

WOODBURY YMCA MEMBER NEWS



YMCA OF THE NORTH
Woodbury YMCA
2175 Radio Drive
Woodbury MN 55125
ymcanorth.org/woodbury

FALL/WINTER NEWS AND PROGRAM UPDATES

LATE FALL PROGRAMS

SWIMMING LESSONS REGISTRATION BEGINS OCT 8TH



Learn to swim with group lessons

Group lesson rates

You don't need to be a member of the Y to take swimming lessons, but members receive a discount on lessons.

Members: \$70 for seven-class session

Non-members: \$135 for seven-class session

*Your child must be a Y member to receive the discounted rate

SAFETY AROUND WATER!

This program is offered to students ages 4-12 who are taught two benchmark skills.

Swim, float, swim– A child who has entered the water can swim to safety, and if needed, turn on their back to float and rest, then turn back over and resume swimming.

Jump, push, turn, grab– If a child were to fall into the water, they can push off the bottom, turn around, and grab onto the side or wall for safety.

Swim Safety Lesson rates

Members: \$59 for a seven-class session

Non-members: \$99 for a seven-class session

Swim Lessons begin

October 28th

QUESTIONS OR COMMENTS?

Contact Vanessa Rucker
Vanessa.rucker@ymcanorth.org



YOUTH IN GOVERNMENT

Join the Youth and Government YMCA Woodbury Delegation

What is YIG?

The program starts in the fall when students in grades 8-12 join or form a YIG delegation at their school or community organization.

Delegations meet regularly to learn about state government, practice skills, select a program area, and prepare for the conference. High school students will choose to serve as legislators, judges, attorneys, lobbyists, media representatives, or cabinet members. Eighth grade students participate as members of the Leadership Corps where they experience and explore all of the YIG program areas.

At the end of October, delegates from all over the state attend an in-person pre-conference training event called LAUNCH to help prepare for the four-day conference in January.

On Thursday, January 9, 2025 to Sunday, January 12, 2025, delegations from across Minnesota and Western Wisconsin will come together at the Hilton Hotel in downtown Minneapolis and the Minnesota State Capitol to convene the 71st annual Minnesota

Youth in Government session!

JOIN TODAY

Early Registration Window and Program Fee:

August 29 - October 11, 2024:
\$539

Delegates that register during the early registration window will increase their chances of being placed in their top program area choice.

Regular Registration Window and Program Fee:

October 12 - November 1, 2024:
\$559

Delegations may choose to add additional fees for local delegation costs. Ask your delegation director for total program costs as well as how to apply for financial assistance.

ymcamn.org

Youth in Government contact information

Izzy Rojas

irojas@hyldernlaw.com

First meeting is

Monday Oct 7th

Woodbury YMCA



Y TEEN CENTER

Community Room

*Teen center is open for Youth ages 10-18 Monday - Friday after school for homework, or to hang with friends. 4-6:30PM

You do not need to be a member to attend

*join Us for a

Fall Craft and Food Event

Wednesday Oct 23

4:30-6:30PM

Hosted by the Y and the Washington County Library

*Safe Sitter Classes

Ages 11-14

Register today!

Oct 26, Nov 19, Dec 14

Member \$66 Non \$78

FOREVERWELL

Moving with Parkinson's

A research- based exercise program and methods to help participants with Parkinson's work on balance, strength, motor coordination and flexibility in a safe environment.

Small Group Wellness

\$25 drop in

\$79 for 5

60 mins sessions

60 and Solo

Meets the third Friday of every month-

2:30 PM

Studio 1

Use a guest pass and bring a Friend!

Foreverwell Coordinator

Scarlett Johnson-

scarlett.johnson@ymcanorth.org

