

# MIDWAY YMCA

## SUMMER 2024 NEWSLETTER

### LETTER FROM OUR COMMUNITY LEADERS

By Ernest Kaehler & David Dominick

Happy Summer Midway Y Members!

Welcome to our first quarterly edition of the Midway Y newsletter. We hope to share branch highlights, community impact and opportunities for you to be engaged at the Y.

We would like to take a moment to introduce our leadership team. Since October of 2023, Midway Y has been able to bring in some talented Y leaders to support our incredible facility. Ernest Kaehler joined our team in October as a community leader. As Associate Executive Director, Ernest brings over 21 years of Y experience. Ernest started his career at the Skyway YMCA in Downtown St. Paul in 2003. His career began as a personal trainer which eventually led him to oversee successful fitness programs at 5 different YMCAs. After reopening our YMCAs in 2020 he was asked to oversee 4 separate personal training programs within our YMCA of the North. His most recent position before joining the Midway Team was the Wellbeing Director at the Burnsville, Eagan, White Bear Lake and Woodbury YMCAs.

David Dominick joined the Midway Y as Executive Director in 2003. Over his 21 year career, David has served as Executive Director of Midway Y, St. Eastside Y, St. Paul Downtown Y, and the Minnesota State Alliance of YMCAs. David served as a District Executive Director for the Y of the Greater Twin Cities supporting Midway, Eastside and Heritage Park Minneapolis locations. Currently David is executive director of



Midway and part-time public policy director for the Minnesota Alliance of YMCAs supporting seventeen Y Associations in Minnesota.

David and Ernest are excited about the future growth of Midway. As our commitment to a healthier community continues, you will notice that we are bringing a whole person wellbeing philosophy to everyone we serve, inside and outside of the facility. We are so fortunate to have all of you a part of the Midway YMCA. Thank you for your continued support!

### **INSIDE:**

**HOURS, UPDATES, IMPORTANT DATES, AND MORE!**



# HOURS AND UPDATES

## REGULAR BUILDING HOURS:

### MONDAY – FRIDAY:

5 AM – 9 PM

### SATURDAY – SUNDAY:

7 AM – 5 PM

## KIDS STUFF HOURS:

### MONDAY – FRIDAY:

8:30AM – 1:00PM  
AND  
4:00PM – 8:00PM

### SATURDAY – SUNDAY:

9:00AM – 2:00PM

## SOUTH DOORS UPDATE:

MONDAY – FRIDAY AT 6PM THE SOUTH DOORS WILL LOCK. AFTER 6PM ENTER FROM THE NORTH PARKING LOT ENTRANCE.



## REMINDER!

NO USE OF CELL PHONES IN LOCKER ROOMS

## YMCA OF THE NORTH HOLIDAY HOURS 2024 BELOW!

	Building Hours	Kid's Stuff Hours
Labor Day	Closed	Closed
Thanksgiving Day	Closed	Closed
Christmas Eve Day	7:00AM – 12:00PM	Varies by location
Christmas	Closed	Closed
New Year's Eve Day	7:00AM – 5:00PM	Varies by location

# WHERE CAN I PARK?

- 1.) YMCA PARKING LOT ON THE NORTH SIDE OF THE YMCA BUILDING
- 2.) STREET PARKING ALONG WHEELER OR THOMAS. (FOLLOW PARKING RESTRICTIONS)
- 3.) RESIDENTIAL AREA SOUTH OF UNIVERSITY (WENDY'S SIDE | FOLLOW PARKING RESTRICTIONS ON STREET)
- 4.) GRIGGS-MIDWAY PARKING LOT. AFTER 5PM M-F AND ALL DAY SAT. AND SUN.
  - A.) USE PARKING SPOTS CLOSEST TO THE Y.
  - B.) DO NOT PARK IN THE ROW CLOSEST TO GRIGGS BUILDING.
- 5.) MIDWAY YMCA PROGRAM CENTER ALL DAY AND JUNIOR ACHIEVEMENT PARKING LOT FACING THE MIDWAY YMCA PROGRAM CENTER AFTER 5PM M-F AND ALL DAY SAT. AND SUN.

## SAVE THE DATE!



### BREAKAWAY KIDS

#### TRIATHLON:

AUGUST 16TH AND 17TH



### PLANT-BASED PROTEIN

#### POWDER

AUGUST 24TH



### GROW YOUR OWN

#### MICROGREENS:

AUGUST 27TH



### FOOD PRESERVATION

#### SERIES: SUMMER PICKLES AND JAMS

AUGUST 17TH

## WELLNESS PACKAGE DEAL

From August 1-31, receive 30% off Buddy Wellness Packages. Tackle a workout with a Personal Trainer or focus on current nutrition goals with a friend by your side.



# 2023 DONOR IMPACT

## THE DIFFERENCE YOU MAKE IN OUR COMMUNITY

Through the generosity of donors like you, **\$171,000** was provided in financial assistance to youth and families for community wellbeing programs, including childcare, health and wellness, youth development, senior programming, and more. With your continued support, the Y provides individuals and families with access to safe and welcoming spaces. The YMCA of the North provided a total of **\$700,000 in financial assistance** to meet the immense need at the Midway Y, with the majority supporting access to childcare and membership.

**Youth Development:** Through your partnership, the Midway YMCA continues to provide experiences for youth, enabling young people to explore their potential.

- 900 infants and children attended childcare through various programs including Summer Power, licensed care, and more.
  - Nearly 40% of these families received Y scholarships to reduce costs associated with care

**Adults and Seniors:** This year our ForeverWell members joined us for fitness classes, social events, wellbeing programs, and more thanks to the support of donors.

- 3,800 ForeverWell-aged members joined us this year.
- More than 2,245 older adults visited the Midway YMCA each month.

**Wellbeing:** In 2023, our wellbeing programs and services expanded to seven additional locations, including the Midway Y. Providing free community acupuncture and other services.



**BECOME  
A DONOR  
TODAY!**

**720+**

Community acupuncture sessions offered, improving overall wellbeing for participants.

**300**

Youth in grades 9-12 received free Get Summer memberships to stay active, participate in leadership programs, and more.

**332,000+**

Member visits in 2023 to utilize the gym, fitness center, childcare, and pool.



# FREE WELLBEING BENEFITS



## ■ 60-MINUTE FITNESS ASSESSMENT + INBODY (\$95 VALUE):

ONE-ON-ONE 60-MINUTE SESSION WITH A CERTIFIED PERSONAL TRAINER TO EXPLORE YOUR MOBILITY AND FLEXIBILITY AND DISCUSS OPPORTUNITIES TO MOVE AT THE Y. THIS ASSESSMENT ALSO INCLUDES A FULL TOUR OF THE FITNESS CENTER AND POPULAR EQUIPMENT. ADDITIONALLY, WE ARE PROUD TO OFFER AN INBODY ASSESSMENT TO QUICKLY AND ACCURATELY DETERMINE YOUR BASAL METABOLIC RATE, MUSCLE MASS, BODY FAT PERCENTAGE, WATER WEIGHT, ETC. IF THE INBODY ASSESSMENT IS DESIRED, IT WILL BE INCLUDED AT NO CHARGE DURING THIS APPOINTMENT.

## ■ 30-MINUTE WELLBEING CONSULTATION (\$45 VALUE):

A WELLBEING CONSULTATION IS A 30-MINUTE CONVERSATION TO EXPLORE WHAT MATTERS MOST TO YOU ON YOUR WELLBEING JOURNEY AND HELP DISCOVER POTENTIAL NEXT STEPS. VIRTUAL AND IN-PERSON APPOINTMENT OPTIONS AVAILABLE.

## ■ 30-MINUTE NUTRITION CONSULTATION (\$45 VALUE):

A NUTRITION CONSULTATION IS A 30-MINUTE CONVERSATION TO DISCUSS YOUR PRIMARY CONCERNS OR GOALS, AND OPPORTUNITIES TO FURTHER SUPPORT YOUR WELLBEING THROUGH FOOD/NUTRITION. VIRTUAL AND IN-PERSON APPOINTMENT OPTIONS AVAILABLE.

## ■ 30-MINUTE FITNESS CHECKPOINT (\$50 VALUE):

FOLLOW-UP CONVERSATION 15-30 DAYS POST FITNESS ASSESSMENT.

## ■ ORIENTATION TO EGYM (\$50 VALUE):

WHATEVER YOUR WELLNESS GOALS, REACH THEM WITH EGYM—A NEW, PERSONALIZED, AND FULL-BODY STRENGTH-TRAINING EXPERIENCE. USING EGYM IS INCLUDED IN YOUR YMCA MEMBERSHIP. (CURRENTLY AVAILABLE AT: ANDOVER, MIDWAY, SOUTHDALE, AND WOODBURY)

**REGISTER AT MEMBER SERVICE DESK OR AT [YMCAMN.ORG!](https://www.ymcamn.org)**

## DON'T FORGET TO MARK THE CALENDAR FOR OUR ANNUAL TREE LOT!



The Midway Y has been selling quality homegrown Christmas trees for over 50 years raising annual funds to support our scholarship program. Arriving in November will be over 600 trees, wreaths, and garland. Volunteering is a great way to get into the Holiday spirit plus give back to the Y. We are looking for volunteers to help set up the tree lot plus help sell trees when the lot is open for business.

Unloading of trees will be Saturday, November 16th and November 23rd beginning at 10AM each day. We will work for approximately 2 hours. Tree Lot hours begin on Friday, November 29th from 10AM - 6PM. Weekend hours are 10Am - 6PM and weekday hours are from 4PM - 6PM Thursdays and Fridays. Two hour shifts are available during the hours of the Tree Lot. The lot is located across from the Y's main parking lot at 530 Wheeler Street.

If you would like to volunteer, please contact David Dominick at [david.dominick@ymcamn.org](mailto:david.dominick@ymcamn.org) or by calling 651-259-6181. Thank you!

## A MISSION BASED-ORGANIZATION

The Y is dedicated to providing comprehensive programs and services that enrich communities - and all of the people who live in them - across the country in fulfillment of our mission.

## OUR VALUES

Guided by our core values of caring, honesty, respect, and responsibility, the Y is dedicated to giving people of all ages, backgrounds, and walks of life the opportunity to reach their full potential with dignity