

the YMCA IN SHOREVIEW

OCTOBER NEWS & EVENTS for members of all ages

FROM OUR COMMUNITY BOARD CHAIR

ERIK WESTGARD

Every child deserves the skill and confidence of swimming.

At the YMCA, we are committed to ensuring that everyone in our community has access to swim lessons, regardless of their financial circumstances. For years, Safety Around Water grant funding helped families receive significant discounts on lessons.

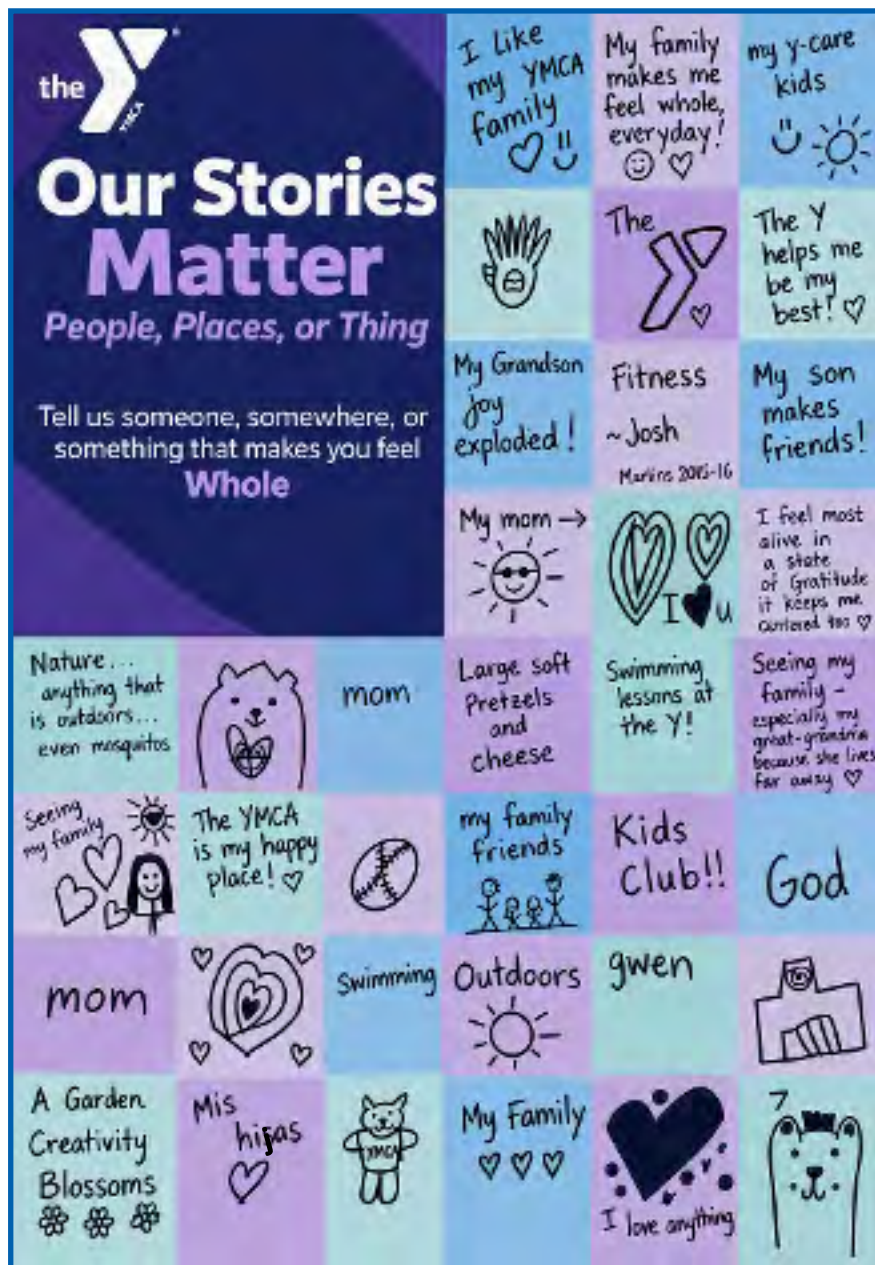
Unfortunately, that dedicated grant funding has been fully exhausted. While financial assistance remains available through the YMCA's standard scholarship program, continued community support is critical to meeting the growing need.

Please consider a financial donation to our swim lesson scholarship fund.

With your help, we can remove barriers and give more families the confidence and safety that come with knowing how to swim.

With gratitude,

Erik Westgard



The above image is the result of our Welcoming Week activity led by Noah Gulley. It demonstrates the rich tapestry of our YMCA community and the many ways we each identify the people, places, and things that make us feel whole.

Thank you for bringing your whole selves to the Y in Shoreview. We are grateful for each of you.

BRANCH HOURS

Weekdays 5:00am - 9:00pm

Weekends 7:00am - 5:00pm



PLEASE JOIN US IN WELCOMING LINDSAY MIKKELSON, AQUATICS DIRECTOR



Lindsay has spent more than 15 years in and around the pool, with collegiate swimming roles at Stevens Institute of Technology and Augsburg University and, most recently, leading operations for Harvard University's Men's Swimming and Diving program. At Harvard, she managed everything that keeps a program running smoothly, including scheduling, budgeting, team travel, recruiting, and support for student-athletes.

A Saint Mary's University of Minnesota graduate and Twin Cities resident for the past seven years, Lindsay is excited to bring her experience to our community pool. She's passionate about helping swimmers of all ages build confidence in the water, supporting our aquatics staff, and making the Y a welcoming place for every family.

We're thrilled to have Lindsay on the team. Welcome to the Y!

MEET SWIM INSTRUCTOR, HADLEY



Each week, Hadley teaches children how to swim, and it is no small task.

She and dozens of swim instructors patiently work with groups of 3 to 5 energetic kids at a time, teaching them to become confident, safe, and comfortable in the water.

YMCA in Shoreview swim lessons aren't just for kids. Our Late Fall schedule also includes options for teens and adults. Because learning to swim in safety and confidence is a good idea at any age.

Scan below to learn more about swim lesson options and how to choose the correct level based on your child's age and skill.

Register online or at the membership desk.

SWIM LESSON LEVELS BY AGE

Parent/Child: 6 months – 3 years

Preschool: 3 – 5 years

School Age: 5 – 12 years

Teen & Adult: 12+ years

LATE FALL REGISTRATION DATES:

October 7 – YMCA members

October 14 – Visitors





Late Fall Lesson Schedule

October 26 – December 13

MONDAY

Oct 26 – Dec 7

4:10 – 4:40 PM

Preschool 1-2
School Age 1-2

4:45 – 5:15 PM

Preschool 2-3
School Age 4

5:20 – 5:50 PM

School Age 3
School Age 5-6

5:55 – 6:25 PM

School Age 4

\$70 members

\$140 non-members

TUESDAY

Oct 27 – Dec 8

4:30 – 5:00 PM

Preschool 1-2
School Age 1-2
School Age 3

5:05 – 5:35 PM

Preschool 2-3
School Age 1-2
School Age 4

5:40 – 6:10 PM

Preschool 1-2
School Age 1-2
School Age 4

6:15 – 6:45 PM

Preschool 1-2
School Age 1-2
School Age 4

6:50 – 7:20 PM

School Age 1-2
School Age 5-6
Adult 1-3

\$70 members

\$140 non-members

WEDNESDAY

Oct 28 – Dec 9

4:10 – 4:40 PM

Preschool 1-2
School Age 3

4:45 – 5:15 PM

School Age 1-2
School Age 4

5:20 – 5:50 PM

Preschool 2-3
School Age 5-6

5:55 – 6:25 PM

School Age 3

\$70 members

\$140 non-members

THURSDAY

Oct 29 – Dec 10

10:20 – 10:50 AM

Preschool 2-3

10:55 – 11:25 AM

Parent/Child A-B

11:30 AM – 12:00 PM

Preschool 1-2

4:30 – 5:00 PM

Preschool 1-2
School Age 3

5:05 – 5:35 PM

Preschool 2-3
School Age 4

5:40 – 6:10 PM

School Age 4
School Age 5-6

6:15 – 6:45 PM

Preschool 1-2
School Age 3

6:50 – 7:20 PM

School Age 3
School Age 4

\$60 members

\$120 non-members

SATURDAY

Oct 31 – Dec 12

9:30 – 10:00 AM

Parent/Child A-B
Preschool 1-2
School Age 1-2
School Age 3

10:05 – 10:35 AM

Parent/Child A-B
Preschool 1-2
Preschool 2-3
School Age 3

10:40 – 11:10 AM

Preschool 2-3
School Age 1-2
School Age 4
School Age 5-6

11:15 – 11:45 AM

Preschool 1-2
School Age 3
School Age 4
Teen 4-6

\$70 members

\$140 non-members

Parent/Child: 6 mo–3 yrs • Preschool: 3–5 yrs • School Age: 5–12 yrs • Teen & Adult: 12+ yrs

ymcanorth.org/shoreview • Schedules subject to change



PLEASE NOTE THE FOLLOWING SCHEDULE CHANGES, EFFECTIVE OCTOBER 1

ADDITIONS

TUESDAYS

Cycle	6:00 – 6:45am	Kayla
R.I.P.P.E.D.	9:15 – 10:15am	Victoria
Aqua Zumba	10:00 – 10:45am	Darcy
Water Exercise	10:55 – 11:20am	Kathy
Group Fight	4:30 – 5:15pm	Heidi

THURSDAYS

Soul Flow	4:30 – 5:15pm	Chelsea
Cycle	6:40 – 7:10pm	Jeanette

FRIDAYS

Group Power	8:00 – 8:45am	Jennifer
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REMOVALS

TUESDAYS

Core Conditioning	9:10am
Interval Training	9:40am
ForeverWell Cardio	8:00am



FREE DEMOS: STRENGTH TRAINING FOR 55+

These coach-led small group classes are designed to help you build strength, improve balance and stability, and stay strong for things you enjoy.

ATTEND A FREE DEMO:

Tuesdays, October 13, 20 & 27
8:30 – 9:15am

Wednesdays, October 14, 21, 28
8:00 – 8:45am

Register online, via the app, or at the front desk.



This membership perk gives you 30 minutes with a personal trainer. You'll discuss your fitness goals and get recommendations for a plan to help you get where you want to be.

You got the part about this being free, right? What are you waiting for? Schedule your appointment at the Membership Desk.



READY, SET, FUN!

Friday, 10/2: YMCA Senior Challenge Bingo begins

Seniors – pick up a bingo card the Front Desk or on the table outside the Studio. Complete the activities on the card between 10/1–31 to enter a drawing for YMCA swag.

Saturday, 10/3: Kindness & Innovation Lab 10:30am

The kids will create fall-colored paper chains to decorate the front lobby windows. They'll learn that making and sharing art is a way to spread kindness to the entire YMCA in Shoreview community. Art makes people smile!

Monday, 10/5: Fall Joy Tree begins

"How will you create joy this Fall?" Add your thought to our Joy Tree in the Lobby!

SaturYAY, 10/10: Family Scavenger Hunt begins

Families – pick up a game card in the main lobby or Kid Stuff. Have fun searching for the Fall-related pictures in kid-accessible areas (lobby bookshelf/toy area, front desk, activity center, family locker room, upstairs lobby.) When your card is complete, turn it in for everybody's favorite prize – YMCA stickers!

Monday, 10/12: Giant Word Find Puzzle

Play the Fall-themed word find puzzle posted in Lobby by the coffee area. How many words can you find?

Monday, 10/19: Giving Week Activities begin

Coffee & Cookies (courtesy of the Community Board) in the Lobby all morning.

Invitations to support the YMCA with your time, talents and/or treasure

Donation-based prize drawings

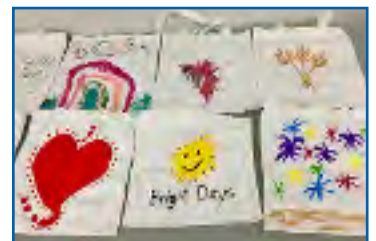
EVERY SATURYAY – KINDNESS INNOVATION LAB!

Saturdays, September 12th – December 12

10–11:30am, Drop-in

The Kindness Innovation Lab, a 12-week program FREE for YMCA member, focuses on guiding children, ages 7 to 12, on how to build community. Each Lab will begin with activities centered around kindness, empathy, and community connection and end with large motor movement activities in the gym.

The Kindness Innovation Lab is made possible in part with support of the Roseville Area Community Foundation.



On 9/12, Lab Kids painted canvas tote bags for the International Institute of Minnesota's work with refugees and immigrants.



EVENTS ARE OPEN TO YMCA MEMBERS & GUESTS.
(Guests are welcome with a valid ID for front desk check-in.)

BALANCE ASSESSMENTS

Friday, 10/16 | 12:00 - 12:30pm
Fusion Studio
Robert Marson, Personal Trainer

In this 10-minute assessment, you'll go through a short series of balance tests and receive suggestions for exercises specific to your needs. Three appointments are available on each date.

Sign up in the binder at the Membership Desk.

MEN'S BIBLE STUDY

Thursdays | 9:00 - 10:00am
Meeting Room
More info: Tim Larson
timothylarson1234@gmail.com

The group is studying the book of Job with focus on two questions: 1) The universal human (Job) question: Why do the righteous suffer? 2) And the deeper question posed by God: Why are the righteous pious? All are welcome to join the discussion.

BOOK GROUP

Wednesday, 10/14
2:30 - 3:30pm
Meeting Room

The Secrets We Kept
by Lara Prescott

More info: Susan Taylor
sjtaylor62@comcast.net

**CARD WRITING FOR JOHANNA
SHORES SENIOR LIVING**

Wednesday, 10/14
1:30 - 2:30pm
Meeting Room

Write cards of friendship to the residents of Johanna Shores. Cards and pens are provided.

Drop in. No sign-up necessary.

FOOT CARE NURSE

Thursday, 10/1 | 12:00 - 4:00pm
Fusion Studio
Karin Hamerston RN, BSN, CFCN

Your appointment includes a brief medical history and discussion of your foot care concerns, followed by cutting, filing, and thinning of the toenails and reducing corns and callouses.

By appointment only. Call or text Karin:
651-484-4615

FOREVERWELL HAPPY HOUR

Wednesday, 10/28
3:00pm

Green Mill
1000 Gramsie Road, Shoreview

Email jmcain82@gmail.com before noon on October 6 to reserve your place



EVENTS ARE OPEN TO YMCA MEMBERS & GUESTS.
(Guests are welcome with a valid ID for front desk check-in.)

FOREVERWELL LUNCH BUNCH

Wednesday, 10/7

11:30am

Crooked Pint

1734 Adolphus, Maplewood

Email jmcain82@gmail.com before noon
on October 27 to reserve your place

MAH JONGG

Tuesdays (beginner)

Thursdays (experienced)

1:00 - 3:00pm

Upstairs Lobby

Drop-in

More info: Reggie McCarthy
mccar072@yahoo.com

MEDICARE INFORMATION PRESENTATION

Tuesday, 10/6 | 11:30am - 12:30pm

Meeting Room

Grant Rockwood, MN Benefits broker

You are encouraged to attend this hour-long
presentation to stay current on Medicare options.

Drop in. No sign-up necessary.

FOREVERWELL ORIENTATIONS

Tuesdays

10:30 - 11:00am

Lobby

More info: Heather DeFrance
heather.defrance@ymcamn.org
612-230-3470

VACCINATION CLINIC

Saturday, 10/10 | 9:00am - 1:00pm

Meeting Room

Cub Pharmacy Mobile Clinic

This walk-in clinic will offer flu and COVID vaccines for
individuals ages 12 and up. Please bring your insurance
information.

OFFSITE VOLUNTEERING

Kids in Need Foundation

Tuesday, 10/20 | 2:00 - 4:00pm

200 S Owasso Boulevard E, Little Canada

Help organize and prepare classroom supplies
for distribution to teachers in need.

NEW: Drop in. No sign-up necessary.

WORKOUT RHYTHM WORKSHOP

Wednesday, 10/21 | 1:30 - 2:15pm |

Meeting Room

Heather DeFrance, Personal Trainer

Join Heather to better understand the
what/how often workout rhythm that's right
for you.

Drop in. No sign-up necessary.



BRANCH ACTIVITIES AT A GLANCE

10/1	Thursday	9:00 – 10:00am	Men's Bible Study	Meeting Room
10/1	Thursday	12:00 – 4:00pm	Foot Care Nurse	Fusion Studio
10/1	Thursday	1:00 – 3:00pm	Mah Jongg (experienced)	Upstairs Lobby
10/2	Friday	All day	Senior Bingo Challenge begins	N/A
10/3	Saturday	10:00 – 11:30am	Kindness Innovation Lab	Kid Stuff
10/5	Monday	All day	Fall into Fall Joy Tree begins	Lobby
10/6	Tuesday	10:30 – 11:00am	ForeverWell Orientation	Lobby
10/6	Tuesday	11:30am – 12:30pm	Medicare Info Presentation	Meeting Room
10/6	Tuesday	1:00 – 3:00pm	Mah Jongg (beginner)	Upstairs Lobby
10/7	Wednesday	All day	Swim Lesson Registration opens (members)	Online or membership desk
10/7	Wednesday	11:30am	ForeverWell Lunch Bunch	Crooked Pint
10/8	Thursday	9:00 – 10:00am	Men's Bible Study	Meeting Room
10/8	Thursday	1:00 – 3:00pm	Mah Jongg (experienced)	Upstairs Lobby
10/10	Saturday	All day	Family Scavenger Hunt begins	N/A
10/10	Saturday	9:00am – 1:00pm	Vaccination Clinic	Meeting Room
10/10	Saturday	10:00 – 11:30am	Kindness Innovation Lab	Kid Stuff
10/12	Monday	All day	Word Find puzzle	Lobby
10/13	Tuesday	10:30 – 11:00am	ForeverWell Orientation	Lobby
10/13	Tuesday	1:00 – 3:00pm	Mah Jongg (beginner)	Upstairs Lobby
10/14	Wednesday	All day	Swim Lesson Registration opens (non-members)	Online or membership desk
10/14	Wednesday	1:30 – 2:30pm	Card Writing	Meeting Room
10/15	Thursday	9:00 – 10:00am	Men's Bible Study	Meeting Room
10/15	Thursday	1:00 – 3:00pm	Mah Jongg (experienced)	Upstairs Lobby



BRANCH ACTIVITIES AT A GLANCE

10/16	Friday	12:00 – 12:30pm	Balance Assessments	Fusion Studio
10/17	Saturday	10:00 – 11:30am	Kindness Innovation Lab	Kid Stuff
10/19	Monday	All day	Fall Giving Week begins	N/A
10/20	Tuesday	10:30 – 11:00am	ForeverWell Orientation	Lobby
10/20	Tuesday	1:00 – 3:00pm	Mah Jongg (beginner)	Upstairs Lobby
10/20	Tuesday	2:00 – 4:00pm	Offsite Volunteering	Kids in Need
10/21	Wednesday	1:30 – 2:15pm	Workout Rhythm Workshop	Meeting Room
10/21	Wednesday	2:30 – 3:30pm	Book Group	Meeting Room
10/22	Thursday	9:00 – 10:00am	Men's Bible Study	Meeting Room
10/22	Thursday	1:00 – 3:00pm	Mah Jongg (experienced)	Upstairs Lobby
10/24	Saturday	10:00 – 11:30am	Kindness Innovation Lab	Kid Stuff
10/27	Tuesday	10:30 – 11:00am	ForeverWell Orientation	Lobby
10/27	Tuesday	1:00 – 3:00pm	Mah Jongg (beginner)	Upstairs Lobby
10/28	Wednesday	3:00pm	ForeverWell Happy Hour	Green Mill
10/29	Thursday	9:00 – 10:00am	Men's Bible Study	Meeting Room
10/29	Thursday	1:00 – 3:00pm	Mah Jongg	Upstairs Lobby
10/31	Saturday	10:00 – 11:30am	Kindness Innovation Lab	Kid Stuff



ForeverWell

Exercise Class Schedule

Water Exercise classes require pre-registration, which is available 97 hours prior to the start of class.

MONDAYS	TIME	DESCRIPTION	LOCATION
Weekly	9:05 – 9:50am	Water in Motion	Pool – Lacy L.
Weekly	10:00 – 10:45am	Water Exercise	Pool – Jennifer P.
Weekly NEW TIME:	11:20am – 12:20pm	Parkinson's Cycle	Fusion Studio – Susan T.
Weekly	11:35am – 12:20pm	SilverSneakers® Circuit	Studio – Mary T.
Weekly	12:35 – 1:20pm	ForeverWell Chair Yoga	Studio – Susan T.
Weekly	1:30 – 2:15pm	SilverSneakers® Classic	Studio – Jennifer P.

TUESDAYS	TIME	DESCRIPTION	LOCATION
Weekly	8:00 – 9:00am	FOREVERWELL Combo	Studio – Julie G.
Weekly	9:05 – 9:50am	Water Exercise	Pool – Stacia C.
Weekly	10:00 – 10:45am	Aqua Zumba	Pool – Darcy F.
Weekly	10:55 – 11:20am	Water Exercise	Pool – Kathy S.
Weekly	12:45 – 1:30pm	SilverSneakers® Circuit	Studio – Jennifer P.

WEDNESDAYS	TIME	DESCRIPTION	LOCATION
Weekly	9:05 – 9:50am	Water Exercise	Pool – Lacy L.
Weekly	10:00 – 10:45am	Water in Motion	Pool – Lacy L.
Weekly	11:20am – 12:20pm	Parkinson's Cycle	Fusion – Jessie W.
Weekly	11:35am – 12:20pm	SilverSneakers® Classic	Studio – Susan T.
Weekly	12:35 – 1:20pm	ForeverWell Chair Yoga	Studio – Angie D.



ForeverWell

Class & Social Group Schedule

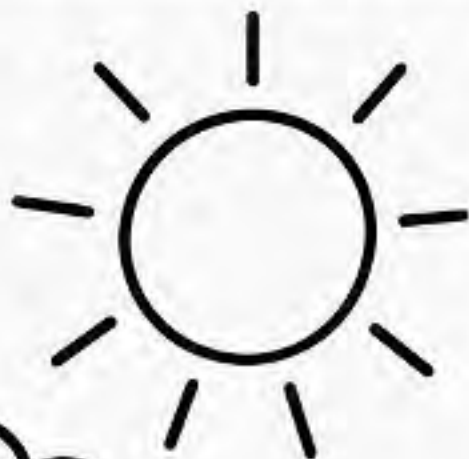
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THURSDAYS	TIME	DESCRIPTION	LOCATION
Weekly	8:00 – 9:00am	FOREVERWELL Combo	Studio – Jennifer P.
Weekly	9:05 – 9:50am	Aqua Zumba	Pool – Darcy F.
Weekly	10:00 – 10:45am	Water Exercise Power	Pool – Kathy S.

FRIDAYS	TIME	DESCRIPTION	LOCATION
Weekly	9:05 – 9:50am	Water Exercise	Pool – Stacia C.
Weekly	10:00 – 10:45am	Water Exercise	Pool – Mike B.
Weekly	12:35 – 1:20pm	SilverSneakers® Circuit	Studio – Jennifer P.
Weekly	1:30 – 2:15pm	ForeverWell Chair Yoga	Studio – Jennifer P.

SATURDAYS	TIME	DESCRIPTION	LOCATION
Weekly	8:30 – 9:15am	Water Exercise	Pool – Stacia C.

SUNDAYS	TIME	DESCRIPTION	LOCATION
Weekly	11:05 – 11:50am	Water Exercise	Pool – Stacia C.



OCTOBER

