



ST. PAUL EASTSIDE YMCA QUARTERLY NEWSLETTER

YMCA OF THE NORTH | FALL 2025

LETTER FROM OUR LEADER

BY DRU DALTON

As summer gives way to the crisp, golden days of autumn, there's a special kind of energy at the St. Paul Eastside YMCA. Kids are heading back to school with fresh backpacks and big dreams, and we're gearing up for a season filled with opportunity, growth, connection and hopefully less construction (fingers crossed)!

This fall, our programs are designed to keep the momentum going from after school activities that inspire and challenge, to wellness programs that keep you moving as the days get cooler. And with our new push to figure out **What Moves You** we're inviting everyone to pause and reflect on the passions, goals, and values that keep us striving forward both as individuals and as a community.

At the Eastside Y, we're more than a building. We're a place where neighbors encourage each other, families grow stronger, and kids discover their potential. Whether you're returning for your favorite class, joining a new program, or simply stopping in to say hello, we can't wait to share this season with you.

Let's make this fall one to remember, together!



Need to unwind from your busy Summer or hectic work-week? Let loose and dance with your community on Saturdays with **Zumba 10-11!** On Sundays, connect to your mind, body, and breath with **Group Centergy 10:45-11:45** - a great class to feel strong, mobile, and grounded in your body!

Facility Hours:

Mon-Fri 5am-9pm

Sat-Sun 7am-5pm

INSIDE

2

PROGRAM
UPDATES

3

NEWS &
NOTABLES

4

MISSION
UPDATE



MEMBER SPOTLIGHT PHYLLIS GOFF

What do you like most about the Eastside Y?

I like its huge family orientation, where everyone in the family, from young to seasoned seniors, can enjoy the services and programs offered, and where everyone in the family feels comfortable, welcomed, and safe. It's also a great place for both individuals and families to build lifelong habits that support strong physical, mental, and social health, plus a place for just having some plain old-fashioned fun!

What is your most memorable experience at the Eastside Y?

The experience that makes me smile was the "Couples Personal Training" or "Buddy Wellness" classes, and how enjoyable it was to share a class with my husband where we could jointly come together in support of each other's health goals. The class was customized to our individual needs, but also allowed us to do things together, making the experience both healthy and fun. We always looked forward to those classes!

What is a health tip you'd like to share with the Eastside Y community?

My best health tip to share is that it's NEVER too late to start building healthy exercise habits; and when starting out, start small, then build from there as you start to gain strength and more confidence.

STAFF SPOTLIGHT TODD MORK

What do you like most about working at the Eastside Y?

I like the strong sense of community - both among the staff and the with the members. Everyone truly looks out for each other, and it creates a positive and welcoming environment. I've seen firsthand how the Y becomes a second home for a lot of families, and being a part of the team that makes that possible is incredibly rewarding to me.

What is your most memorable experience at the Eastside Y?

I was working with a member who was struggling to make ends meet. They came in looking for a place where they could breathe, feel safe, and get back on track. I helped them find an affordable membership option. The Y became their safe space, one of the few constants during a tough time. It reminded me that we're not just a gym - we're a support system.

What is a health tip you'd like to share with the Eastside Y community?

One tip I like to share is start small and stay consistent. When it getting in 10 minutes of movement a day, drinking more water, or just showing up to the Y once a week, small changes add up. Progress happens when you keep showing up, even in small ways. Give yourself credit for every step you take toward your wellness goals!



MEMBERSHIP UPDATES

Good luck, Jack!

Congratulations, good luck, and thank you to front desk opener, Jack! Jack will be moving to California to pursue his Master's in Psychology. We wish him luck as he moves toward a very bright future!

Meet the New Faces at the Front Desk

We're excited to welcome three new team members to the front desk team. Shelly will be our new opener, Kenyatta will be working Monday through Friday midday, and Ian will be helping hold down the weekends.

Sydney on maternity leave!

Congratulations to Engagement & Aquatics Director Sydney on the birth of her new baby girl! Sydney will be on leave through the end of November.



AQUATICS UPDATES

Great Summer with the Sanneh Foundation!

We had another great year hosting the Sanneh Foundation youth on Tuesday afternoons for fun in the pool. The Sanneh Foundation supports youth holistic wellness and we are proud to partner with them.

Welcome our new lifeguards!

Please help us welcome all our new lifeguards joining us this Fall. We are fortunate to have an influx of guards this Fall to help us stay safe and have fun in our Aquatics Center!

Interested in PAID lifeguard training?

If you or someone you know is interested in PAID lifeguard training, please contact Vanessa Blumberg, interim Aquatics Director. Vanessa can be reached at vanessa.blumberg@ymcanorth.org.



Lifeguards (15+) &
Swim Instructors (16+)
and more!

BRANCH SCHEDULES

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



NEWS & NOTABLES

WHAT MOVES YOU?

The YMCA of the North wants to know **What Moves You?** Take the short quiz via this QR code to learn what the Y has to offer on your personal health and wellness path. We have something for every stage of the journey.



Learn more at www.ymcanorth.org/what-moves-you

COMMUNITY COUNCIL

READY TO MAKE A DIFFERENCE?

We're looking for passionate, dedicated individuals to shape the future of our Eastside Y community! As a member of the Community Council, you will have an opportunity to:

- Voice your ideas
- Collaborate with Y Team Members
- Plan and support events
- Build stronger connections

Qualifications:

- Commitment to the wellbeing of the Eastside Y
- A willingness to listen, learn, & collaborate
- A desire to make a positive impact



INTERESTED? EMAIL
DRU.DALTON@YMCANORTH.ORG

FUN WITH FOREVERWELL!

Lots of fun to look forward to this Fall! Harvest Party and Octogenarian celebration this October and our annual Friendsgiving in November! Keep an eye on the Front Desk and the Foreverwell Newsletter for details to come! All are welcome!



Healthy Aging Day, Conga line, and Foreverwell Friends are the best!

ST. PAUL EASTSIDE YMCA ECLC

DO YOU KNOW ABOUT OUR EARLY CHILDHOOD LEARNING CENTER?



Our ECLC offers full-day care for infants, toddlers, as well as full-day preschool and pre-kindergarten programs. On-site amenities include an indoor kids' gym, a playground and a swimming pool paired with water safety learning. All with competitive pricing! Check our website for more details or to schedule a tour!!



OCTOBER 25, 12-4 PM | HYLAND LAKE PARK RESERVE

The Resilinator is a fun and friendly buddy race for ages 5+. This 2.5 mile course is designed to challenge your physical strength, toughness, and teamwork as you navigate the trails tethered to a buddy! Costumes are optional but welcome and come prepared for fun tricks and tasty treats!

Register online at www.ymcanorth.org/adventure.

MISSION UPDATE

OUR MISSION IN ACTION

Your generous donations to our Annual Fund allow us to provide financial assistance to those in need to support access to the Y and all the amenities we have to offer. The Eastside Y is a safe place where we can help individuals and families find connection and we couldn't do what we do without the support of donors like you. One recent scholarship recipient, a family of five, wrote, "For our family, the YMCA represents much more than a gym - it's a chance at better health, movement, and a sense of belonging. It would mean so much to us to build strength and stability in a supportive environment." Thank you for partnering with us to ensure we can be there for our community.

ANNUAL FUND

2025 Goal	\$73,226
2025 Current	\$48,567
2025 Need	\$24,659

New to the Y? Join Barb for an **orientation!** 2nd & 4th Tuesdays each month, 1-1:30 PM, 2nd Floor Fitness Area. No registration necessary!

DONATE NOW!



ROAD CLOSURES – THANK YOU FOR YOUR PATIENCE!

We know that the road closures have been hard on our whole community, including us at the Eastside Y. The Arcade/Phalen Bridge is scheduled to reopen by end of September 2025. Please see the map below to view how to access the Y in the meantime.



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 St. Paul Eastside 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.