



WOODBURY MEMBER NEWS

YMCA OF THE NORTH

JULY 2024

WHAT'S NEW AT THE WOODBURY YMCA

SUMMER 2024 WATER SAFETY OPEN- JULY 4TH 7AM-12 NOON

1. Always Ask Permission

One of the most important things a parent can do is to instill a simple rule before a day at the pool, beach or lake: always ask permission before entering any body of water.

2. Find Your Water Watcher

Whenever children are in or around water, make sure an adult is identified as the official "Water Watcher." This person is tasked with keeping an active eye on and supervising everyone around or in a body of water, with no distractions – no phones, no books and no conversations.

3. Use the Buddy System

Never let your kids swim alone, despite how strong of a swimmer they seem or claim to be. The Buddy System exists for a reason. Before you leave for the pool or beach, designate specific swimming buddies for everyone in your group, even yourself. No one is too old for water safety!.



For Swim Lesson or Private swim lesson information please reach out to Aquatics Director Vanessa Rucker- Vanessa.rucker@ymcamn.org

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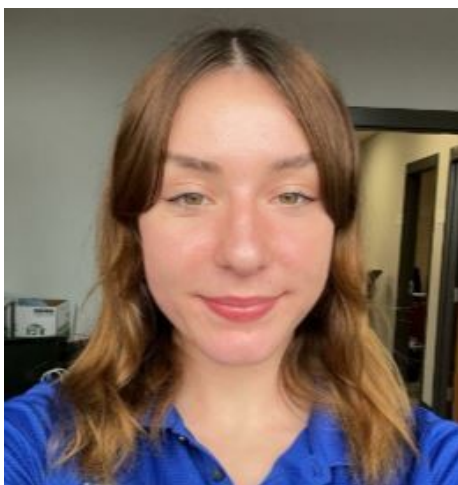
Updates

Date

Updates

PROGRAM UPDATES

MEET SCARLET JOHNSON
FOREVERWELL COORDINATOR



Scarlett.johnson@ymcamn.org

MEET JOY LIVINGSTON
NATIONAL BOARD CERTIFIED
HEALTH AND WELLNESS COACH



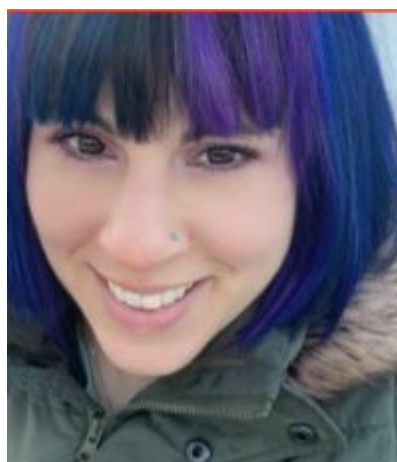
Joy.livingston@ymcamn.org

Your Well-being Journey

Please welcome and get to know the new dedicated team members who will continue to support and grow your journey to good health at the Woodbury YMCA.

Every wellbeing journey is unique-we are here to help. Schedule your FREE nutrition or wellbeing consult today-by stopping at the membership desk

MEET MOLLY MAIER
REGISTERED DIETITIAN NUTRITIONIST



Molly.maier@ymcamn.org

WE OFFER CLASSES ON NUTRITION AND WELL-BEING- WHAT ARE YOU INTERESTED IN?

SCAN THE CODE TO TAKE THE SURVEY.





HEALTH & WELLBEING

JOIN US FOR A NUTRITION WORKSHOP ON WEDNESDAY JULY 24TH 11:30-12:30pm

REGISTER AT THE WELCOME DESK!

FREE COMMUNITY ACUPUNCTURE EVERY THURSDAY 3:30-5:30

SAVE THE DATE!

AQUATICS

REGISTRATION FOR FALL SWIMMING LESSONS WILL BEGIN ON AUGUST 20TH FOR MEMBERS AND AUGUST 27TH FOR NON MEMBERS.

FOREVERWELL

JOIN US EVERY WEDNESDAY IN THE THRIVENT ROOM AT 9AM FOR AN ON-BOARDING ORIENTATION .

KIDS STUFF

SAFE SITTER CLASS
JULY 20TH 9-3:30
GRADES 6-8
REGISTRATION AT WELCOME DESK

SUMMER PROGRAMS

THERE ARE STILL SUMMER OPPORTUNITIES FOR CAMPS AND SUMMER PROGRAMS!

YMCAMN.ORG

PRESCHOOL

FALL PRESCHOOL REGISTRATION IS NOW OPEN, SCHEDULE A TOUR TODAY!

KATHERINE.JURY@YMCAMN.ORG

SPORTS

SESSION 4 SPORTS WILL BEGIN SEPTEMBER 2 -REGISTRATION WILL BEGIN JULY 18TH

CONSTRUCTION UPDATE

Construction for the New Central Park continues to be on track with a completion date of Fall 2025. We know parking continues to be impacted by this but have appreciated your suggestions and feedback on this. We notice that there is typically a lot of parking available from 1-4 pm each day so if that time frame works for you there should be plenty of spots open. We will continue to share any updates as we get them in and appreciate your feedback. Please feel free to reach out to Tara Monack with any questions or concerns at 651-292-4141

MISSION UPDATE:

OUR MISSION IN ACTION....

When you donate financial contributions to the YMCA of Woodbury, your donation ensures that everyone has the opportunity to prosper, thrive and grow together in a healthy environment.

Your generosity reaches adults, youth, families and foreverwell members throughout the Woodbury Community. There are many opportunities or businesses to help support the work of the YMCA.



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.

Remember to choose the Woodbury YMCA

WANT TO LEARN HOW YOU CAN SUPPORT THE FAMILIES AND PROGRAMS OF THE WOODBURY YMCA?

HAVE A QUESTION ABOUT A PROGRAM? CONTACT US.



TARA MONACK EXECUTIVE
TARA.MONACK@YMCAMN.ORG

TERESA MOES ASSOCIATE EXECUTIVE
TERESA.MOES@YMCAMN.ORG

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 send to us at Giving@ymcanorth.org.