per day. Adults must remain in the facility while utilizing Kids Club services.

Parent's Night Out (4 months – 12 years)

Locations Offered: Downtown Duluth YMCA, YMCA at the Essentia Wellness Center

Take the night off and leave the childcare to the Y. Activities include craft projects, gym games (ages 3+), swimming (ages 5+), and a kid-friendly movie.

Tot Time (Preschool and under)

Locations Offered: Y at Woodland

This drop-in time is designated for parents and caregivers with young children to socialize with each other during an open play time. Age appropriate toys and equipment will be provided for children as they are supervised by their caregiver. Minimal toddler gymnastics equipment is available during tot time.

Community Family Days

Locations Offered: Downtown Duluth YMCA, YMCA at the Essentia Wellness Center

Join us the last Sunday of each month for a FREE afternoon for the whole family. Enjoy open gym, swimming, rock climbing (ages 4+, Downtown only), and so much more!

Fun Days at the Y (5 years—11 years)

Locations Offered: Downtown Duluth YMCA, YMCA at the Essentia Wellness Center

During our Fun Days, we have a variety of activities that include swimming, gym games, crafts, movies, trips to the library, outdoor activities, etc. Participants should bring their own lunch and snacks, along with proper swim wear and tennis shoes.

Healthy Kids Day

The Y will celebrate Healthy Kids Day, our national initiative to improve the health and well-being of kids.

Private Parties

Locations Offered: Downtown Duluth YMCA, YMCA at the Essentia Wellness Center, Harbor Highlands, the Y at Woodland, Gary New Duluth Rec Center

Host your next party or event at The Y! The Y offers a Do-It-Yourself party option which utilizes a party room along with our open gym or open swim times!

COMMUNITY RESOURCES

Caregiver Support

We recognize that when you become a caregiver, there are added stressors that may come with that role. Sometimes what is most beneficial is just talking about those challenges and finding a network of others who understand what you're going through. We will help facilitate Caregiver Support groups and will also assist you in finding solutions in areas such as advocating and caring for yourself, helping with community resources and referrals, exploring options, and assisting with decisions.

Community Support

Life gets messy at times and we recognize that. Let Michelle Babcock, our Community Resources Coordinator, help you find the resources that you are looking for. Michelle can assist with connecting you with food access, S.N.A.P, housing, mental health crisis, or county program connection and referral resources.

Food Access

Meals and/or snacks will be provided to all children and families, without charge. The Y serves healthy meals for all children regardless of race, color, national origin, sex, age, or disability. The Y is here for all and is committed to equity and inclusion in this and all programs. All meals are provided on a first come, first served basis at multiple locations.

MNSure Navigator

Health insurance can be tricky; the YMCA at the Essentia Wellness Center has a MNSure Navigator on site, who is available to help all community members and Y members, virtually or in person. This free service is available to help with Minnesota health care programs, and will assist you in finding affordable coverage that fits your lifestyle.

For more information, please contact Michelle Babcock at mbabcock@duluthymca.org or 218.-241-8008 x 527.

EARLY CHILDHOOD DEVELOPMENT CENTER

The YMCA at Essentia Wellness Center in Hermantown is proud to offer a state of the art childcare center for the entire community! Our Early Childcare Development Center is a licensed facility through the State of Minnesota Department of Human Services licensed to serve up to 118 children from infants through preschool. Our hours are Monday through Friday, 6:30 a.m. - 6:00 p.m.

We implement the High Scope curriculum which is designed to provide children with opportunities to increase their language, cognitive, fine and gross motor, and social-emotional skills. We are proud to be the only center in our region in which children have the opportunity to be active in gym and pool areas as well as enjoy outdoor time on our dedicated playground. We do not offer part time care at this time.

To set up a tour or for additional information, contact Christine Salgy at 218-241-8008 x 520 or email at csalgy@duluthymca.org.



COOK COUNTY CHILDCARE CENTER

The Cook County YMCA and Community Education in Grand Marais are proud to offer a 4-Star Parent Aware rated childcare center for the entire community! Our Early Childcare Center is a licensed facility through the State of Minnesota Department of Human Services licensed to serve up to 42 children from infants to preschool. Our hours are Monday through Friday, 7:45 a.m. - 5:15 p.m.

We implement the High Scope curriculum which is designed to provide children with opportunities to increase their language, cognitive, fine and gross motor, and social-emotional skills. We are proud to be the only center in our region in which children have the opportunity to be active in gym and pool areas as well as enjoy outdoor time on our dedicated playground. We do not offer part time care at this time.

To set up a tour or for additional information, contact the Member Services Desk at 218.387.3386.

COMMUNITY SERVICES

Our community services branch provides programming and services to youth and their families within our communities.

Our programs include the following:

- **Community Center Programming at Gary New Duluth Rec Center and Harbor Highlands Community Center**
 - These sites provide free youth programming and act as food access distribution centers
- **Out of School Time Programs: KEY Zone and Eagle's Nest**
 - School aged care for children grades K-5. Sites located at all ISD 709 elementary schools and Duluth Edison Charter Schools
- **True North AmeriCorps Program** gives people who are 18 and older the opportunity to impact a child's future by committing to a year of service in areas of social and emotional learning
- **Youth in Government** is lead by peers in grades 7-12, this program increases awareness of social issues at the state and global level.

The Community Services Branch is located at the Harbor Highlands Community Center, 28 East Village View Drive Duluth, MN 55802

For more information about the Community Services Branch, please contact Melissa Fanning at 218-722-4745 x107 or mfanning@duluthymca.org.

CAMPING SERVICES

Day Camp

Day Camp Kitchigami

Locations Offered: YMCA at the Essentia Wellness Center, Y at Woodland Community Center
This summer day program serves youth ages 4-12. Owned and operated by the Duluth Area Family YMCA since 1979, Kitchigami is your premier choice in day camp services. Camp Kitchigami offers programs designed to develop self-esteem, life-long skills, acceptance of all people, and an appreciation for the environment. Registration opens Mid-February.

Summer Kids Camp

Locations Offered: Cook County Community YMCA
Summer Kids Camp is a partnership between the YMCA and Community Education. Campers in Kindergarten-6th grade explore Grand Marais, use the YMCA and surrounding outdoor areas, work together, and have fun from 7:45 a.m.-5:15 p.m. Monday - Friday. Summer Day 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. Field trips to destinations up and down the shore are scheduled throughout the summer.

Overnight Camp

YMCA Camp Miller

Location Offered: YMCA Camp Miller
Camp Miller is a co-ed, overnight, and day camp in Sturgeon Lake, Minnesota, right in the middle of 370 acres of tall pines, beautiful shoreline, and miles of trails. Each summer over 600 campers of all ages experience the wonders of summer camp at Miller, some for the first time, some returning as families with children of their own. Spring and Fall bring their own activities too when we host school and community groups.

SAFETY TRAININGS

Safety Training

Attend classes at the Y, or have us come to you! To register for a scheduled class, contact the Member Service Desk or visit our website. Other classes we offer include Basic Water Rescue, Safety Training for Swim Coaches, Wilderness First Aid, 45 minute Basic Safety Presentation tailored to meet your needs, and more! To set up training for a group, inquire about specialized trainings, or for additional information contact the Aquatics Safety office at 218-722-4745x115 or email Cheryl at cpodtburg@duluthymca.org.

Red Cross Courses:

- ›Basic Lifeguard Review
- ›Basic Lifeguard
- ›Basic Lifeguard Blended Learning
- ›Lifeguard Instructor Review Course
- ›CPR/AED/First Aid

SAFETY TRAININGS

CANCELLATION POLICY

You must cancel more than 48 hours in advance of class start time to be eligible for a refund. Spots will not be held without payment at time of registration.

VOLUNTEER

WE NEED YOU

Some volunteer opportunities include:

- ›Photography
- ›Greeter at the member services desk
- ›Assist in keeping our buildings and grounds clean & safe
- ›Office assistance
- ›Special events
- ›Serve on our volunteer committee called TOGETHERHOOD

To see our full list of volunteer opportunities, stop by the member services desk or visit our webpage under the "About" tab.

For more information, please contact our Volunteer Coordinator Gina Miller at gmilller@duluthymca.org or 218-722-4745 x159

WHERE THERE'S A Y THERE'S A WAY

For every path, the Y is there to help –and a Y supporter who unlocks the door.

Each year, community supporters turn to the Y looking for ways to be involved in creating a stronger, healthier, and more connected community for us all. These generous supporters make it possible for all of our friends and neighbors to take advantage of the life-changing services and programs the Y offers.

Every dollar donated to the Duluth Area Family YMCA goes directly back into our community in the form of scholarship assistance. When you donate to your local Y, you are helping to build a child's confidence through our youth programs, to provide meals and basic necessities to neighbors in need, to strengthen the foundation of our community as we build healthy spirits, minds, and bodies for all individuals in our region.

With your support you are investing in Y-led programs that address our region's most immediate needs while also equipping participants to thrive as they move forward toward a brighter tomorrow.

You are essential to our community and the Y's ability to continue to address ongoing needs as well as our traditional year-round programming.

Please consider giving a gift to the Y by visiting duluthymca.org/give. And if you are in need of financial assistance, please see one of our friendly guest services staff.

\$60

Your gift of \$5 a month creates access to health and wellness programs to our community.

\$120

Your gift of \$10 a month provides 40 meals for hungry children and families.

\$360

Your gift of \$30 a month can provide an afterschool site with enrichment, physical education, and S.T.E.A.M. activities.

\$780

Your gift of \$65 a month provides youth with the opportunity to explore, stay active, build character, and cultivate friendships at Camp Miller and Y Summer Day Camps.

\$1,047

Your gift of \$87 a month provides a full year of membership to families who are struggling and those transitioning out of homelessness.

To make a donation by mail, please detach on the dotted line and mail to 301 W. 1st, Duluth, MN 55802

Name	
Address	
Email	
Phone	
Branch or Program Designation	
I would like to make a one-time gift of \$ _____	
I would like to give monthly and join the Transform Northland Giving Team! Please schedule monthly deductions on the _____ of each month \$ _____ / month	
(the 25th is recommended if paying by Credit Card; a \$5 minimum monthly gift is required if paying by Credit Card)	
Circle One: Please Invoice me OR I am providing payment enclosed OR Please charge my method of payment on file	



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FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**