



ST. PAUL EASTSIDE YMCA QUARTERLY NEWSLETTER

YMCA OF THE NORTH | SPRING 2025

LETTER FROM OUR LEADER

BY DRU DALTON

Welcome to the 2025 St. Paul Eastside YMCA Quarterly Newsletter!

As we step into a new year, we're excited to continue fostering a sense of community, health, and growth at the Eastside YMCA. This quarterly update is packed with important news, upcoming events, and stories that highlight the inspiring work being done right here in our neighborhood. Whether you're a long-time member or just getting started, we're here to support your wellness journey and help you connect with others in meaningful ways.

In this issue, we'll share highlights from the past quarter, introduce new programs and initiatives, and spotlight the amazing achievements of our members and staff. We look forward to another year of strength, service, and shared success—thank you for being a part of the Y family!



Facility Hours:

Mon-Fri 5am-9pm

Sat-Sun 7am-4pm

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AQUATICS UPDATES

-  We were thrilled to host 35 kids from **St. Paul Parks & Rec** for a special swim day recently. The kids had a blast in the pool, exploring new skills and enjoying the water!
-  Looking to learn to swim or maybe just refine your strokes? **Private lessons** are a perfect fit. These 1:1 lessons offer tailored instruction from experienced instructors. See Member Services or the www.ymcanorth.org for more info!
-  We're making a splash in the Leisure Pool with the addition of a brand new **basketball hoop!** Come mix up your routine with some fun, friendly competition while you stay cool in the pool!

FOREVERWELL

-  This February, make heart health a priority by playing **Heart Health Bingo!** Pick up your card at the Welcome Desk and turn it in by Feb 28th to be entered for a prize!
-  Feeling lucky? Join us March 17th for our annual **Rueben/Rachel potluck!** Keep an eye out for sign ups at the Welcome Desk!



COMMUNITY COUNCIL

READY TO MAKE A DIFFERENCE?

We're looking for passionate, dedicated individuals to shape the future of our Eastside Y community! As a member of the Community Council, you will have an opportunity to:

- Voice your ideas
- Collaborate with Y Team Members
- Plan and support events
- Build stronger connections

Qualifications:

- Commitment to the wellbeing of the Eastside Y
- A willingness to listen, learn, & collaborate
- A desire to make a positive impact



INTERESTED? EMAIL
DRU.DALTON@YMCANORTH.ORG

STAFF SPOTLIGHT



MEET
JORGE
POPOCA!
CUSTODIAL
DIRECTOR

"What I like most about working here at the Eastside YMCA is the diversity and communication with other departments. That's why I'm still here. I feel at home because they respect my work and that of my team. They also show you their gratitude and how important the work we do is."

Jorge's Health Tip: "I invite the Eastside community to be part of the programs that the Y offers, especially to senior adults to stay active and healthy."

MEMBER SPOTLIGHT

MEET
SYLVIA
HUNTER!
BRANCH
MEMBER &
COMMUNITY
COUNCIL
MEMBER



Sylvia has been a member of the St. Paul Eastside YMCA since 2005. In addition to volunteering at the Y, she enjoys playing pickleball in the gym on Tuesday, Thursday and Saturday mornings. Sylvia also participates in Zumba 2 or 3 times a week. What she enjoys most about the Y, is the community atmosphere and friendly people. Sylvia's health tip is to "Workout regularly, eat healthy and focus on your mental health"



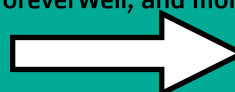
NOW HIRING

Lifeguards (15+) &
Lifeguards-in-training (15+)



BRANCH SCHEDULES

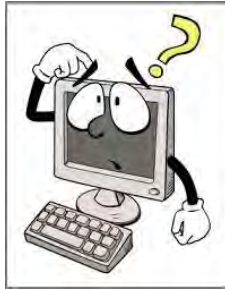
Group exercise,
gymnasium, pool,
ForeverWell, and more!



NEWS & NOTABLES

NEW CRM AT THE Y WHAT DOES THIS MEAN FOR ME?

On February 17th, the Y of the North is upgrading its Customer Relationship Manager, the software program we use to operate the Y. This will be a huge shift as we train 800 team members on how to operate our new software and introduce thousands of members to the new system. What will this mean for you?



The Y will be open but with very limited technology at the desk.

FEB 10-MAR 2 – NO YMCA NORTH.ORG
All registrations must be done by calling in or at the Welcome Desk.

MAR 3 – SIGN ON TO OUR NEW SYSTEM AT WWW.YMCA NORTH.ORG

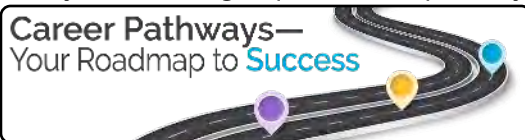
Please plan ahead and register for your classes or events early! And please be patient with us as we all navigate our new system together. We are confident you'll love our new software as much as we do!

CAREER PATHWAYS AT THE Y

The Career Pathways Program is designed to provide youth ages 14-24 who historically have faced systemic barriers to employment the opportunity to be introduced into the workforce by getting an internship at the Y.

Learn more at
www.ymcanorth.org/impact/career_pathways

Career Pathways—
Your Roadmap to Success



FEB 15, 2025 – 1PM

FISH LAKE REGIONAL PARK

Inspired by Alaska's famous dog sled race, the Iditarod, the Kidarod is a 2 mile adventure race for kids and families! This race combines hiking, climbing, pulling, and sliding around winter obstacles with the ability to see real Husky sled dog puppies!

Register at www.ymcanorth.org/adventure.

Our Eastside ECLC kids had a blast at the Harvest Party!

ECLC CORNER



Our Eastside ECLC is looking forward to their Friendship Party on Feb 11th and then Spring, when they can plant their flowers and vegetables in their raised beds!



YOUTH OPPORTUNITY FAIR WAS A HUGE SUCCESS!

Many thanks to our community for making the Youth Opportunity Fair held on Jan 20th a great success! We opened the doors to dozens of local youth. And special thanks to the following vendors for helping us show our local youth what is available for them: Family Values for Life, St. Paul Parks & Recreation, St. Paul Police Department – Community Partnerships Unit, Face to Face, and Progressive Baptist Church.

MISSION UPDATE

OUR MISSION IN ACTION

In 2024, our annual fund campaign raised a total of \$63,200, falling short of our goal of \$69,280 by \$6,079. While we didn't meet our target, we are grateful for the continued support and generosity from our donors.

Looking ahead to 2025, we are setting a new fundraising goal of \$72,744. To reach this, we plan to enhance our outreach efforts, engage with a broader network of potential donors, and offer more tailored giving opportunities. We're committed to building stronger relationships with our community and ensuring that the impact of our mission continues to grow.



ANNUAL FUND

2025 Goal	\$72,744
2025 To Date	\$9,617
2025 Need	\$63,127



The YMCA Achievers Program at the St. Paul Eastside YMCA is designed for youth ages 12 to 17, offering a supportive environment to build strong personal identity, develop positive relationships, gain life skills, enhance academic performance, and explore career opportunities. The program focuses on mentorship, leadership development, and personal growth, empowering participants to set and achieve their goals while fostering a sense of community and responsibility. Through engaging activities and structured support, the Achievers Program prepares young people for success both in school and beyond.



Our Achievers practice their creative skills with the sewing machine and blow off steam in the gym!



Scan QR code for more info or to register!



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 St. Paul Eastside 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.

DONATE NOW!

