



WHITE BEAR AREA YMCA QUARTERLY NEWSLETTER

YMCA OF THE NORTH | WINTER 2024

LETTER FROM OUR LEADER

BY CYNTHIA ELLICKSON

In September, the YMCA of the North made the difficult decision to reduce our workforce in order to ensure a sustainable future. This decision impacted our entire association, leading to the departure of valued team members and the reassignment of others. The White Bear Y felt these changes profoundly, and it's with a heavy heart that we bid farewell to:

- Lee Kroll – Co-Community Leader
- Laura Peterson – Engagement Supervisor
- Terry Newsome – Health and Wellbeing Director
- Felipe Aceituno – Regional Sports Director

Saying goodbye is never easy, and we recognize how these changes have affected many of you as well.

On a positive note, we are pleased to welcome two new colleagues to our team: Ann Sellers, who joins us as Member Engagement Director and Coordinator for ForeverWell programming, and Devan Blake, our new Senior Health and Wellness Coordinator. We are excited about the fresh perspectives and energy they bring to our community.



Facility Hours:

Mon-Fri 5am-9pm

Sat-Sun 7am-5pm

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**PROGRAM
UPDATES**


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
**NEWS &
NOTABLES**


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**MISSION
UPDATE**

HEALTH & WELLNESS UPDATES

 Welcome **new trainer Robert Marson!** He specializes in overall fitness and wellbeing, strength training, and muscular conditioning and hypertrophy. Find Robert in the Fitness Center on Mondays, Tuesdays, and Thursdays. Make an appt. at the Welcome Desk!


 Time to move your cycling back indoors for a few months! Join Josh's **Group Cycle** class every Monday and Wednesday at 6 AM to start your day right! Reserve your spot online or at the Welcome Desk!


 Have you taken advantage of your **FREE fitness, wellbeing, and nutrition consultations** yet? These one-on-one sessions will give you insight into your own wellbeing needs and get you started on a path to long term health success! See the Welcome Desk to set yours up today!



WBL Fire and Police Departments showed off their vehicles to excited Trunk or Treaters at our event on Oct. 24th! We estimate nearly 500 community members braved the rain for some festive fun!


AQUATICS UPDATES

 We are proud to announce that our own White Bear Area Y **Mariners Swim Team** is officially the largest in the Association! We are currently at 109 swimmers and growing. Swimmers aged 5-18 are welcome to join and try out this lifelong sport. See our website or the Welcome Desk for details and to register!

 Next session of **swim lessons** runs Jan 6-Feb 23, 2025. Registration opens for members Dec 3 and non-members Dec 10. Register online or at the Welcome Desk!

FACILITY UPDATES

Our **Fitness Center refresh** is still happening! Look for some new equipment by the end of 2024!

 Studio A will be closed for floor resurfacing Nov 25-28, reopening Nov 29. Please plan ahead!

YOUTH PROGRAMS

WINTER SPORTS LEAGUES RUN JANUARY 8-MARCH 3

We will be offering **basketball, futsal (indoor soccer), and volleyball.** Registration opens December 12. Register online or at the Welcome Desk!

KIDS STUFF UPDATES


Congratulations to our own **Barb Wydra** on her promotion to officially become Kids Stuff Supervisor!


KIDS STUFF HOURS:


**Mon-Thurs 9AM-noon,
4:30-7:30PM**

Fri-Sat 9AM-Noon

FOREVERWELL UPDATES

 Please **welcome Ann Sellers**, our new Engagement Director in charge of ForeverWell! Ann has worked at many YMCA locations around the Twin Cities and is excited to learn more about WBL ForeverWell and grow our program!

 Meditative Adult Coloring is coming! Art therapists encourage adult coloring as a way to relax, meditate, and keep up fine motor skills. **Adult Coloring** will be on the 3rd Monday of each month, beginning 11/18 from 1-3PM. All supplies provided; no registration necessary.

 Create your own mandala rock art! **Mandala Rock Painting** is returning on Thursday, 11/14 from 11AM-2PM. See the beautiful example at the front desk! Register online or at the Welcome Desk.



NOW HIRING

Lifeguards (15+) &
Swim Instructors (16+)



BRANCH SCHEDULES

Group exercise,
gymnasium, pool,
ForeverWell, and more!



NEWS & NOTABLES

**SPREAD
JOY TO
OTHERS**
Y GIVING TREE



Coming this December!

Keep an eye on our lobby for our annual **Holiday Giving Tree** benefiting the youth of our local neighborhood center, Maple Pond Homes in Maplewood. The gifts we gather will make their holiday party one to remember!

We support Maple Pond Homes with youth school support, career and life skill development, and basic needs throughout the year.

THANKS FOR A FABULOUS TRUNK OR TREAT!

Special thanks to the WBL Police and Fire Departments, Catalyst Covenant Church, Oliver the Alpaca from Eagle Eye Farm, Bachman's for the gorgeous mums, our amazing volunteers, and all of you for making our event a huge success!



SUNDAYS

CATALYST WBL
2100 Orchard Lane - White Bear Lake

10:00AM

*You do not need to be a YMCA member to attend Catalyst.



Baptism Sunday

Sunday, November 24

Following Worship

www.catalystwbl.org

Catalyst is offering a baptism service at the White Bear YMCA on November 24 at 11:30am.

We'll hold a baptism class before Nov. 24. At the class you will learn what to expect on Baptism Sunday, learn about the meaning of baptism and consider your own faith story.

You can sign up by emailing Pastor Cindy cindy@catalystwbl.org or sign up on the Catalyst website - www.catalystwbl.org/events

BOOK EXCHANGE

Leave a book, take a book!

November 25 until stock is gone in the Lobby

Book drop off begins November 12!



ANYTIME!

20+ LOCATIONS!

Unlock It! is a FREE self-guided scavenger hunt experience for the whole family! Download the map, follow the clues, unlock the letters that form the keyword then enter to win fun prizes. Our closest location is Keller Park in Maplewood. Follow the QR code to learn more!



MISSION UPDATE

OUR MISSION IN ACTION

As the leaves change and the air turns crisp, we find ourselves reflecting on the season of gratitude and community. Fall is a time for gathering, for giving thanks, and for looking ahead to the impact we can make together.

At the Y, we've been busy working to strengthen our programs and outreach efforts. This year, we are proud to have reached 54% of our fundraising goal of \$102,437. Each contribution has brought us closer to our mission, but we still have \$47,205 left to raise. Your support—whether through donations, volunteering, or spreading the word—plays a crucial role in helping us reach this goal.

As we move forward, let us remember that every action counts. With your help, we can continue providing essential resources and support to our community members in need. Together, we can make a lasting difference.

Thank you for your unwavering commitment to our cause. Wishing you a joyful and fulfilling fall season!

ANNUAL FUND

2024 Goal	\$102,437
2024 To Date	\$55,232
2024 Need	\$47,205

DONATE NOW!



Our Trunk or Treat on Oct. 24 brought in over 360 pounds of food for our White Bear Area Food Shelf! Thank you to our generous community for making this possible!



Our staff plus Oliver the Alpaca from Eagle Eye Farm couldn't be more grateful for you!

HOW TO GIVE

1. Donate via credit card or bank account at ymcanorth.org/give.*
2. Become a sustaining donor by giving a set amount monthly. Sign up at ymcanorth.org/give*
3. Become a volunteer! Check out our opportunities at www.ymcanorth.org/volunteer.
4. Donor advised funds. Contact your financial advisor.
5. Create your legacy - include the YMCA in your will or trust. Contact your financial planner.
6. Don't forget matching gifts! Find out if your employer will match at www.ymcanorth.org/give.

*Select White Bear Area YMCA in the drop down menu.

YOUR YMCA STORY

Please share your YMCA story with us!

Your story will enhance the YMCA's historical collection. Some will be shared for future publications and on our website with your permission. Please share with us at Giving@ymcanorth.org.