



# YMCA FOREST LAKE QUARTERLY NEWSLETTER

YMCA OF THE NORTH | SPRING 2024

## LETTER FROM OUR LEADERS

BY LINDSAY FLANAGAN & CHAD MARKER

Happy Spring, Forest Lake YMCA Members!

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

First, we would like to take a moment to introduce ourselves. We are the new Community Leaders at the Forest Lake YMCA. We have been in our new roles since October and have been enjoying getting to know the members, staff, and our community.

Lindsay began her Y career with the YMCA of Dane County in Madison, Wisconsin. She spent over 7 years there as Child Care Director overseeing early childhood education, school age programming and summer camp. She joined the Y of the North in June of last year where she shifted focuses to membership and engagement.

Chad began his career at the Y of the North in 2019 within our membership department. He has held various roles through the association and has served multiple communities; including Ridgedale Area YMCA, Emma B Howe YMCA in Coon Rapids, and the Shoreview YMCA.

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

Lindsay Flanagan and Chad Marker



### Facility Hours:

Mon-Fri 5am-9pm

Sat-Sun 7am-5pm

### Kids Stuff Hours:

Mon-Thu 8am-12pm & 4pm-7:30pm

Fri 8am-12pm, Sat 8am-12:30pm

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## HEALTH & WELLNESS UPDATES





-  Welcome our **new trainers Libby and Russ!** They are ready and excited to get started with fitness assessments and personal training. Register at the Welcome Desk.
-  Trainer Rob is excited to roll out a **NEW Group Training program - Outdoor Bootcamp!** This fun new strength and agility class will be Mondays at 5 PM. Register at the Welcome Desk.
-  Check out our online Group Exercise schedule for a **new lineup** on Tuesday evenings, including a new **Group Power** class!






## AQUATICS UPDATES

-  **Splash Deck** opens for the Summer May 27th! Time for some fun in the sun!
-  **Summer Swim Lessons** are open for registration. Sign up online or at our Welcome Desk.
-  **NEW Water Exercise class** on Tues/Thur morning at 10:15AM in the leisure pool. Focus on strength and balance in a low impact environment.

## FACILITY UPDATES

-  **POOL CLOSURE Aug 19-Sept 2**  
Indoor pool will be closed for scheduled cleaning and maintenance. Our outdoor splash deck will remain open.
-  **HOLIDAY HOURS 7AM-12PM**  
Memorial Day (May 27) & Independence Day (July 4)
-  **HOT TUB/SAUNA CLEANING**  
Hot tub and sauna cleaning scheduled - 3rd Wednesday of each month. Hot tub will be closed 10AM-2PM. Sauna closed 4PM-close.
-  **STRENGTH MACHINE REUPHOLSTERING**  
Weight machine pads are scheduled to be reupholstered this Summer. Pads will take 2-3 days each and will be scattered throughout the Summer so most machines will remain available at all times.

## FOREVERWELL UPDATES

-  Ready to catch that record walleye this season? Join us for a **FREE Fishing Seminar** with Bill Kutka, guide and professional walleye angler! May 10, 11 AM in the Community Room. No registration needed.
-  Come learn about and help us plan the **Glacial Hills Regional Trail**, a future trail system that will connect Hardwood Creek to many other area trails and parks. Plus, check out our **adaptive bike demo** at the same time! May 14, 10 AM in the Community Room. No registration necessary.
-  Celebrate **National Senior Health & Fitness Day** with us, enjoying speakers, fitness and social events, delicious food from the Smug Pug Food Truck, and pop-up demos and games! May 29, 9AM-12PM. No registration necessary.



### NOW HIRING!

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



### CHECK OUT OUR SCHEDULES HERE







# SAVE THE DATE!

## WHAT EVENTS ARE COMING UP SOON?

### Oldies & Goodies Music and Travel Presentation

June 20, 10-11AM

Location: Community Room 1

Join Dave & Jeanie Johnston as they kick off Summertime! Sing along to the best of the 70s & 80s and enjoy snacks and socializing! Free and open to all!

### Summer Days

May 29th, June 26th, July 24th, & August 28th

Location: YMCA Forest Lake

Join us in enjoying the best that Minnesota Summers can offer! Games, food trucks, and family fun for all!

### Arts in the Park

Tuesdays, June - August  
6:30-8:30PM

Location: Lakeside Memorial Park

Enjoy great music, local vendors, crafts, food trucks, and more each Tuesday night through Summer.

### National Watermelon Day

August 1st

Location: YMCA Forest Lake

Share watermelon themed snacks and crafts as we celebrate this fun holiday!



**August 16 & 17, 2024**

**Elm Creek Park Reserve**

Come join us for some family fun with the Splash & Dash and Kids Tri, along with fun and challenging obstacles. A great way to introduce kids to healthy and fun competition! Racers ages 4-99 welcome!  
Register at [ymcanorth.org/adventure!](http://ymcanorth.org/adventure!)

# MISSION UPDATE

## OUR MISSION IN ACTION

Our mission to provide programs that build healthy spirit, mind, and body for all is one that we keep at the forefront of all we do. To maximize the impact of our mission, we rely on donations from generous donors like you to provide this programming for those who wouldn't otherwise be able to participate.

Each year:

- \$250,000 is provided to subsidize individual and family memberships so those facing financial barriers can remain in our programs.
- Our youth programs provide safe and engaging space for 450 kids and teens during any given week.
- On average, 150 kids and adults learn life-saving water safety skills through our aquatics program.
- More than 2,000 senior visits are logged weekly.

We invite you to join our mission by donating to the YMCA Forest Lake Annual Fund. All donations remain within our local community. Together, we can help move Forest Lake and the surrounding areas into a future we can all be proud of.

## ANNUAL FUND

2024 Goal	\$111,915
2024 To Date	\$10,806
2024 Need	\$101,109

# DONATE NOW!



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](http://ymcanorth.org/give).\*
2. Become a sustaining donor by giving a set amount monthly. Sign up at [ymcanorth.org/give](http://ymcanorth.org/give).\*
3. Become a volunteer! Check out our opportunities at [www.ymcanorth.org/volunteer](http://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](http://www.ymcanorth.org/give).

\*Select YMCA Forest Lake 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](mailto:Giving@ymcanorth.org).