



WHITE BEAR AREA YMCA QUARTERLY NEWSLETTER

YMCA OF THE NORTH | FALL 2024

LETTER FROM OUR LEADERS

BY CYNTHIA ELLICKSON & LEE KROLL

We hope you have all been enjoying your summer thus far! We have been having a very busy summer at the Y.

Our summer youth programs have kept the building buzzing. We have seen on average 130 youth in the building most days using shared spaces and have thoroughly enjoyed the increased energy.

Thank you to those of you that joined us for our backyard BBQ Open House June 18th. Despite the rain, we had a fun time and enjoyed meeting community members. In addition, thank you to those that stopped by our booth at Marketfest; it is nice to be out in the community and feel like a part of our great White Bear Lake Area family!

We were able to install new starting blocks and a new diving board to help support the White Bear Lake High School Swim & Dive Team and our own Mariner Swim Team. We look forward to cheering them all on in the new school year!

We are very excited to share there will be improvements and new equipment coming soon to the Fitness Center.

This Fall, we will be hosting a fun family event, tentatively scheduled for Oct 24th. See page 3 for more details! If you would like to volunteer at this event or in general, please do not hesitate to reach out. We are also looking for volunteers to serve on our White Bear Area YMCA Community Council, formerly known as our Community Board.

Cynthia & Lee



Facility Hours:

Mon-Fri 5am-9pm

Sat-Sun 7am-5pm

INSIDE

2

**PROGRAM
UPDATES**

3

**NEWS &
NOTABLES**

4

**MISSION
UPDATE**

HEALTH & WELLNESS UPDATES



Jumpstart your wellness journey! Schedule **complimentary private fitness assessments** (60 minutes), **wellbeing** or **nutrition** consultations (30 minutes each) online or at the Welcome Desk.



Watch for improvements and **new equipment** coming to the Fitness Center soon!



Did you know we offer small group private **Pilates Reformer** classes? Instructor Laura will take you through this low impact, high result, whole body exercise in a calm and peaceful environment. Register at the Welcome Desk.

AQUATICS UPDATES



Early Fall Swim Session begins soon! Classes run 9/9-10/27. Registration begins 8/20 (members) or 8/27 (non-members). Sign up online!



Did you know that every 2nd grader in the White Bear Lake school district gets swim safety lessons at the WBA Y? Over **600 students** are safer around water each year!



White Bear and Mahtomedi Beaches and our outdoor slide and splash pool will **close for the season on 9/3**.

FOREVERWELL UPDATES



It is with great sadness that we announce **Laura McNiff** is leaving us as ForeverWell Coordinator. Laura has spent nearly 3 years bringing back our ForeverWell group to nearly pre-COVID levels. While we may see her less in the branch, we are happy to announce she will remain with us as a Pilates Reformer Instructor!



Coffee and chat is going strong! Join us Tuesdays 11:30a-12:30p and Wednesdays 10:30a-11:30a in the Mezzanine outside the Fitness Center!



Calling all **crafters** and **hobbyists**! From knitters to master carpenters, we're looking for someone like you to host a group of like-minded folks here at the Y this Winter!



Our Community Gardens are in full bloom! We are working on plans to expand the number of plots we can offer next year.

YOUTH PROGRAMS

Vikings Flag Football League

All children K-8 are invited to join the Vikings Flag Football League at the Y! Receive a logo jersey and get the opportunity to play the all-city tournament at TCO Stadium! Register online.



Sports Registration Now Open



Flag football and soccer league and classes now open for registration. Dates are 9/2-10/20 (Soccer) or 10/27 (Flag Football). Register online.

Martial Arts Classes Available

Children and adults ages 7+ are invited to join our year-round martial arts program. Classes meet Mondays and Saturdays. Sign up online!



NOW HIRING

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



BRANCH SCHEDULES

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



NEWS & NOTABLES



Malissa shares a photo with Y of the North President Glen Gunderson and other Core Value Award winners.

CONGRATULATIONS, MALISSA!

Please join us in congratulating our Custodial Supervisor, Malissa O'Leary, for being one of 6 Core Value Award winners in our Association! Malissa exemplifies our core values of Caring, Honesty, Equity, Respect, and Responsibility in many ways but you probably see her personal touches around our Y when she decorates for every holiday! Malissa goes out of her way to make our Y a welcoming and safe space for all who walk through our doors. We are proud to call her one of our own and proud to serve the White Bear Area community with her!

COFFEE IS BACK!

Back by popular demand, **coffee** will be available to all members on the Mezzanine/Upper Lobby on **Fridays** from **open until noon**, beginning September 6!



October 24, 5-7 PM

WBA Y East Parking Lot

We will be partnering with the White Bear Lake Food Shelf for this event. More details to come!

Don't forget your costume!

CATALYST
COVENANT CHURCH
WHITE BEAR LAKE

YOU'RE INVITED!

FALL
KICK OFF!

SUNDAY
SEPTEMBER 8
10:00AM

FREE FOOD &
BOUNCE HOUSE
FOLLOWING CHURCH

www.catalystwbl.org

OCTOBER 26-27

HYLAND PARK RESERVE



Resilinator is a 2.5-mile adventure race on nature trails around Hyland Lake, designed to challenge your physical strength, toughness, and teamwork. Buddy pairs are linked with a tether and challenged to complete the course, enjoying fun tricks and treats along the way! Register at ymcanorth.org/adventure!

MISSION UPDATE

OUR MISSION IN ACTION

Our WBA YMCA impacts **more than 500 individuals and families** through our Personal Pricing Plan, giving underserved families and individuals opportunities to be healthy, active, and engaged in life changing experiences.

One new personal pricing plan member shared what the Y means to them, "I've lost a lot of people in my life and don't have much of a support system, to me **the Y is Family.**"

Another member shared, "The YMCA means a lot to us, not just for its facility but for the **sense of community** it provides."

One more member stated, "With a YMCA membership I can work on my **physical health** that will in turn improve my **mental health.**"

Thank you to all that have already contributed to our Annual Fund, or plan to yet this year.

Sometimes people choose not to give because they cannot afford a significant gift. Please know, **if it is a meaningful gift from you, it is a meaningful gift to us.**

ANNUAL FUND

2024 Goal	\$102,437
2024 To Date	\$34,066
2024 Need	\$68,371

DONATE NOW!



A bit of the Summer tomato harvest from our Community Gardens!



Thank you to our dedicated Community Gardeners for another great year!

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.