



HERE FOR GOOD

COOK COUNTY YMCA

A Branch of the Duluth Area Family YMCA

March 2022

Schedules

Join

Give

Employment



YMCA NORTHERNS SWIM TEAM

COOK COUNTY LOCAL SWIMMERS ATTEND STATE MEET

Three local youth swimmers from the YMCA Northerns team competed on Sunday, February 21st at the YMCA MN State Swim Championship meet at the U of M in Minneapolis. Arlo Litterst, Jack Dragswiek, and Quinn Johnson qualified in regional meets to race with the 16 fastest kids from across the state in each event.

- Arlo and Jack did the 50 breaststroke and both had personal bests.
- Quinn placed 10th in the 25 freestyle and 12th in the 25 backstroke. She was also selected for a relay race at the event.

These young swimmer practiced several hours a week this winter to acheive these goals and qualify for the state meet. We also thank the team of skilled and encouraging coaches that made a great season possible: Karen Runkle, Martha Finely, Jamie Green, Bryan Kelly, Allison Plummer, Sarah Dragswiek, and Jess MacCudden. Congratulations swimmers! Way to represent Cook County!

HEALTHY LIVING



BALLET AFRIQUE

BALLET AFRIQUE
Fridays at 5:30-7:00 PM
March 11 & 18

Ballet Afrique is a playful, beginner-friendly fusion of several dance styles accompanied by live African drumming. Everyone is welcome!

MARCH GROUP WORKOUT SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday
9-9:45 A.M. Water Fitness	9-9:45 A.M. Tai Chi for Health	9-9:45 A.M. Water Fitness		9:00-9:45 A.M. Water Fitness
11-11:45 A.M. Yoga	11 A.M.-12 P.M. Balance & Flex	10-10:45 A.M. Silver Sneakers Yoga	11 A.M.-12 P.M. Balance & Flex	11-11:45 A.M. Yoga
12:15-1 P.M. Strength Train	12:15-1:00 P.M. Cycle 30 plus Core Focus	11-11:45 A.M. Yoga	12:15-1 P.M. Strength Train Together	12:15-1:00 P.M. Cycle 30 plus Core Focus
4:15-5:15 P.M. Oula at the 4H Log Cabin		12:15-1 P.M. Active Together	5:15-6 P.M. Yoga	
		5:15-6:15 P.M. Oula		

YOUTH DEVELOPMENT

DAY CAMP REGISTRATION OPENS MARCH 7th

June 6 - September 2, 2022

No program on July 4th
Monday-Friday, 7:45 A.M. -5:15 P.M.
Ages: K-6th Grade (5-12 years)
Daily fee: \$38, Scholarships are available!
Register through the camp website here!



CREATING INDEPENDENCE AND AUTONOMY

By Childcare Teacher Mackenzie Young. The preschoolers at the childcare center has been slowly building a routine, schedule, and expectations together as a class. The last couple of weeks I have noticed a huge difference in the overall feeling in the classroom. The structure we have developed has given students a clear set of boundaries, which has also given them the room to push and explore within those boundaries. I have noticed students working on one activity for longer periods of time, using materials in new ways, gaining more confidence to ask and answer questions, and becoming more and more independent.

Part of our curriculum, High Scope, focuses on supporting students' growing autonomy and independence in the classroom. This month we have focused on giving students the opportunity, resources, and skills to be independent and autonomous in our day. According to researchers, supporting students' autonomy has shown benefits in their executive functioning skills, sense of self, emotional regulation, and socialization with peers. Knowing the benefits, I am passionate about encouraging students to develop their independence, ask questions, and feel empowered to investigate and discover.

How Have We Increased Independence? Read the rest of the article here.

SOCIAL RESPONSIBILITY

DAY OF GIVING ON MARCH 1ST

Member visiting the YMCA on March 1st were greeted with balloons and smiles as we hosted the Day of Giving. MEMbers like Karen Runkle, right, who signed up to give a monthly donation received a free Transform t-shirt and cool, new key fob.

This annual one-day event that provides an opportunity to give to your local YMCA. The Y is a leading nonprofit committed to strengthening community by connecting all people to their potential, purpose, and each other. Working locally, we focus on empowering young people, improving health and well-being, and inspiring action in and across communities. The Y ensures all people have equitable access to the essentials needed to become thriving members of the community. Daily, the Y bridges and fills individual and community needs as a catalyst for impactful change. The YMCA makes accessible the support and opportunities that empower people and communities to learn, grow and thrive, with three areas of impact: Youth Development, Healthy Living and Social Responsibility.

You can still sign-up! Whether you give \$5/month or \$100/month, your sustaining gift makes a huge impact! Thank you for your immense support. Together, we will raise thousands of dollars to fund life-changing and transformative community programs. We couldn't do it without YOU. Make your donation or pledge now at: <https://www.duluthymca.org/give>

EMPTY BOWLS SUPPORTS FOOD ACCESS IN YOUTH PROGRAMS

We would like to extend a huge thank you to Empty Bowls for supporting food access in our community! Empty Bowls grants help provide meals for toddlers and preschoolers in the early learning center, healthy snacks for summer day camp participants, and supports the free snack program at the Y for youth during times when school is not in session (afterschool, weekends, breaks, and summer).



WE NEED YOUR HELP: OPEN CUSTODIAN POSITIONS

You are here because you value the YMCA and the great facilities and programs it offers to Cook County residents. Keeping the building clean and in good condition is essential to provide a good experience for patrons. The county contracts with the school to provide cleaning services and unfortunately, they have been having difficulty finding people to fill custodial positions that are essential to keeping the Y clean. There are a couple of ways that our members can help:

The first, most immediate way, is to do your part to help keep the building clean. This means leaving food and drinks in the lobby, sanitizing equipment after using it, removing muddy boots before entering the main hallway, putting equipment back where you found it, and throwing away your garbage. Please encourage your fellow patrons and family members to do the same. The more that everyone does their part, the better your experience will be.

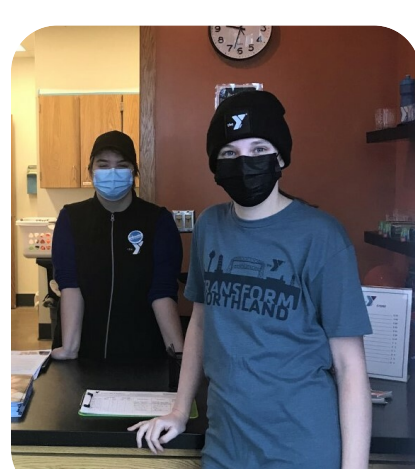
We need your help finding a dedicated, energetic and self-motivated person (or people) who is available early mornings and/or evenings Monday through Saturday to perform basic cleaning and light maintenance duties. This would include cleaning floors, surfaces and equipment in exercise areas, child care center and restrooms, the gymnasium, locker rooms and corridors.

Pay starts at \$17.13 and could be a full-time position for one person or a part-time position for a team. Benefits, including health care and a retirement plan, may be available depending on the number of hours worked.

If you know someone who would be a good candidate for this position, please encourage them to apply here today.

The YMCA is a great amenity for our community, and we want you to be able to continue enjoying it. Filling these even lead to expanded hours of service. Thank you for doing your part to keep the Y clean and well-maintained and for helping to get the word out about our custodial vacancies.

Emily Marshall, District Vice President, Duluth Area Family YMCA, Chris Lindholm, Superintendent, ISD 166, and James Joerke, County Administrator



DULUTH AREA FAMILY YMCA BRANCH UPDATES

The Duluth Area Family YMCA Association meets the needs of communities across our region. We invite you to learn more about the important work we do by viewing the most recent Duluth YMCA Association Branch newsletter.

APPLY TODAY

EARLY CHILDHOOD TEACHER

MEMBER SERVICES REPRESENTATIVE

DAY CAMP COUNSELOR

LIFEGUARD



- Competitive wages and benefits
- Free YMCA membership
- Positive and inclusive work culture
- Make a difference in your community