



# Red Wing YMCA Youth Program Information: June—August 2019

## YOUTH SPORTS

### BASEBALL/SOFTBALL/T-BALL

Each player will learn the fundamentals of baseball, team-work, and how to play the game. Each team is led by a parent volunteer coach. Volunteer coaches will be trained in during the meeting and provided with practice plans and coaching tips.

**\*\*Program ages are based on grades the child has completed.\*\***

### PARENT VOLUNTEER COACH MEETING

Tuesday, May 21st 6:30-7:00pm

### PRE K BOYS AND GIRLS

#### DATES AND TIMES

Wednesdays, 5:00-6:00pm

June 12th—July 24th

### 1ST AND 2ND GRADE BASEBALL

#### DATES AND TIMES

Tuesdays, 6:00-7:00pm

June 11th—July 23rd

### KINDERGARTEN BASEBALL

#### DATES AND TIMES

Tuesdays, 5:00-6:00pm

June 11th—July 23rd

### KINDERGARTEN AND 1ST GRADE

#### SOFTBALL

#### DATES AND TIMES

Wednesdays, 6:00-7:00pm

June 12th—July 24th

### Y FAMILY DAY WITH THE ACES

Friday, June 14th at Red Wing Athletic Field

Pre-Game Activities w/the Aces 6-6:50pm

Game Time: 7:30pm



The Red Wing Aces players will run activities and games for all T-Ball/Baseball/Softball players before their game. After the activities, families are encouraged to stay and watch the Aces play! Each T-Ball, Baseball and Softball player are able to enter a drawing to win prizes throughout the game! Must be present to win.

Children should wear their team t-shirt as well as bring their glove and water.

This event is FREE to all YMCA T-Ball/Baseball/Softball participants.



**\*\*There are No Youth Programs July 1st-5th\*\***

## YOUTH SPORT CAMPS

### BASKETBALL with Coach Uilveling

#### DATES AND TIMES:

June 10th-13th, 9-10:30am

#### LOCATION:

GYM A/B

GRADES: K-5



### ADVANCED TUMBLING/DANCE CAMP

#### DATES AND TIMES:

Monday-Wednesday, July 29-31 11:30am-12:30pm

#### LOCATION:

GYM A/B

#### PRE-REQUISITE:

Youth should be starting to be able to do back walkovers.



### FOOTBALL with Coach Nate Freier

#### DATES AND TIMES:

August 5th-8th, 9-10:30am

#### LOCATION:

Twin Bluff Middle School Football Field

GRADES: K-5



## YOUTH FITNESS CAMPS

### ATHLETIC CONDITIONING CAMP with Coach Jordan Lockrem

#### DATES AND TIMES:

Monday, Wednesday, Thursday July 8th, 10th, 11th

10:30am-12pm

#### LOCATION:

GYM A/B

AGES: 10-13



### YOUTH GLOVEWORX CAMP with Coach David Trejo

#### DATES AND TIMES:

Monday, Tuesday, Thursday—July 15th, 16th, 18th

9:15-10:15am

#### LOCATION:

GYM C

AGES: 12-16



### GRIT with Coaches Heather Flock and Emily Hadler

#### DATES AND TIMES:

Monday-Wednesday, July 22nd-24th 10:30-11:30am

#### LOCATION:

GYM C

AGES: 12-16

## RED WING Y BUILDING CHECK IN PROCEDURES

The YMCA is updating its security procedures so we are asking all members and program participants to be registered in our computer system and use a key tag to enter the building. This will take a bit of work on the front end, but in the long run will make entry easier for all and ensure a safer surrounding for everyone who enjoys our YMCA.

### What you need to know:

- If you are not a member of the Y, but participating in a program you will need to complete an application.
- If you are a member of the Y, but you have family members who will be entering the facility in order to pick up a child or watch a program, those non-members will also need to register.

All paperwork will be given out as registration takes place. You will have time to complete the paperwork and return to the YMCA at least a week before the program is set to begin.

Our staff are more than happy to help you with any questions. Thank you for your time and patience as we move forward.

## SWIMMING LESSONS (6 Months & Up)

### PARENT & CHILD

Level A & B

Mondays: 4:45-5:15pm

Tuesday and Thursdays: 9:35-10:05am

### SWIM LESSONS AND WHAT AGE IS BEST

PS = PRESCHOOL AGES 3-5

SA = SCHOOL AGES 5+

When registering, please choose the correct age and level for your child.

## SESSION DATES: June 10—July 26

### NO YOUTH PROGRAMS JULY 1-6

### 1 Day a Week for 6 Weeks

### JUNE 10—JULY 26

### MONDAYS

4:10-4:40PM	(PS 1, 2, 3) (SA 1, 2, 3)
4:10-5:00PM	JR LIFEGUARDING
4:45-5:15PM	(PS 1, 2, 3) Level A, B
4:45-5:25PM	Level 4
5:10-5:40PM	(SA 1, 2, 3)
5:30-6:10PM	Level 5, 6
5:45-6:15PM	(PS 1, 2, 3)
6:15-6:55PM	Level 4
6:20-6:50PM	(SA 1, 2, 3)

### TUESDAYS

5:00-5:45PM	AQUATIC CONDITIONING
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### WEDNESDAYS

5:00-5:45PM	AQUATIC CONDITIONING
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**Aquatic Conditioning:** Focuses on continuing to build endurance and stroke technique on all major competitive strokes and encourages swimming as a part of a healthy lifestyle. AGES: 8 and Up and Passed Level 5

### TUES AND THURS MORNINGS

### JUNE 11—JUNE 27

### JULY 8—JULY 19

9:00-9:30am	(PS 1, 2, 3)
9:10-10:00am	Level 4
9:35-10:05am	(SA 1, 2, 3) Level A, B
10:05-10:45am	Level 5, 6
10:10-10:40am	(PS 1, 2, 3)
10:50-11:30am	Level 4
10:45-11:15am	(SA 1, 2, 3)

### MONDAY/WEDNESDAY/FRIDAY

### JUNE 10—JUNE 21

### JULY 8—JULY 19

11:15-11:45am	(PS 1, 2, 3)
11:50am-12:20pm	(SA 1, 2, 3)



### PRIVATE LESSONS

Private lessons give participants individualized attention to help them improve or master their swimming skills at every age and ability. The instructor, participants and parents work together to determine lesson goals.

Private swim lessons are available in 1, 5 or 7 lesson packages, and can begin at any time.

For cost and other information visit us at [redwingymca.org](http://redwingymca.org)

Contact Nickie Swenson  
at [nswenson@redwingymca.org](mailto:nswenson@redwingymca.org) to set up your lessons!

**REGISTRATION FOR ALL PROGRAMS BEGINS APRIL 22ND**

**Junior Lifeguarding:** Helps build a foundation of knowledge, attitudes and skills for future lifeguards. AGES: 11-14

COST OF PROGRAMS

Y MEMBERS			NON-MEMBERS	
Program Fee	EARLY BIRD FEE: April 22–May 28	Starting May 29	EARLY BIRD FEE: April 22–May 28	Starting May 29
Swim Lessons	\$35 Levels A/B: \$10	\$50 Levels A/B: \$25	\$55 Levels A/B: \$35	\$70 Levels A/B: \$50
Baseball/Softball/T-Ball	\$20	\$35	\$45	\$60
Youth Sport and Fitness Camps	\$30	\$45	\$50	\$65

Personal Pricing Plan:

The YMCA welcomes all who wish to participate and annually raises scholarship funds to help make that possible. Please let us know if we may serve you or your family in this way. Personal Price Plan applications must be received one week prior to the registration deadline in order to be considered. For an application please stop in at the Red Wing Family YMCA.

HOW TO REGISTER

Registration may be done in person at the YMCA, over the phone at (651) 388-4724, or online at redwingymca.org. Payment is required at the time of registration. Please contact the YMCA staff at (651) 388-4724, if you have any questions or concerns about any of our programs.

PLAN AHEAD— NEXT YOUTH SESSION REGISTRATION DATES

- SEPTEMBER 9—OCTOBER 26, 2019 Registration begins: August 5th
- NOVEMBER 2—DECEMBER 19, 2019 Registration begins: October 7th

SPECIAL EVENTS

BRUNCH WITH THE BUNNY  
Saturday, April 6th at 9am

We invite you to join us at CAMP PEPIN for breakfast, crafts and an Easter Egg Hunt! Don't forget it's a BYOC (Bring Your Own Camera) so you can capture those special moments with the Easter Bunny!

Fee: \$5 per person, \$20 Family Cap  
Location: Camp Pepin



FAMILY NIGHT OUT  
SUNKEN EGG HUNT  
Friday, April 12th 5:00–7:00pm

Join us for an evening of family fun! Camp Pepin will be on site with free pizza and crafts. The Easter Bunny will be at the Y as well so bring your camera! There will be an Easter Egg Hunt and Log Rolling so bring your swimsuit!

Fee: \$5 per person, \$20 Family Cap



CAMP PEPIN OPEN HOUSE  
BRING YOUR FRIENDS AND FAMILY!  
Saturday, June 9th 1:00pm–3:00pm

Camp Pepin will be having an open house for any parents, guardians, campers and their friends to visit camp. Staff members will be offering tours and will be happy to answer any questions you may have about Camp Pepin.

Fee: FREE Family Event  
Location: Camp Pepin



PARENTS NIGHT OUT  
Friday, April 12th 5:00–8:00pm  
Deadline to register April 10th

Bring your kids to the Y for a night of fun while you enjoy an evening out!

EASTER THEME:  
Sunken Easter Egg Hunt!  
Swimming time: 5:30–7:00pm

Pizza for dinner is included! The kids will participate in the pool egg hunt at 5:30pm.

Member Fee: 1 child is \$30, each additional child is \$5  
Non-Member Fee: 1 child is \$40, each additional child is \$5



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

DEVELOPING  
THE WHOLE  
CHILD



REGISTRATION BEGINS  
April 22nd!

SUMMER 2019  
YOUTH PROGRAMS  
RED WING FAMILY YMCA

434 MAIN STREET, RED WING, MN 55066  
651.388.4724 / REDWINGYMCA.ORG