



WHITE BEAR AREA YMCA QUARTERLY NEWSLETTER

YMCA OF THE NORTH | SUMMER 2025

LETTER FROM OUR LEADER

BY CYNTHIA ELICKSON

Spring Greetings from the Y!

As spring breathes new life into our surroundings, we're excited to share some fresh and sunny updates from our community!

We're proud to announce the installation of solar panels on our building—a major step toward a more sustainable future. Along with that, The Commons area has received some much needed cosmetic upgrades, giving it a fresh new look just in time for the season.

Over in the fitness center, the recent refresh of our strength equipment has been a big hit, and we're seeing more members than ever getting a head start on their summer fitness goals—keep up the great work!

We also had the pleasure of partnering with Catalyst Church for a Community Easter Egg Hunt on April 12 at Lakewood Hills Park behind the YMCA. We were thrilled to welcome over 250 children and their families for a morning full of fun, laughter, and springtime joy.

Looking ahead, we're gearing up for the start of Summer Power and Summer Sports Camps on June 9th! We can't wait to welcome the smell of sunscreen and the energy of excited campers to our building—it's one of our favorite times of the year.

And don't forget—our annual Backyard BBQ is happening Tuesday, June 24th! It's open to all, so come out and enjoy great food, good company, and plenty of sunshine.

Here's to a season full of connection, energy, and growth!

Warmly,

Cynthia Ellickson



Join Freyja (our four-legged walking companion) and other fabulous friends for Walking Club – soak up the sun and enjoy the amazing health benefits of simply walking! More info on Page 2.

Facility Hours:

Mon-Fri 5am-9pm

Sat-Sun 7am-5pm

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HEALTH & WELLNESS UPDATES



Join us for a **NEW Mat Pilates class** Thursdays 6:15–6:45 PM in Studio A starting May 1st. Mat Pilates is an accessible, low-impact exercise that can build strength, improve posture, and support a mind-body connection.



Looking for a great weekend option for low-impact exercise? Join us on Saturdays at 2 PM for a **NEW water exercise class** in the pool starting May 3rd!



Join health coach Amy Bakken for a workshop on **Boosting Stress Resilience** – May 15th 12:15–1:15 PM in the Commons. No registration required!



Wonder what the fuss is all about? **FREE Reformer Demos** with Devan on the Mezzanine Tuesdays 8:30–9 AM and Thursdays 1–1:30 PM. Try it out or just watch to learn more!

AQUATICS UPDATES



Summer is back and we're ready! Our outdoor **splash pool and waterslide** open Saturday, May 24th! Did you know that we provide the lifeguards for White Bear Lake beaches? **Bellaire Beach** opens to swimmers May 24th and **Mahtomedi Beach** opens June 7. See you there!



Summer swim lessons start June 16. Registration opens for members 4/30 and non-members 5/7. Space is still available for Spring and Summer Mariners **swim team** too! Spring session runs through June 1, Summer session is June 2–Aug 10th!

FOREVERWELL UPDATES



Join us the 1st and 3rd Monday of each month for **Walking Club**! Led by volunteers Mike, Beth, and canine companion Freyja, we start at the Y front doors at 11:30 AM and enjoy a 45 minute vigorous walk! We'll explore places like Lakewood Hills Park, conveniently located behind our facility. All are welcome! Sign up at the Welcome Desk!



Join us after water exercise class for **coffee and chat**! We'll meet Tuesdays 11:30–12:30 and Thursdays 11–12 in The Commons (during the school year) or the Mezzanine (during Summer)! We look forward to seeing you there!



We are thrilled to partner with Parkview Chiropractic, who will be offering wellness education at varied times (keep an eye on the ForeverWell Newsletter for details) as well as **FREE chair massages** in the lobby on the 4th Tuesday of each month. Chair massages will be offered 10:30a–1:30p and will be on a first come, first served basis.

FACILITY UPDATES

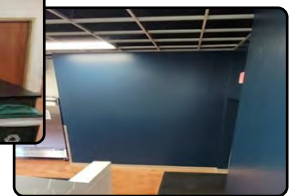
CONGRATS, MALISSA!

Huge congratulations and thank you to Malissa O'Leary, Custodial Supervisor and the rest of the White Bear Y Custodial Team for winning the Y's annual Deep Clean Award! We are so proud of their continued efforts to maintain a healthy and clean environment for everyone to enjoy!



THE COMMONS – NEW AND IMPROVED!

Many thanks to Anna and others on our Facilities team for updating The Commons. This multi-use space was in need of updating and new paint. It looks better than ever!



FAMILY ENGAGEMENT UPDATES

KIDS STUFF HOURS

Mon–Thurs 9AM–noon, 4:30–7:30PM

Fri–Sat 9AM–Noon

INTRODUCING FAMILY FUN SATURDAYS!

Join us every other Saturday morning in the Patio Room (down the hall from Kids Stuff) for some easy family friendly fun and crafts. We're kicking it off with a **Messy Play Playdough Party** on May 10 and **Make and Take Ladybug Rocks** on May 24! We'll set up and clean up, you just enjoy play time with your family!



NOW HIRING

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



BRANCH SCHEDULES

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



NEWS & NOTABLES



DAY CAMP HERITAGE IS READY FOR YOU!

YMCA Day Camp Heritage in Lino Lakes still has space for campers aged 4-14 in nearly all weeks this Summer! Give your child the chance to canoe, fish, climb, try their hand at archery, assist with the camp chickens and veggie farm, learn camp songs, and make lifelong friends! Drop off at camp or take advantage of the convenient busing directly from the White Bear Area Y!



 Find us on
Facebook



Scan this QR code to join our White Bear Area YMCA Facebook group. Get the most up to date info on what's going on at your Y!

JOIN US FOR A BACKYARD BBQ POOL PARTY!



TUESDAY, JUNE 24TH - 5-7 PM

Members and non-members (with ID) are welcome to this FREE event! Test out the outdoor water slide, lounge in our outdoor splash pool, jump to your heart's desire in the bounce house, soak up some late afternoon sunshine, chow down on grilled hot dogs, and take advantage of crafts and games for the whole family! We can't wait to party with you!

**CATALYST**
COVENANT CHURCH
WHITE BEAR AREA



Patio Worship!

Join Catalyst for church on the YMCA patio
Sundays at 10:00AM
May 25 - August 3
Nursery and Kids Ministry all summer



You don't need to be a YMCA member to attend church
www.catalystwbl.org



AUGUST 16, 9A-NOON | ELM CREEK PARK PRESERVE

Cross Summer's Best Finish Line at the BreakAway Kids Tri. Open to kids 7+ who are confident on the bike -- no training wheels allowed. 100 yard swim, 5-mile bike, 1-mile obstacle run. Fun swag for all finishers. This event is kid-only. Choose the Family Splash & Dash for a family experience. Registration open Spring 2025!

MISSION UPDATE

OUR MISSION IN ACTION

As the season of renewal and generosity blooms around us, we want to extend our **sincere thanks** to everyone who supports our **Annual Support Campaign**. Because of you, we are able to provide **scholarships to individuals and families** who need financial assistance to participate in programs that support their health, growth, and well-being.

A **special shout-out** to all who joined us for the **Y Day of Giving** on April 9th—thanks to your incredible support, we **raised over \$2,600 in just one day** and got the campaign off to a fabulous start! Your contributions are already making a difference in the lives of many.

Our **Executive** would like to hear what the **Y** means to you and how the **Y** can shape our community. If you would be willing to share your **Y Story** with Cynthia, please reach out at Cynthia.ellickson@ymcamn.org and let her know you would like to meet. You can also let the team at the front desk know and she can reach out to you.

From all of us at The White Bear Area YMCA thank you for believing in our mission and being a vital part of our Y community.

ANNUAL FUND

| | |
|--------------|-----------|
| 2025 Goal | \$121,186 |
| 2025 to date | \$23,761 |
| 2025 Need | \$97,425 |

DONATE NOW!



Catalyst Covenant Church of WBL put on an egg-cellent egg hunt to celebrate Easter!



Along with the Easter Bunny, we welcomed over 250 children and their families! Learn more about Catalyst Church on page 3!



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.

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.