

Schedules Join Give Employment

the **Y**
 The Cook County Community YMCA presents the Spring Dance Performances
DIVA
 TICKETS AVAILABLE ONLINE AT TIX.COM

DIVA: SPRING DANCE PERFORMANCES AT THE ACA

The Cook County YMCA is proud to present DIVA: Spring Dance Performances on May 19, 20, and 21. This popular annual event is returning to the Arrowhead Center for the Arts for the 6th year. The Cook County YMCA Dance Program is filled with dancers ages 3 and up performing ballet, tap, and jazz styles.

All the songs in DIVA are the work of female artists. This year four seniors will perform for the final time before graduating. The seniors will perform in several songs that feature their own choreography. Tickets are available online here: \$12.50 for adults and \$7 for youth.

COME BEAT THE SUMMER HEAT
 Join now to receive a special summer rate good through August 24th.

SUMMER MEMBERSHIP SPECIAL

Hurry in for special pricing at the YMCA! Young adult memberships are \$105, adult memberships are \$115, and family memberships will be \$167. All three membership types include a discounted join fee of \$25. This summer deal covers your membership from the day you sign-up through August 24th before your rate switches back to the regular rate. The earlier you sign up the more you save! Stop into any one of our three gym and swim branches to sign up



MEMBER STORY: VAL LITTFIN

I struggled for years with the idea of exercise programs even though I know I need to use it or lose it. A couple of years ago I retired from a physically demanding job. My primary recreational activity is also physical in nature so even though I knew I needed more fitness, I convinced myself that my hobby was keeping me fit.

My hobby does keep me moving but not enough. The wake-up call finally came this February when I recognized that a major portion of my new unease in my sport was due knowing I no longer had the flexibility, agility, and body strength to do what I've done since I was a kid. I needed to get that back.

I walked into the Y for the first time since it was built, signed up for a membership, got a schedule of classes, and made a goal to participate in the programs the Y offered 5 days a week.

Since making exercise a priority a month ago, I have noticed positive changes in my way of walking, posture, energy, strength, flexibility, and confidence. The observations by the Y Staff confirms this. I am well on my way back to fully enjoying my lifelong sport thanks the programs offered through the Y.

HEALTHY LIVING

WATER SAFETY AND FUN FOR EVERYONE
YMCA SAFETY AROUND WATER
 SAFETY AROUND WATER
 A YMCA Initiative

FIVE ESSENTIAL WATER SAFETY TIPS TO KNOW

As temperatures rise, kids want to cool off, whether that's in home pools, ponds, lakes, rivers, streams, or oceans. And that means the risk of drowning is ever present. With May being National Water Safety Month, now is the time for parents and caregivers to reinforce the importance of water safety and equip their kids with the essential skills to keep them safe in and around water.

As "America's Swim Instructor," the Y teaches more than 1 million children invaluable water safety and swimming skills each year. With many pools closed last summer due to COVID-19, the Y wants to make sure parents, caregivers and children make water safety a top priority as they head back into the water this year. Here are five tips to ensure a safe and enjoyable swimming experience for all.

1. Never swim alone or without a water watcher that is on duty and not distracted.
2. Supervise your children whenever they're in or near water including bath time. They should be within arms reach.
3. Don't engage in breath holding activities.
4. Wear a Coast Guard-approved life jacket.
5. Don't jump in the water to save a friend who is struggling in deep water. Use the "reach, throw, don't go" concept of using a long object to reach for them and pull them to safety. By using this technique children can help their friend without compromising their own safety.

To learn more about the Y's Safety Around Water program and Y Swim Lesson, click here.

NEW GROUP WORKOUTS IN MAY

Qigong returned to the schedule Thursdays from 9:00-9:45 A.M. Qigong, pronounced "Chee-gung," means "practice (gong) to nurture energy (qi)". Are you looking to reduce stress, gain better balance, find mental calm? Qigong will introduce you to a simple set of 18 movements, easy to learn, fun to do. The movements are slow, yet energetic and flowing, combining the movements with the breath, to visualize sending energy throughout the body. Anyone can join!

Zumba Gold is also back on the schedule on Tuesdays from 10:00-10:45 A.M. This is Zumba for the young at heart! It combines fitness and dance moves choreographed to lively Latin and other world music for a total body workout. No dance ability or background is needed and routines can be adapted to any fitness level. All are welcome in class!

MAY GROUP WORKOUT SCHEDULE

New Group Workouts: Qigong and Zumba Gold!

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	9:00-9:45 A.M. Qigong	9:15-10:00 A.M. Water Fitness	
11-11:45 A.M. Yoga	10 A.M.-10:45 A.M. Zumba Gold	10-10:45 A.M. Silver Sneakers Yoga	11 A.M.-12 P.M. Balance & Flex	11-11:45 A.M. Yoga	9:15-10:15 A.M. Strength Train Together
12:15-1 P.M. Strength Train	11 A.M.-12 P.M. Balance & Flex	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 (Y Studio)	12:15-1:00 P.M. Cycle 30 plus Core Focus	12:15-1 P.M. Active Together	5:15-6 P.M. Yoga	4:15-5:00 P.M. Cardio Blast Together	
		5:15-6:15 P.M. Oula			

YOUTH DEVELOPMENT

ART PROJECTS ARE A FOUNDATION FOR BUILDING MANY SKILLS IN YOUNG CHILDREN

The Toddlers at the Cook County Childcare Center have been busy exploring shape, color, and texture as they practice using art materials and tools. Soon they will progress from making accidental to intentional representational gradually add more detail and complexity to their creations. Low shelves and accessible art supplies in their classroom encourage the toddlers to make art a choice throughout the day and be independent in selecting and using materials.

When they scribble with markers and crayons, it sets the foundation for learning to write. Holding a paintbrush, stringing beads, and cutting with scissors all hone fine motor skills, which aids in things like learning to tie shoes, fastening buttons, holding utensils and many more daily activities.

Mastering skills, completing art projects and learning to express themselves in new ways helps them gain confidence and perseverance. These things also help kids come up with positive emotional responses to stressful situations. Concentrating on a project for long periods also develops focus and longer attention spans.



SUMMER FUN BEGINS AT YMCA CAMP MILLER

SOCIAL RESPONSIBILITY



NEW POOL LIGHTING SAVES ELECTRICITY, MONEY, AND THE ENVIRONMENT

"It makes the pool seem new!" "The light seems bright, but softer." "I like how it makes the water more blue!" These are just some of the positive comments the Cook County YMCA has gotten after the recent installation of the new lighting system at the facility's swimming pool.

Beyond the aesthetics, the new LED system is much more efficient than the fluorescent lighting it replaced. There will be an annual 10,600 kWh reduction in electricity use, resulting in a savings of more than \$1000 per year, and a corresponding annual CO2 emissions reduction of 8.1 tons. Plus, Southern Minnesota Municipal Power Association (SMPA), which supplies electricity to Grand Marais, will provide the County with a rebate for the installation. It's a win for the County, the YMCA, and the environment.

Cook County funded the new lighting installation, which was performed by Terry Erickson of Hunt Electric with assistance from county and YMCA personnel. "We're super happy with how it turned out," remarked Emily Marshall, director of the Cook County YMCA. She laughed, "It really puts the pool in a good light!" Aquatics coordinator Karen Runkle agreed: "The pool is a great resource for the community — it gets lots of use, from toddlers to young kids, to older recreational and competitive swimmers. The lighting upgrade just makes the pool experience that much better."

BLOOD DRIVE

Thursday, May 19th 9:00 A.M. - 5:00 P.M.

Friday, May 20th 8:30 A.M. - 2:30 P.M.

The number one reason people say they've never given is that nobody ever asked. Will you give? Memorial Blood Centers is bringing the big blue bus to the YMCA for two days in May. Sign-up to donate and make a life giving gift to our community. MBC also donate \$1 to Ukraine housing relief for every donation made on May 19th and 20th!

Schedule Donation Online for Thursday, May 19th

Schedule Donation Online for Friday, May 20th

Or call Trudy at (218) 740-1542 to sign up.

Memorial Blood Centers



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