



Burnsville YMCA Newsletter

October 2026

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BURNSVILLE YMCA
2026 ANNUAL FUND
GIVING CAMPAIGN

October 19th-23rd

ymcanorth.org/fallcampaign

Will you help us reach our goal and close the gap we're facing before year-end?



**SCAN HERE TO DONATE DIRECTLY
TO OUR BRANCH'S GIVING PAGE**



Join us in person the week of October 19th to grow generosity in our community, connect with others, learn more about donor impact across our Y, and enjoy some fall-themed fun (treats included)!



BRANCH HOURS

Monday - Friday 5 am-9 pm
Saturday - Sunday 7 am-5 pm

BURNSVILLE MN

13850 Portland AV
Burnsville, MN 55337



Why Your Donation to the YMCA of The North Matters.

Each fall, as the days grow colder and families return to indoor routines, the YMCA becomes an even more important place for health, connection and belonging. At the Burnsville Y, people of all ages and backgrounds come together to stay active, build relationships and participate in programs that strengthen their lives and our community.

Annual Fund support helps ensure that the Y can continue showing up for everyone who relies on us. Because these gifts are unrestricted, they give our team the flexibility to respond to emerging needs, remove financial barriers, invest in new opportunities, recruit and retain qualified staff, and strengthen the programs and operations that serve our community.

These gifts make a real and tangible difference. Annual Fund support allows us to provide more than \$400,000 in scholarship assistance each year, help hundreds of children develop lifesaving water-safety skills, provide more than 800 ForeverWell members with opportunities to remain healthy and connected, and help families access high-quality childcare at our Early Childhood Learning Center in Lakeville. Most importantly, it helps ensure that the Y remains a place where everyone has the opportunity to belong.

This October 19-25th, YMCA of the North will launch Fall Into the Y, a week-long giving campaign across our 20 branches. Members and community supporters are invited to make a gift to their local Y's Annual Fund and help sustain the programs and services that make the YMCA a vital community resource throughout the year. Every gift, regardless of size, helps someone find opportunity, improve their wellbeing, build confidence, connect with others and thrive.

Letter to the Community

Dear Burnsville Y Community,

There are so many reasons people walk through our doors. Some come to swim or work out. Some bring their children to learn a new skill. Others come for a familiar face, a cup of coffee, or the simple comfort of being somewhere they belong. Whatever brings you here, I hope you know that this is your Y.

Over the past year, we've seen what this community can do together. Our Y welcomed more than 300,000 visits and 1,700 new members. We offered more than 1,200 group exercise classes and helped more than 1,500 young people find opportunities to play, learn, and grow. Behind every number is a person finding connection, building confidence, or taking a step toward something new.

We've also been able to stand alongside neighbors who need a little extra support. Last year, the Burnsville Y provided more than \$418,000 in financial assistance for seniors, families, and young people. That has always been part of who we are: when someone needs help finding their way in, our community helps open the door.

Right now, many of our neighbors are feeling the strain of rising costs. I hope easier days are ahead. In the meantime, we can be here for one another. Y Giving Week, October 19–23, is a chance to help make that possible. If you're able to give, your gift will help someone in our community experience the friendships, opportunities, and sense of belonging that make this place special. Every gift matters, and so does every person who chooses to be part of this effort.

There are other ways to help shape our Y's future, too. We're looking for community members who may be interested in serving on the Burnsville YMCA board. If you'd like to learn more, please let our front desk team know, and we'll connect with you.

Thank you for the warmth and care you bring to this place. You are what makes the Burnsville Y a community, and I'm grateful to be part of it with you.

Matt Kjorstad

Executive Director, Burnsville YMCA



OCTOBER

BURNSVILLE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 International Coffee Day	2 The day the "High-five" was invented	3
4	5 World Kindness Day - spread some joy today!	6	7 National Taco Day 	8 Happy birthday to our Member Specialist Lucy!	9	10 World Mental Health Day
11	12 Indigenous People's Day	13 National M&M day	14	15 Spirit Day!	16	17
18	19 National Friendship Day	20 Office Chocolate Day	21	22	23 Try out a new yoga pose!	24
25 World Run Day	26 National Pumpkin Day	27	28	29	30 Happy birthday to our Membership Director Jay!	31  Happy Halloween!

UPCOMING

November Homecoming week!
Get ready to bust out your dance shoes...

TRUNK OR TREAT EVENT!

October 27th at Lakeville ECLC, come trick-or-treating with us from 5:30 p.m. - 7:30 p.m.



October Aquatics Updates

Pool Schedule Updates

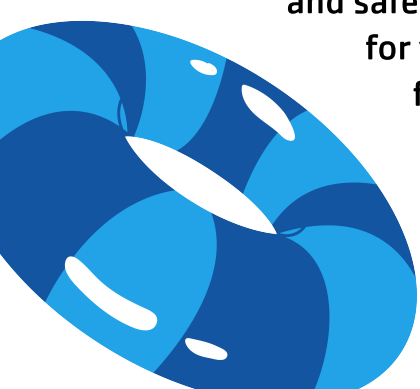
You may have noticed changes to our aquatics schedule starting in September. The main changes are:

- Monday & Thursday mornings the Leisure pool is open 9:00am – 10:30am
- Tuesdays & Fridays all pools are closed 12:45pm–3:30pm
- Friday evenings hours are varied based on what our team is able to provide.

Please check the online schedule for the most current hours before you head in, as it's updated to reflect these changes.

We know how much the pool means to our members and families, and we're working to expand our hours as soon as we're able. In the meantime, our current team is doing everything they can to keep the pool open and safely staffed. Thank you

for your patience, your flexibility, and your support of the staff who make it happen.



We're Hiring Lifeguards!

If you know someone with swimming experience who may be interested in contributing at the Burnsville YMCA, connect them with Noah, the Aquatics Director, or have them apply online on our website. The Lifeguard-In-Training position comes with paid training as well as a complimentary YMCA membership!

Apply at [YMCANORTH.ORG/JOBS](https://ymcanorth.org/jobs)

Late Fall Swim Lesson Session

We have a 7-week swim lesson session starting on October 26th. Our group swim lessons run on Monday and Wednesday evenings, and Saturday mornings. We teach lessons from infants to adults. Come learn from our great team of instructors!

Swim Lesson Registrations Dates

Members

October 7th

Non-Members

October 14th

Register online, by phone, or at the front desk

Reach out to the Aquatics Director at (952) 222-4879 or noah.burson@ymcanorth.org.

BURNSVILLE YMCA STUDIO A

Weekly Schedule — Sunday through Saturday

SUN	MON	TUE	WED	THU	FRI	SAT
BodyPump 8:00-9:00a	BodyPump 9:30-10:30a	Studio Strength 6:00-7:00a	Yoga 6:00-7:00a	BodyPump 6:30-7:00a	Silver Sneakers	BodyPump 8:00-9:00a
Yoga 9:15-10:15a	Studio Combo 5:30-6:30p	6:00-7:00a SS Classic 8:15-9:00a	BodyPump 9:30-10:30a	SS Classic 8:15-9:15a	Classic 8:00-8:45a	Yoga 9:15-10:15a
Dance Fitness 11:30a-12:30p		Mat Pilates 9:15-10:15a	Group Fight 5:30-6:00p	Barre Fusion 9:30-10:20a	SS Circuit 9:00-9:45a	Dance Fitness 11:30a-12:30p
		Body Pump 5:45-6:45p	Group Core 6:05-6:35p	Gentle Yoga 10:35-11:20a	Pump 10:15-11:15a	
				FW Cardio Dance 11:30a-12:15p	SS Yoga 11:30a-12:15p	
				BodyPump 5:30-6:30p		

Schedule Subject to Change, Please Check Online for Most Up-to-Date Information

BURNSVILLE YMCA STUDIO B

Weekly Schedule — Sunday through Saturday

SUN	MON	TUE	WED	THU	FRI	SAT
Cycle	Cycle	Cycle	Cycle	Cycle	Cycle	Step
9:15-10:00a	6:00-6:45a	9:30-10:15a	6:00-6:45a	9:30-10:15a	6:00-6:45a	8:00-9:00a
	Yoga	Gentle	ForeverWe	Sound	Yoga	Group
	9:00-10:00a	Yoga	ll Balance	Bath	8:15-9:15a	Centergy
	Barre	10:30-11:30a	9:15-10:00a	10:45-11:30a	Studio	9:05-10:00a
	Fusion	Interval	Cycle		Combo	Yoga
	10:10-11:10a	Training	10:45-11:30a		9:30-10:15a	10:05-11:05a
	Yoga	5:00-5:45p	Step		Mat Pilates	Meditation/
	5:30-6:30p		5:15-6:15p		10:30-11:15a	Breathwork
			Yoga			11:05-11:35a
			6:30-7:30p			

Schedule Subject to Change, Please Check Online for Most Up-to-Date Information

BURNSVILLE YMCA WAREHOUSE STUDIO

Weekly Schedule – Sunday through Saturday

SUN	MON	TUE	WED	THU	FRI	SAT
— No Classes Scheduled —	Pilates	Pilates	Pilates	Pilates	Pilates	Pilates
	Reformer –	Reformer –	Reformer –	Reformer –	Reformer –	Reformer –
	Level 2	Level 2	Level 1	Level 2	Level 2	Level 1
	5:00-6:00p	10:30-11:30a	9:45-10:30a	7:15-8:15a	9:30-10:30a	8:00-8:45a
	Pilates	Pilates	Pilates	Pilates		Pilates
	Reformer –	Reformer –	Reformer –	Reformer –		Reformer –
	Level 2	Level 1	Level 1	Level 2		Level 2
	7:15-8:15p	11:45a-12:30p	5:00-6:00p	10:30-11:30a		9:00-10:00a
		Demo –		Pilates		
		Pilates		Reformer –		
		Reformer		Level 2		
		12:45-1:45p		5:00-5:45p		

Schedule Subject to Change, Please Check Online for Most Up-to-Date Information

KIDS STUFF CALENDAR

 **2026**
OCTOBER



BURNSVILLE

YMCA

FAMILY

CALENDAR



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4 	5 Monday Funday 6-7:30 	6 Arts & Crafts 10-11am & 5-6pm 	7 	1 Stem Play 9-11am	2 Game Night 7:50-8:50pm	3 
11	12 Monday Funday 6-7:30	13 Arts & Crafts 10-11am & 5-6pm	14 Gym Time 10-10:30am & 6:45-7:30pm	8 Stem Play 9-11am	9 Game Night 7:50-8:50pm	10
18	19 Monday Funday 6-7:30	20 Arts & Crafts 10-11am & 5-6pm	21 Gym Time 10-10:30am & 6:45-7:30pm	15 Stem Play 9-11am	16 Game Night 7:50-8:50pm	17 
25 	26 Monday Funday 6-7:30	27 Arts & Crafts 10-11am & 5-6pm	28 Gym Time 10-10:30am & 6:45-7:30pm	22 Stem Play 9-11am	23 Game Night 7:50-8:50pm	24
			29 Stem Play 9-11am 	30 Costume Parade 10 & 11am 	31 WEAR YOUR COSTUME! 	

YOU ARE INVITED TO

A COSTUME PARTY



KIDS STUFF
COSTUME PARADE



30 OCTOBER | 10 & 11AM

THE BURNSVILLE YMCA





FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



NO TRICKS – JUST TREATS

TUESDAY OCTOBER 27TH 5:30PM–7:30PM

Bring your little ghouls and goblins for a safe and fun night of trick-or-treating at decorated trunks! Current families and community friends are all welcome to celebrate with us.

The event will be held in the parking lot!

LAKEVILLE EARLY CHILDHOOD LEARNING CENTER
16331 KENRICK AVE. LAKEVILLE MN 55044



FOREVERWELL

October 2026 | BURNSVILLE YMCA

Clubs!

Monday

Knit and Crochet Group

1:30 pm -2:30 pm

Coffee Time

9:30 am-11:00 am

Tuesday

Book Club *9/8*

(Multi-Purpose Room)

12:00 pm - 1:00 pm

Coffee and Coloring

9/8 and 9/22

(Multi-Purpose Room)

11:30 am-12:30 pm

Dominoes *NEW CLUB*

(Family Lounge)

11:30 am - 1:30 pm

Wednesday

Coffee Time

9:30 am-11:00

Mahjong

12:30 pm-3:00 pm

Thursday

Hand and Foot

1:00 pm-3:30 pm

Friday

Coffee

9:30 am-11:00

Everyday

Cribbage

Family Lounge

10:30 am



What is FOREVERWELL?

At the YMCA, we're here to support you on your journey to a healthier, more fulfilling life. Discover everlasting wellness with YMCA programs tailored for individuals ages 55+! Experience invigorating group exercise classes, rejuvenating aquatic exercises, and engaging social events. Benefit from specialized wellness programs and connect with your community. Check out all of our activities in this newsletter.

BRANCH HOURS

Monday - Friday 5 am-9 pm

Saturday - Sunday 7 am-5 pm

BURNSVILLE MN

13850 Portland AV

Burnsville, MN 55337

OCTOBER BRANCH ANNOUNCEMENTS



FOREVERWELL Open House

Invite your family and friends for a week full of fun and great information!

November 2nd – 6th



Fall Bingo!!!

October 16th

12:30 pm - 1:30 pm

Community Room



Halloween

On September 7th, we celebrate Labor Day. Come together to enjoy time with your hard working family members as we all enjoy a day of rest.

Looking to get more engaged at the YMCA?

Please reach out to Lee.Moffat@ymcanorth.org and ask about volunteering to be the point of contact for any of the clubs currently being offered at our branch!

New Club!



Join us for a game of Cribbage in the Family Lounge at 10:30 am or after!

No need to reserve a space ahead of time. Just show up ready to play and have fun!



NEW CLUBS?

We would like to start more clubs for you to be a part of, and we need your suggestions and your help!

If you have questions or suggestions please email me at **Lee.Moffat@ymcanorth.org**. You can also speak to anyone at the front desk!



FOREVERWELL CONNECTION

LUNCH & LEARN

Tuesday, October 20, 2026

12:00-1:30 PM

TOPIC: Managing Medications

Lets review the improtance of taking your medications on time, along with some helpful tips for doing so!

This interactive discussion group depends upon shared experiences, along with some structured information, for its success. Participant interest, need, and energy will drive exploration and discussion.

Join Chris Farris, MS, RN, PHN, for a ForeverWell Connection. Chris is an eldercare consultant and educator who serves as discussion leader.

Personal Training



Have you taken advantage of your FREE Fitness Assessment?

Sign up with **Kathi Eilers** to go through any questions regarding your fitness that you may have

kathleen.w.eilers@gmail.com

FOREVERWELL CLASSES

Monday

- 8:00 AM Water Exercise
 - o Lap Pool
- 9:00 AM Water Exercise
 - o Lap Pool
- 9:00 AM SilverSneakers Circuit
 - o Gymnasium
- 9:00 AM Yoga
 - o Studio B
- 10:15 AM SilverSneakers Circuit
 - o Gymnasium
- 10:30 AM Water Exercise
 - o Lap Pool

Wednesday

- 6:00 AM Yoga
 - o Studio A
- 8:00 AM Water Exercise
 - o Lap Pool
- 9:00 AM Water Exercise
 - o Lap Pool
- 9:00 AM SilverSneakers Circuit
 - o Gymnasium
- 9:15 AM FOREVERWELL Balance
 - o Studio B
- 10:15 AM SilverSneakers Circuit
 - o Gymnasium
- 10:45 AM Cycle
 - o Studio A

Friday

- 8:15 AM Yoga
 - o Studio B
- 9:00 AM SilverSneakers Circuit
 - o Studio A
- 10:00 AM Water Exercise
 - o Lap Pool
- 11:30 AM SilverSneakers Yoga
 - o Studio A

Tuesday

- 6:15 AM Water Exercise
 - o Lap Pool
- 8:00 AM Water Exercise
 - o Lap Pool
- 8:15 AM SilverSneaker Classic
 - o Studio A
- 10:30 AM Gentle Yoga
 - o Studio B

Thursday

- 7:00 AM Water Exercise
 - o Lap Pool
- 8:15 AM SilverSneakers Classic
 - o Studio A
- 10:30 AM FOREVERWELL Water X
 - o Lap Pool
- 10:35 AM Gentle Yoga
 - o Studio A
- 11:30 AM Sound Bath
 - o Studio B
- 11:30 AM FOREVERWELL Cardio Dance
 - o Studio A

Saturday

- 8:00 AM Water Exercise
 - o Lap Pool
- 10:05 Yoga
 - o Studio B
- 11:05 Meditation/Breathwork
 - o Studio B

Sunday

- 9:15 AM Yoga
 - o Studio B

Schedule is Subject to Change.
Please Check Online for Most Up to Date
Classes



What is MVTA Connect?

MVTA Connect is an on-demand ride-share service that delivers flexibility and more options for riders in the south metro to access the MVTA system of dedicated routes.



Hours of Operation

6 AM - 9 PM

Main & Eagan Zone:
7 days a week

Shakopee/Prior Lake
Zone:

Monday - Friday

- ✓ 3-Hour Advance Booking Window



Cost

\$3 One-way

- ✓ Free Transfer to Fixed Routes
- ✓ Accepts Cash, Credit Cards, Or Go-To Cards for Payment



Accessibility

All buses are ADA compliant

- ✓ Mobility Devices
- ✓ Service Animals



Amenities

Features to enhance your ride

- ✓ Bike Racks
- ✓ Stroller Storage



Download on the
App Store



GET IT ON
Google Play



Try MVTA Connect by
Downloading the FREE
RideMVTA App.



100 Highway 13 E, Burnsville



mvta.com/connect



mvta@mvta.com



(952) 882-7500

Service Zone

Rides can only be booked within the service zone. The map below shows the three different zones where riders may book a ride. Both origin and destination must be in the zone. Riders must be dropped off in the zone they were picked up in.



How to Book

1. Open the RideMVTA App
2. Select "Plan your trip"
3. Select "Plan & Route"
4. Type your destination
5. Tap My location and type in your starting address
6. Choose the Connect trip
7. Select "Start Booking"
8. Select "Buy Tickets" or if paying cash onboard, tap "Pay with Cash"
9. Use the + to indicate number of riders
10. Select "Add to Cart"
11. If necessary, add your credit card or use a stored one, including Apple Pay
12. Slide to activate the ticket
13. Tap X to close the ticket
14. Click "Request Ride Now"



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FOREVERWELL ORIENTATION

1ST AND 3RD MONDAYS | 10:30 AM



Join us for a 30-minute ForeverWell Orientation at the Burnsville YMCA! This personalized tour is the perfect introduction to our facilities and wellness offerings for adults 55+. You'll have the opportunity to:

Tour the Facility: Explore the YMCA's state-of-the-art amenities, including our fitness center, pool, and more.

Learn about our variety of group fitness classes designed for all levels, including cardio, strength

training, water aerobics, and chair and regular yoga.

Get Expert Guidance: Meet with a YMCA team member who will answer your questions, provide recommendations, and help you navigate the best programs for your goals.

Whether you're new to fitness or looking to get back on track, this orientation will set you up for success in your wellness journey at

October Word Search

Z J M D O B R M S C U Y D Q A B K V K T E C G T T
 C D J U N E N L U V X T T Y E H N L Z H A O N A M
 B O O H S U L K Y P R I B T M B S S K H G O E H M
 S W V I K I N G S B G C S M M M T O N U Z D P X F
 C O O M C O U M Q Z C Y B L O E Y K X R G L P M Y
 A T X I H N B J Q X T R I C K O R T R E A T P P X
 R L P O C T Y J T H C C F M H C F O O T B A L L X
 Y A D G T C O M M U N I T Y Z G K E O B B G O K D
 M G P I P E Q Z B B U R N S V I L L E N G V L L O
 O D S P N Q R E E F P Q N F W Q E H X E D X Y R N
 V S R F F U N P T E E B Z R J J H F W W P I J H A
 I T R V P B I M A O Q S M O R E S U O S R Y F X T
 E K H S B D Y S Q W H J M Z Y A X S H Y B C O U I
 S R U S J Q G P V S S Y W B W S B O N F I R E S O
 C J K Y B G T O Q Y A P P L E C I D E R C M A X N
 A H X A C O R N M A Z E Y J W I R I S J O F U D S
 N J F W S O C C W U E Y K V C C X T P H L H F L S
 D G B I G Q Y S E M C B H M S K O L O A O H B S I
 Y G K M P U M P K I N C A R V I N G O L R X K S B
 I J Y A S D C I F R G E T L U S T L K L S S P G X
 F S F F U X Y W O J W H N D E J L D Y O L M R L X
 H J B M Y U X W H B B B K G O A I C N W U G A D L
 Q Z R E Y Y E Z N E Q K M P T C V G E E O L N U H
 Y U Y Y Q V V Z Q G S N L M O A L E V E F F K O G
 C P O B G P U M P K I N S Z Z C A T S N R I S R U

Pumpkin Carving	Trick Or Treat	Scary Movies	Skol
Apple Cider	Burnsville	Community	
Donations	Halloween	Pumpkins	
Bonfires	Corn Maze	Football	
Vikings	Smores	Leaves	
Colors	Spooky	Pranks	
Candy			