



WHITE BEAR AREA YMCA QUARTERLY NEWSLETTER

YMCA OF THE NORTH | SPRING 2024

LETTER FROM OUR LEADERS

BY CYNTHIA ELLICKSON & LEE KROLL

Happy Spring, White Bear Area Y Members!

Welcome to our first edition of our Quarterly Newsletter. We hope to use this newsletter to share highlights and updates with you.

First, however, we would like to take a moment to introduce ourselves. We are the new Community Leaders at the White Bear Area YMCA. We have been here since October and have been really enjoying getting to know the members, staff, and the community.

Lee began his full time tenure with the Y movement in 1991 at the Milwaukee YMCA and joined the Y of the North in 2009. He most recently led our Membership Sales area for the Y of the North Association.

Cynthia began her full time Y career at the Y in Shoreview in 1997. Her first 15 years were in Child Care and Youth Development and she transitioned into Membership and Engagement in 2013.

We are both excited about the growth and development of this Y within our community. If you see us around, please introduce yourself!

Cynthia Ellickson & Lee Kroll



Facility Hours:

Mon-Fri 5am-9pm

Sat-Sun 7am-5pm

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**PROGRAM
UPDATES**




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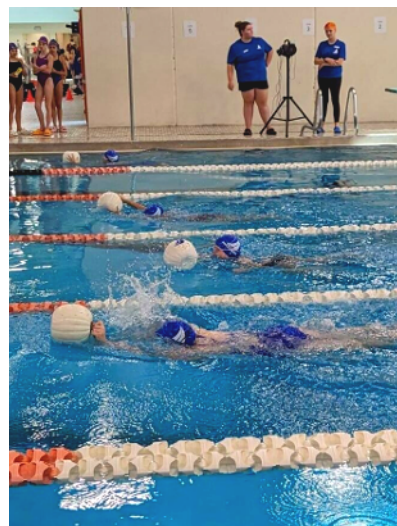
**SAVE THE
DATE**

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**MISSION
UPDATE**

HEALTH & WELLNESS UPDATES

-  Please welcome our newest trainer, **Heidi Kafura**! Heidi is excited to help you begin or continue your own wellness journey. Schedule an assessment with Heidi at the Welcome Desk.
-  Ready to try something new? Small group **Kettlebell/TRX demos** are Thursdays at 3 PM. Register for these FREE demos at the Welcome Desk.
-  **NEW GROUP EXERCISE CLASSES!** Check out Drina's new **Zumba** class on Tuesday evenings and Lucia's **Cycle** class on Wednesday evenings!



AQUATICS UPDATES

-  April 23 - Summer **swim lessons** go on sale! (April 30 for non-members.)
-  May 25 - Outdoor **Splash Pool and Slide, Bellaire Beach** open for the Summer!
-  June 8 - **Mahtomedi Beach** opens for the Summer!

NOW HIRING




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



FACILITY UPDATES

-  **POOL CLOSURE JUNE 3-16**
Indoor pool will be closed for scheduled cleaning and maintenance. Our outdoor pool and slide will remain open.
-  **HOLIDAY HOURS 7 AM-12 PM**
Memorial Day (May 27) & Independence Day (July 4)
-  **ORANGE POOL IMPROVEMENTS**
Our new competitive starting blocks and diving board are sure to give all our swim teams a great start! New timing system and scoreboard coming soon.
-  **STUDIO B CLOSURE**
Studio B will close for resurfacing May 24, 12 PM - May 28, 12 PM. See our online Group Exercise Schedule for temporary class adjustments.

FOREVERWELL UPDATES

-  **Walking Club** is back! Every other Tuesday beginning April 2nd, 11:30 AM - meet in the Y lobby! No registration necessary.
-  Are you a card shark? Join us for **Cribbage** in the Commons! 2nd and 4th Tuesday of each month at 12:30 PM. Come to play, stay to chat! Sign up in the ForeverWell Book at the Welcome Desk.
-  Do you Electric Slide? How about Boot Scootin' Boogie? Time to learn! Join us for **Line Dancing Class**, Tuesdays and Thursdays, 1:15 PM in Studio A. No registration necessary.

Virtual Y Relaunch Coming Soon!

Check out our classes in the comfort of your own home!

Find our branch schedules here!





SAVE THE DATE!

WHAT EVENTS ARE COMING UP SOON?

YMCA Job Fair

April 27, 2024, 10a-1p

Location: White Bear Y Lobby

Learn how you can be a part of the part-time, full-time, or seasonal team both at the WBA Y and other Y locations. On the spot interviews available.

Marketfest

Thursdays, June 13-July 25, 6-9p

Location: Downtown WBL

Visit our YMCA booth while you snack on food from local food trucks, discover goods from local vendors, and enjoy people watching.

Senior Health & Wellness Day

May 29, 2024, 9a-2p

Location: White Bear Y

Bring a friend to the event for FREE and see what the Y has to offer!

Backyard BBQ Open House

June 18, 2024, 4:30p-7p

Location: White Bear Area Y

Open house open to all in our community! Come join us for food and family fun!



May 4, 2024, 11am-4pm | Day Camp Croix in Hudson

Join us for the inaugural MessFest! This 2-mile obstacle course is designed for all ages to make the biggest mess possible complete with mud, dirt, goop, shaving cream, and even biodegradable glitter! Register at ymcanorth.org/adventure!

MISSION UPDATE

OUR MISSION IN ACTION

In 2024, our goal of \$102,437 will support the following initiatives:

Safety Around Water The White Bear Area Y will continue to lead the charge to ensure our children have the necessary skills to keep them safe around water and find joy in nature and fitness.

Community Outreach Your financial support allows us to continue to support the Neighborhood Center at Maple Pond apartments, providing after school and summer care to the resident children as well as monthly food shelf assistance.

Healthy Adults and Families Providing scholarships to enable adults and families to participate in health and wellness and youth programs. We will also continue to make courtesy check-in calls to our senior community.

ANNUAL FUND

2024 Goal	\$102,437
2024 To Date	\$20,217
2024 Need	\$82,220



A huge thank you to those of you that stopped by our table or made a donation on Y DAY OF GIVING on March 6th. Thank you for believing in our mission and helping strengthen our community.

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 White Bear Area YMCA in the drop down menu.

DONATE NOW!



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.