



# HERE FOR GOOD

## COOK COUNTY YMCA

A Branch of the Duluth Area Family YMCA

April 2022

Schedules

Join

Give

Employment



## HEALTHY KIDS DAY

FREE & Open to the Public!

SATURDAY, APRIL 30

1:00-4:00 PM

Cook County YMCA

National Sponsor



### HEALTHY KIDS DAY - FREE PUBLIC EVENT

Saturday, April 30th from 1:00 P.M.- 4:00 P.M.

Save the date for this huge youth inspired event! Bring the family for fun activities and informational booths on a variety of resources and services in our community committed to serving kids. There won't be open gym available in the morning as we set up and prepare, but we know the families who use open gym will want to be there 1:00-4:00 P.M. to enjoy all the fun there will be in the gym and all around the Y.

The Y will have open swim, pool activities, free snacks, and bouncy houses available to amp up the fun. Learn about Camp Miller's resident program this summer that is open to kids ages 7-18. Stone Harbor will have paddleboard demonstrations in the pool. The Cook County Sheriff's Office will host a canine demonstration with Eddie the service dog showing off his super abilities. The Y is also inviting many kinds of emergency and big wheel vehicles to explore in the parking lot.

Is your business interested in a booth or sponsoring this event? All are welcome! Contact Emily Marshall at emarshall@cookcountyyymca.org.



### MEET MEMBER DAVE WALTER

I can still say I'm new to the north shore, I moved to Grand Marais just a few months ago. One of the first people I met suggested checking out the YMCA as soon as I got settled. His suggestion was astute; I'm so glad I took it! I'd had the intention to get in better shape - one of those resolutions that somehow just doesn't seem to get traction to the point of follow-through. But with the thorough change in routine, living in town, the ease of becoming a member and the friendliness of the staff at the Y, signing up and frequenting the YMCA was simple. Being a member is wonderful!

I knew I wanted to work on upper body conditioning and a YMCA staff member recommended checking out a strength-training class. I started going and it's just what was needed. The instructors are excellent, there is no pressure beyond what is self-imposed, and every part of me feels better for being in that class. There is nothing like treating the body to a good physical workout. It's good for the muscles and the mind. And there's an unexpected benefit to visits to the YMCA - it's a surprisingly social place. The YMCA has become an important part of my life in Grand Marais. - Article by Dave Walter

## HEALTHY LIVING

### THE POOL RUNNETH OVER WITH SPRING FEVER

With spring fever in the air, the pool is buzzing with activities. This spring the Y has been making a splash in aquatics with Swim Club, swim lessons (group and private), Water Fitness, and the Adult Swim Club while members and the community are filling up reservations for lap swimming and the shallow area fun with young families.

The busy pool activities have increased overall activities in the facility as well. Since we brought back coffee, the lobby is buzzing with socializing, workout areas are being used every day, families are enjoying open gym and dance classes for all ages bring many generations to the Y at one time.

It's clear that COVID has been put at bay while everyone is excited to grow, engage and help the Y thrive again. We are in a new normal phase and this means that schedules at the Y are changing, more programs are being offered and the facility will continue to be full of excitement this spring. To get up to speed on what's going on when you want to visit the Y, check out our online schedules here. To get schedules on your smartphone, download the Duluth Area Family App and choose the Cook County YMCA location.

### SPRING SWIM PROGRAMS

April 11-May 19

Parent-Child Lessons - Ages 6-36 months. Two class offerings available.

Preschool Lessons - Ages 3-5. Two class times available on Wednesdays.

School-Age Lessons - Grades K-5. Two class times available on Wednesdays.

Registration opens for YMCA Members on April 4th, Community Members April 6th. Register through the website here!



### APRIL GYMNASTICS CLINICS

Fridays April 1 - April 29

Enjoy the excitement of developing gymnastics and tumbling skills during this 5-week program. Pre-K through 5th grade are invited to participate in this safe and fun environment and benefit from this sport such as balance, coordination, and motor skills development.

Registration is open now!

Tiny Tumblers: Ages 3-5, 4:00- 4:30 pm, YMCA Members \$40, Community \$66

Tumblers 1: Grades K-2, 4:45 - 5:30 pm, YMCA Members \$45, Community \$75

Tumblers 2: Grades 3-5, 5:30 - 6:30 pm, YMCA Members \$50, Community \$84



## APRIL GROUP WORKOUT SCHEDULE

New Group Workouts: Tuesday at 8:15 AM, Friday at 4:15 PM, Saturday 9:15 AM!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:15-10:00 A.M. Water Fitness	8:15-9:15 A.M. Active Together	9:15-10:00 A.M. Water Fitness	11 A.M.-12 P.M. Balance & Flex	9:15-10:00 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	12:15-1 P.M. Strength Train Together	11-11:45 A.M. Yoga	9:15-10:15 A.M. Strength Train Together
12:15-1 P.M. Strength Train	12:15-1:00 P.M. Cycle 30 plus Core Focus	11-11:45 A.M. Yoga	5:15-6 P.M. Yoga	12:15-1:00 P.M. Cycle 30 plus Core Focus	
4:15-5:15 P.M. Oula (Y Studio)		12:15-1 P.M. Active Together		4:15-5:00 P.M. Cardio Blast Together	
		5:15-6:15 P.M. Oula			

## YOUTH DEVELOPMENT

### PRESCHOOLERS ENJOY SNOWSHOE ADVENTURES

The Preschool kids at the Cook County Childcare Center have been loving their snowshoe adventures every week this late winter and spring! Because the center is a collaborative program with ISD 166, we have access to shared equipment like this classroom set of preschool sized snowshoes. The kids did an amazing job snowshoeing on Monday. They walked for about 2 miles and had fun listening for sounds in the woods and wondering about tracks left by others. After playing, the kids joined Teacher Mackenzie around the fire before warming up for another round of hide and seek.



## SOCIAL RESPONSIBILITY



The Five Days of Action in April is a week designed to raise awareness and inspire adults to take action to protect children from sexual abuse. Discover the "Know. See. Respond." method, find tips on how to talk to your kids, learn how to be a safe adult, and make a family code of conduct. The resources and more are shared from national child protection leaders such as Darkness to Light and the Redwoods Group Foundation. Watch our Facebook page April 18-22, 2022.

### INTERNATIONAL YMCA'S SUPPORT UKRAINE

We stand in solidarity with our fellow YMCAs in support of peace and stability across the globe.

We also stand with our brave young people in the region and across the globe, acknowledging their efforts in lending humanitarian aid to those in need. They are assisting people leaving Ukraine helping with transport, and providing basic necessities such as: shelter, blankets, hygiene products, basic aid items, and medical supplies.

YMCAs in Ukraine, our colleagues, and young people are already suffering the consequences of this unpredictable crisis. Please consider making a gift to provide emergency support to YMCA Ukraine. There are two ways to support these efforts, give through the YMCA of the USA World Service Campaign or YMCA Europe's Facebook fundraiser.



Donate to YMCA USA	Donate to YMCA EUROPE
<b>DULUTH AREA FAMILY YMCA BRANCH UPDATES</b> 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.	<b>EARLY CHILDHOOD TEACHERS</b> <b>DAY CAMP COUNSELORS &amp; AIDES</b> <b>MEMBER SERVICES REPRESENTATIVES</b> <b>LIFEGUARDS</b> <b>SWIM INSTRUCTORS</b>



APPLY TODAY

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

