



FOREST LAKE YMCA QUARTERLY NEWSLETTER

YMCA OF THE NORTH | SPRING 2025

LETTER FROM OUR LEADER

BY LINDSAY DEERING

Dear YMCA Friends and Families,

As we welcome the summer season, I'm excited to share the latest updates from the Forest Lake YMCA. This is always a vibrant time of year at the Y, filled with the sounds of kids learning to swim, families connecting at events, and members setting new wellness goals. It's a reminder of the incredible energy and community spirit that make our Y so special.

Summer is a time of growth—not just in nature, but in our programs and in the lives we touch. From youth camps and swim lessons to group fitness and volunteer opportunities, everything we do is rooted in our mission to strengthen the foundations of community.

We're grateful to have you as part of our YMCA family, and we look forward to all the connections and memories this season will bring. Thank you for helping us make the Forest Lake Y a welcoming place for all.

Wishing you a safe, healthy, and joy-filled summer!



Our amazing team and some fabulous volunteers spent time on Earth Day cleaning up our adopted highway and trail!

Facility Hours:

Mon-Fri 5am-9pm

Sat-Sun 7am-5pm

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HEALTH & WELLNESS UPDATES



Ready to train like an athlete? Join Christie at 6 PM on Mondays for **Group Core**! Group Core will make you stronger, quicker, and faster in all you do. The 30-minute workout will strengthen your body, shoulders to hips, front to back, and side to side, which improves athletic performance but can also reduce back pain and help you move with ease in real life.



Please welcome **new instructor Lisa** to our Group Ex team! Lisa will be teaching **ForeverWell Strength & Stretch** on Mondays at 10:45 AM and **Chair Yoga** on Tuesdays at 8 AM! She can't wait to meet you all!



Join us for **yoga on the lawn**, weather permitting, and let the sun work its Summer magic! This Summer, Erin will host her Friday 10:45-11:45 AM yoga class on the lawn with Studio 2 as a backup location.

FACILITY UPDATES

SPLASH DECK NOW OPEN!

Our Splash Deck will be open through Labor Day, weather permitting. Hours are 10 AM-8 PM (weekdays) and 10 AM-4:00 PM (weekends).

BRANCH CLOSURES

All Y locations will be closed on the following holidays:

- Independence Day (July 4)
- Labor Day (September 1)

FOREVERWELL UPDATES



Our **adaptive bikes** are tuned up and ready for riders! These bikes are free to check out, first come, first served, at our Welcome Desk. Enjoy Hardwood Creek Trail and the sunshine in comfort and style!



Back by popular demand - **Taylor's Falls Scenic Boat Tour, Bear Boating**, and more! Check the ForeverWell Newsletter for dates and information on registering! Don't miss out on all Minnesota Summers have to offer.



We are delighted to announce a **new line dancing class**, coming Tuesday mornings at 11:10 AM beginning June 3! Line Dancing is a great way to reduce stress while increasing coordination, balance, and cardiovascular health. We can't wait to Electric Slide with you!

AQUATICS UPDATES



Swim lessons are going to be rocking this Summer! We will be having 1, 2, 4, and 8 week lessons to accommodate varied schedules. We are also going to offer adult classes and a stroke and turn class for those looking for technique training. Check out the class schedules and register online (**see the QR code below**) or at the Welcome Desk.

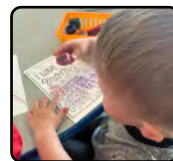


Quick reminder that Monday and Tuesday afternoons from 1-3 PM will be very **busy in the pool this Summer** as Summer Power kids will be enjoying some swim time. Please plan accordingly!

FAMILY ENGAGEMENT UPDATES

Introducing **Family Fun Nights**! These new monthly 2 hour events are designed to allow families to have fun together while we handle set up and clean up! No registration needed. Enjoy our bounce house, race through the obstacle course, snack on popcorn, and create a craft together! Our first event will be:

FRIDAY, JUNE 20TH
4:30-6:30 PM



Our handbike and two trikes are ready to hit the trail! Check them out at the Welcome Desk!



SCAN HERE TO
REGISTER FOR
SWIM LESSONS!



NEWS & NOTABLES



GET THE **NEW** YMCA OF THE NORTH APP!

The FREE YMCA of the North app (logo shown above) is available on Apple's app store and the Google Play Store. The app can be used to check in, check facility hours and schedules, book wellness experiences, manage your reservations, and more! This app replaces the previous YMCA Twin Cities app. Stop by the Welcome Desk if you have any questions or need a quick tutorial!



SUMMER SPORTS 2025 REGISTRATION OPEN NOW! SPACE IS STILL AVAILABLE!

Summer Sports is for kids entering grades 1-6 who will get the opportunity to dive deep into the sport of that week. Kids build character, develop self-confidence, and create healthy relationships through positive competition.

Depending on the location and dates, kids can dig into soccer, golf, volleyball, wiffleball, basketball, flat football, lacrosse, cheer/dance, or tennis! Some weeks also include trips to the Vikings Training Camp, Lynx games, and Twins games!

Register now at www.ymcanorth.org/summer.

CONGRATULATIONS, MARY!

Join us in congratulating our ForeverWell Coordinator, Mary Rivard, on her retirement! Mary has worked tirelessly to build a fantastic FW program with dozens of dedicated volunteers and a focus on continued healthy living well into our silver years. We will continue to see Mary around as a future volunteer but mostly in her new role as Grandma! We wish her nothing but the best in her new adventure!



*Give from
the heart.*

**Donate blood and
help save lives.**



THURSDAY, JUNE 12, 9 AM-3 PM

Join us for the first of our quarterly blood drives offered by the American Red Cross at the Forest Lake Y! Registration is recommended online at www.redcrossblood.org but walk-ins will be accommodated as availability opens! Can't make June 12? Save the date for our next blood drive on September 11th!



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

Because of You, Teens Thrive at the Y!

Thanks to the continued generosity of a dedicated donor, we are once again able to offer 300 free youth memberships this summer to teens in grades 9–12 through our Get Summer program. Each year, this gift opens the doors of the Y to local teens—giving them a safe, welcoming place to stay active, connect with peers, and build confidence. It's because of donors like this that we can continue making a lasting impact. Join us in making a difference to support the Y's Annual Fund and help more youth thrive.

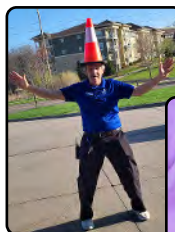
ANNUAL FUND

2025 Goal	\$91,189
2025 Actual	\$13,326
2025 Need	\$77,863

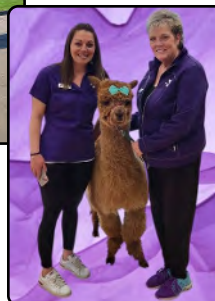
DONATE NOW!



CUSTODIAL CORNER



Spring cleaning is always fun with this team!



SUMMER CLEANING TIP:

Clean your grill grate by heating it then placing a salted cut lemon on a long handled fork and rub across the grates. The acid cuts the grease and the salt acts as a scrub!



DID YOU KNOW?

Our Custodial department has regular young adult volunteers from the local community to support their efforts in keeping the Forest Lake Y in tip top shape.

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 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.