

THIS IS YOUR Y



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ALGONA FAMILY YMCA

2101 E. McGregor St., Algona, IA 50511

Spring 2019

www.algonaymca.org

“WHERE THE COMMUNITY COMES TOGETHER”



6 REASONS YOUR CHILD SHOULD KNOW HOW TO SWIM

1. LASTS A LIFETIME!

Swimming is something that lasts a lifetime and can always be improved. Expose your children to swimming now and they will have a recreational, aerobic activity that they can continue the rest of their lives.

2. 71% OF THE WORLD IS WATER.

Drowning can happen nearly anywhere with standing water. Swimming lessons teach important safety skills to prevent drowning, which is the second leading cause of unintentional injury/death among youth.

3. GOOD EXERCISE.

Swimming is a fun and challenging way to help children and adults stay fit!

4. HELPS KIDS DO BETTER IN SCHOOL.

Swimming has been scientifically linked to better academic performance. Studies have found that children who swam during their developmental years achieved several physical and mental milestones faster than their non-swimming counterparts.

5. IMPROVES SELF-CONFIDENCE.

Humans love mastering a new skill and take great pride in their achievements. Success always boosts self-confidence and makes us eager to take on further challenges.

6. MEETING NEW PEOPLE.

Swim lessons provide opportunities to bond with family, friends, or meet new people at the Y and in other community settings.

We have 2 sessions of summer swim lessons offered beginning June 3rd. Stop in today and get you or your little one registered at any time. We also always have the option of private lessons if our group lessons won't fit into your schedule!

To learn more about how to get involved with the Algona Family YMCA, contact 515-295-7701 or visit www.algonaymca.org.

YOUR YMCA STAFF

EXECUTIVE DIRECTOR

Greg Bradley
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BUSINESS DIRECTOR

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PROGRAM DIRECTOR

Brittney Kramer
brittney@algonaymca.org

Y-PAL COORDINATOR

Kay Sifert
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FACILITY HOURS

Mon-Thurs 4:30 am - 9:00 pm

Friday 4:30 am - 8:00 pm

Saturday 7:00 am - 5:00 pm

Sunday 10:00 am - 5:00 pm

POOL HOURS

Mon-Thurs 5:00 am - 8:00 pm

Friday 5:00 am - 6:00 pm

Saturday 7:30 am - 4:00 pm

Sunday 10:30 am - 4:00 pm

MEMBERSHIP RATES

As always our rates are clearly stated. We have no contracts, joining fee, or early termination fee. Financial assistance is always available.

Youth -

\$24/Mo or \$250/Year

Young Adult -

\$36/Mo or \$396/Year

Individual-

\$49/month or \$555/Year

Couple-

\$60/month or \$680/Year

Family-

\$65.50/month or \$750/Year

COMING SOON

Youth Track & Field

Apr 8—May 13

1st & 2nd grade

Monday 4:30-5:15

3rd & 4th

Monday 5:15-6:00

Rookie Soccer

Apr 10—May 15

4 & 5 year olds

Wednesday 4:30-5:00

Youth Soccer

Apr 9—May 16

K-Prep & Kind

Tues. & Thurs. 4:30-5:15

1st & 2nd grade

Tues. & Thurs. 5:15-6:00

T-Ball

May 28-July 2

4 yr. olds

Tues. 5:00-5:30

5 yr. olds

Thurs. 5:00-5:30

*Will be at Bertha Godfrey fields

Coach Pitch Baseball

May 28-July 2

K-Prep to 1st grade

Tues. & Thurs. 5:30-6:30

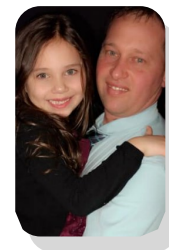
*Will be at Bertha Godfrey fields

ONGOING PROGRAMS

Swim Lessons * CrossFit * Kids
Corner * Delay the Disease *
Land Aerobics*
Water Aerobics * Y-Pal Mentoring

FATHER DAUGHTER DANCE WRAP UP

What a night it was! On Saturday, February 9th the YMCA had it's 5th Annual Father Daughter dance. We had record breaking numbers with a total of 316 attendees this year! Mark your calendars for February 8th, 2020 for next year's big event. Thanks for the donations from Hormel for the meat and chees trays and to MOJO productions for the DJ services!



MEMBERSHIP PROGRAMS

We have many partnerships with many businesses and insurance companies in the area and are always looking to add more! Check these out below and call Julie at the Y for more information.

Insurance Programs

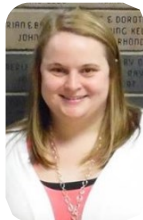
- Healthways providers-Silver Sneakers and Prime Private
- Blue Cross/Blue Shield of Minnesota and Blue Link
- United Healthcare-Healthy Contributions, Optum Health, AARP Medicare Supplement, At Your Best, BCBS of MN
- American Specialty Health - Active & Fit, Silver & Fit, Fitness Coach, Exercise Rewards

Employee Programs

- Snap-on-\$100.00 deduction from YMCA rate
- Hormel - Employees get a reimbursement from their insurance company
- Smithfield - Employees get a reimbursement from their company
- Farmers State Bank - Employees get a reimbursement from their company
- Erpelding & Voigt - Business covers a portion of membership

MEET BRITTNY!

Brittney Kramer started at the Algona Family YMCA as the Program Director in January of 2019. Brittney is from the Humboldt area and attended Humboldt Community Schools. She then attended Ellsworth Community College from 2011-2013 and then transferred to St. Ambrose University where she graduated with a degree in Sports Management in December of 2015. Her past employment includes being a teacher associate with the Humboldt schools. Brittney is excited to work for the Y because she enjoys working with young people and helping them learn to be active in ways that fit their individuality.



DID YOU KNOW?

- Each year the Y provides over 1 million children with swimming lessons.

Not currently a member? We have something for everyone!

Use this GUEST PASS to come check us out.

Name: _____

Date: _____

Only one free pass may be used per person/family

