



YMCA FOREST LAKE QUARTERLY NEWSLETTER

YMCA OF THE NORTH | FALL 2024

LETTER FROM OUR LEADERS

BY LINDSAY FLANAGAN & CHAD MARKER

We hope you have all been enjoying your summer thus far! It was so nice to see so many of you join in our Summer Days here at Forest Lake YMCA.

At Forest Lake we have had so much fun seeing all the youth participate in all we have to offer this summer. At the heart of youth activities lies skill and character development and making friends. But few program environments are as special as summer day camp, where kids become a community as they learn both how to be more independent and how to contribute to a group. They engage in physical, social and educational activities. Our nature-based day camp teaches self-reliance, a love for nature and the outdoors and the development of attitudes and practices that build character and leadership—all amidst the fun of songs, talent shows, crafts, games and grand adventures.

This summer, Day Camp Heritage, located in Lino Lakes, will have seen over 3000 youth participate and engage in many fun activities. As summer of 2024 comes to a close and our campers reflect on their great adventures, we know the memories and friends they made will last a lifetime. To learn more about day and overnight camps at the Y, check out www.ymcanorth.org/adventure!

Chad & Lindsay



Our ForeverWell members celebrate the Y in a big way!

Photo credit to Craig Bertram with Higher Ground Drone

Facility Hours:

Mon-Fri 5am-9pm

Sat-Sun 7am-5pm

Kids Stuff Hours:

Mon-Thu 8am-12pm & 4pm-7:30pm

Fri 8am-12pm, Sat 8am-12:30pm

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HEALTH & WELLNESS UPDATES



Welcome to our newest **personal trainer, Hannah Kloeck!** Hannah is looking forward to helping others develop sustainable healthy habits for lasting change. Make an appointment to meet Hannah at the Welcome Desk.



Welcome back to instructor Jen Larsen! She is passionate about the Les Mills **Body Pump** program and will be bringing her energy to new classes. Check Group X schedules for details!



Sound bath practitioner Jamie provided a free demo in Studio 2 this July.

AQUATICS UPDATES



Early Fall Swim Session begins soon! Classes run 9/9-10/27. Registration is currently open to all. Sign up online or at the Welcome Desk.

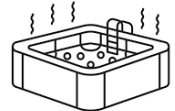


Don't lose the swim lesson momentum! **Late Fall Swim Session** registration begins 10/8. Classes run 10/28-12/16. Sign up early online or at the Welcome Desk.



Shallow Water (5-7) Lifeguarding Classes with our own lifeguard Michael are running this September. Classes are 5-9 PM on 9/12-13, and 8a-4p on 9/14-15. Attendance at all is required. Sign up online.

HOT TUB CLOSURES



The hot tube will be closed and drained for cleaning on the following Wednesdays:



PLEASE PLAN AHEAD

FOREVERWELL UPDATES



All are invited to join us for the **Planning for your Future** Panel Discussion. Learn from a lawyer, financial advisor, and realtor. It's never too early or too late to plan ahead. Class is 9/19, 4 PM at the Y. No registration needed.



Stitch Together is back! They meet every 2nd and 4th Mondays, beginning 9/23. Learn to knit or crochet, or bring your own project! Yarn and needles are available for use. See ForeverWell Newsletter for time details.



October is Octogenarian Month! We will celebrate our 80+ members with the **Aging with Gusto** series, combatting ageism and feeling old. Events will occur October 10, 17, and 24. Register at the Welcome Desk.

CHECK US OUT ON FACEBOOK!



We're bringing back our social media presence with news, updates, health and wellness tips and tricks, and more!



NOW HIRING

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



BRANCH SCHEDULES

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



NEWS & NOTABLES



Many, many thanks to our amazing Forest Lake community for voting for the YMCA Forest Lake in the Forest Lake Times Readers' Choice Awards 2024! We were voted the **top recreational center and swim school!** With support from our amazing community, we will continue to offer top-notch health and wellness opportunities and teach our kids how to be safe around water.

Family Fall Fest

GAMES! COSTUMES!
BOUNCE HOUSE!
POPCORN! DOOR PRIZES!
OPEN TO ALL!
FRIDAY, OCT. 25
5-7 PM



NATIONAL CUSTODIAN WEEK OCTOBER 1-4



With over 1,000 people coming through this building daily, it takes a great team to keep it so clean! Join us in thanking our amazing custodial team this week.

CELEBRATE OUR CUSTODIANS!

Caring for someone experiencing dementia or memory problems? Join us for **Dementia Friends** training to learn more.



Thursday, Nov 21
1-2 PM @ Forest Lake Y
No registration necessary.

For more resources, check out www.actonalzakesarea.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

A monthly donation to our Annual Fund is a great way to make a big impact in our community. Here's what your gift makes possible:

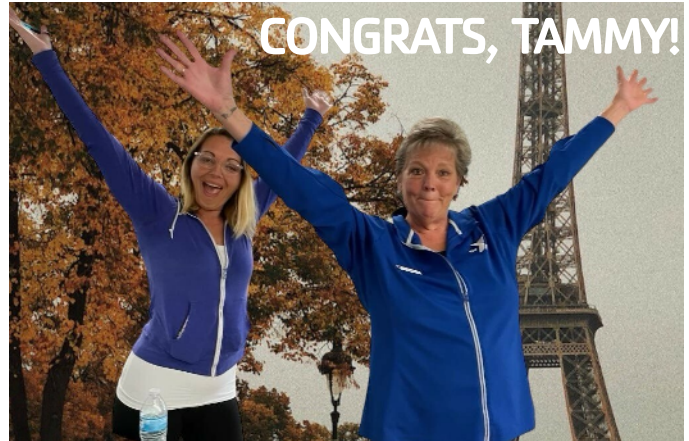
- For just **\$8** a month, you can help keep 2 children from low-income families safer around water and gift them with a lifelong skill by providing a session of **swim lessons**.
- For just **\$20** a month, you will support a senior adult on a fixed income through a specialized **health program**.
- For just **\$30** a month, you can ensure 7 children are kept safe and cared for when school is out of session by participating in our **School Release Days**.
- For just **\$50** a month, you can support a disabled adult by providing a **membership for an entire year**, providing a safe place to exercise their mind and body and improve whole person wellbeing.

For less than the cost of a tank of gas monthly, you can change lives. Please set up your sustaining donation today at www.ymcanorth.org/give.

ANNUAL FUND

2024 Goal	\$102,437
2024 To Date	\$26,378
2024 Need	\$76,059

DONATE NOW!



Congratulations to Tammy Tolve, our new Lead Custodian! Tammy has been with the YMCA Forest Lake for the past 6 years in a part time capacity. We are excited to welcome Tammy into the Lead role where she will learn all of the ins and outs of the custodial department. She has many years cleaning experience including her own cleaning business. Most recently, she worked as a personal care attendant before coming to the Y full time. Tammy is a mom to 2 boys, ages 8 and 11 that keep her very busy with their sports.

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 YMCA Forest Lake 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.