



# BUILDING A HEALTHIER COMMUNITY



WORTHINGTON  
AREA YMCA

**FOR  
YOUTH  
DEVELOPMENT**

### Nurturing the potential of every child and teen

We believe that all kids deserve the opportunity to discover who they are and what they can achieve. That's why through the YMCA, millions of youth today are cultivating the values, skills and relationships that lead to positive behaviors, better health, and educational achievement.

**FOR  
HEALTHY  
LIVING**

### Improving our community's health and well-being

The YMCA is a leading voice on health and well-being. The Y brings families closer together, encourages good health, and fosters connections through fitness, sports, fun, and shared interests. As a result, thousands of youth, adults, and families are receiving the support, guidance, and resources needed to achieve greater health and well-being for the spirit, mind and body.

**FOR  
SOCIAL  
RESPONSIBILITY**

### Giving back and providing support to our neighbors

The YMCA has been listening and responding to the areas most critical social needs for 78 years. Whether developing skills or emotional well-being through education and training, welcoming and connecting diverse demographic populations through global services, or preventing chronic disease and building healthier communities through collaborations with policymakers, the Y fosters the care and respect all people need and deserve.

## OUR MISSION

To put christian principles into practice through programs that build a healthy spirit, mind and body for all



## Become a Member

Here at the Worthington Area YMCA, we strive to provide opportunities to learn, grow, and thrive. The Y can be a wonderful family experience. We hope your entire family will take full advantage of everything we have to offer! Take a look and find what is right for you.

Members receive program discounts and priority registration.

### Joining Fee

a one-time joining fee is applied to each new membership. If a membership lapses 30 days or more, the joining fee will be applied again upon sign-up. Youth \$0 / College & Young Adult \$25 / Families & Adults \$50

### Health Incentive Reimbursement Program

Many major health insurance carriers have a reimbursement plan. Check with your insurance provider and see if you qualify. \*Requires facility utilization.

### One Pass/SilverSneakers/Silver&Fit/Renew Active

Come in to start your free membership today. Available through your insurance plan. Requires annual verification.

### Corporate Discount

Many of the large businesses in Worthington qualify for their employees to receive a discount on the rates.

## Membership Rates

### No Annual Contracts

Youth	0-18 Must have an adult/guardian present to complete membership application process	\$19/Month
Young Adult	19-25 Years Old	\$40/Month
College	Must provide proof of Full time student status at activation	\$27/Month
Adult	26-61 Years Old	\$57/Month
Adult +1	Two adults over 18 living in the same household	\$67/Month
1 Adult House	1 Adult and youth residing in the same household	\$65/Month
Family	2 Adults and youth residing in the same household	\$76/Month
Senior	62+ Years old	\$55/Month

## YMCA HOURS

Mon- Thurs | 5:30am- 9:30pm

Fri | 5:30am - 7:30pm

Sat | 8:00am - 5:00pm

Sun | 1:00pm - 5:00pm

## CHILD WATCH HOURS

Mon/Wed/Fri | 8:30 - 11:00am

Mon/Wed | 4:30-7:00pm

Tues/Thurs | 5:00-7:30pm

All facility rules and policies  
can be found online at  
[ymcaworthington.org](http://ymcaworthington.org)

**Voted  
Best Exercise  
Facility  
5 Years in a row!**

**Best of  
The Globe**

# Membership Perks

### GYMNASIUM



### WELLNESS CENTER



### INDOOR TRACK



### PICKLEBALL



### SENIOR COFFEE HOUR



### FREE WEIGHTS



### CHILD WATCH



### OUTDOOR POOL



### INDOOR POOL



### FREE FITNESS CLASSES



### ROCK WALL



### KIDS GYM



The Worthington Area YMCA strives to make membership available to everyone. With support from the Annual Strong Community Campaign, individuals and families are provided assistance when they cannot afford the full rate. We use a sliding fee scale based on total household income and the number of household members. We require supporting documentation to verify household size and income, and we consider special circumstances when providing assistance. Recipients are expected to be responsible for a percentage of the membership cost. Qualification for YMCA financial assistance for membership is reviewed every 12 months.

### How Do I Apply?

- Download the application at [ymcaworthington.org](http://ymcaworthington.org) or pick one up at the front desk
- return the completed application and copies of required documents to the Worthington Area YMCA
- Approval process may take up to 10 business days.

# IT'S GREAT TO BE

## Payment Plans

### Bank Draft

Monthly fee is drawn from a checking or savings account on the 15th of each month. If a payment or bank draft is not honored by your bank for any reason, a \$15 service fee will be applied to your account as well as a balance due. Payments are continuous until member completes cancellation process.

### Credit and Debit Card Draft

Monthly fee is drawn from the card provided on the 15th of each month. If a draft payment is declined for any reason, a balance due will be applied to your account. Payments are continuous until member completes cancellation process.

### Annual

Full year of payment is collected at the time of sale. Annual memberships are good for one year and are renewable. Annually paid dues will not be increased during the 12 month term. Renewals are subject to current rates. We accept cash, check, money order, and most major credit cards.

Non-payment results in membership termination and are still responsible for any outstanding balances

### Lost and Found

The YMCA is not responsible or liable for any damaged, lost, or stolen items. Contact the front desk to retrieve lost and found items. All content that is not recovered will be donated to a local charity after two weeks.

## Membership Cancellations

Memberships are continuous until a written request is given for termination. Members must provide notice by the 10th of that month to avoid payment. It is your responsibility to cancel your membership if you decide to discontinue use of the YMCA facility. Cancellation forms are available at the YMCA front desk. Completed forms should be emailed to [ymcafrontdesk@ymcaworthington.org](mailto:ymcafrontdesk@ymcaworthington.org) or dropped off at the Front Desk.

## Additional Information

### Identification Cards

The YMCA requires members to be photographed for safety and security purposes. Identification cards are members specific. A hold will be applied to your membership if misuse is suspected.

### Membership Access

ID cards are nontransferable. If lost or broken, replacement cards are \$5.

### Gate Scans

Members participating in a health insurance incentive plan are responsible for scanning their own cards at the gate. Staff are not allowed to add visits for missed days. Contact membership services with any questions.

### Lockers

All locker rooms have lockers available for daily use. Lockers do not have locks, so bringing your own lock is encouraged. The YMCA is not responsible or liable for articles damaged, lost, or stolen. Towel/Locker Kit information available

# A YMCA MEMBER

## MY Y IS EVERY Y. NATIONWIDE

We want to encourage members to utilize the Y as often as they can. Sometimes, it's more convenient for members to utilize a Y in a different location when traveling, near a workplace, or in another region.

The reciprocal membership program is valid for YMCA full facility/full privilege members only. Program-only participants may upgrade to a full membership at any time to qualify. Silver Sneakers, Silver & Fit, One Pass, and all Short term membership are not valid on Nationwide Membership.

Visitors must present a valid YMCA membership card, a photo ID, and complete a waiver.

## STAY CONNECTED



[ymcaworthington.org](http://ymcaworthington.org)



[@worthingtonareaymca](https://www.facebook.com/worthingtonareaymca)



[@wgtnymca](https://www.instagram.com/wgtnymca)

The Worthington Area YMCA utilizes multiple ways to help members stay connected to the latest news, events, and programming. Like us on Facebook and Instagram or sign up for our Member E-Updates.

## CONTACT US

**507.376.6197**



- Option 1 - Hours & Location
- Option 2 - Pool Hours
- Option 3 - Member Services
- Option 4 - Staff Directory

## Guests and Visitors

{Photo ID required with each visit}

### Day Passes

Non-members can purchase a daily pass for:

- Youth - \$5.00
  - Age 17 and under must have a parent/guardian present to sign visitor waiver upon first visit.
  - Age 9 and under must have a paid parent/guardian with them at all times while in the facility.
- Adult - \$10.00
- Family {Parent/Guardian + dependents - \$20.00}

### Guests of Members

An individual can be a guest of a member twice per calendar year.

- Guests of any age must complete a visitor form and those 18 and over are required to show a photo ID upon each visit.
- Guests under the age of 18 must have a parent or guardian complete the visitor form prior to facility entry.
- Members are responsible for their guest and must accompany them and remain in the facility
- Guests 8 and younger must be accompanied by an adult 18 or older.
- The Y reserves the right to limit guest passes

# BE IN THE KNOW

## YMCA Code of Conduct

The Worthington Area YMCA is committed to providing a safe and welcoming environment for all. To promote safety and comfort, the YMCA asks all persons to act appropriately at all times when in our facility, on our property or participating in our programs.

The Y reserves the right to deny or refuse service to any person convicted of any offense related to violent crime, the sale, possession, and/or transportation of illegal drugs, or is currently under the influence of illegal drugs or chemicals, narcotics, or intoxicating beverages. In addition, the Y conducts regular sex offender screenings on all members, participants, and guests. If a sex offender match occurs, the Y reserves the right to cancel membership, end programming, and remove visitation access.

## Privacy Policy

We keep your private information private by

- Not selling your information
- Restricting who has access to your information
- Using firewalls and encryption

For a complete notice of our privacy policy, please visit our website

## Photo Policy

The YMCA reserves the right to take photographs of adults and children using the facility or participating in programs to use for promotional materials, including YMCA website and social media. If you do not wish to be included, please inform the photographer.

For person use: audio, camers & video recording devices is prohibited in the YMCA facility unless there is implied authorization. Staff reserve the right to ask members or guests who are taking pictures of or recording to determine if there is implied authorization.

## Program Registration

Members receive a discounted registration for most programs, events, and swimming lessons. Registration can be done online and is available at any time, in person or via phone and can be done during regular YMCA business hours. Early registration is recommended as some classes are limited in size. Some registrations are not accepted over the phone, and all phone registrations require payment at the time of the call

## Program Cancellations

The Y may cancel an activity due to insufficient enrollment. When this happens, we will make every effort to contact registrants 48 hours before the scheduled start and complete refunds will be given.

At the Worthington Area YMCA and during YMCA programming, we expect staff, members and guests to behave in accordance with our mission and values, respecting the rights and dignity of others.

At the YMCA, we demonstrate Caring, Honestly, Respect and Responsibility by:

- Speaking in respectful tones; refraining from the use of vulgar or derogatory language; and by dressing appropriately.
- Resolving conflicts in a respectful, honest and caring manner, never resorting to physical contact or threatening gestures.
- Respecting others by refraining from intimate behavior in public; abstaining from contact of a sexual nature.
- Respecting the property of others; never engaging in theft or destruction.
- Creating a safe, caring environment, never possess, use, or distribute weapon.
- Participating in programs to build a healthy spirit, mind and body; never engaging in the use, sale, dispensing or possession of illegal drugs or narcotics, or use of alcohol or tobacco on YMCA premises or during YMCA programming.

The actions listed below, which are not intended to be an all inclusive list of behaviors, are considered inappropriate and are prohibited in our facilities and programs.

- Using or possessing alcohol or illegal drugs on YMCA property, in YMCA vehicles or facilities, or at a YMCA sponsored program.
- Smoking on YMCA property - All YMCA buildings and grounds are smoke and tobacco product-free environments. This includes vaping and e-cigarettes.
- Carrying or concealing a weapon or any device or object that may be used as a weapon.
- Harassment or intimidation by words, gestures, body language, or any type of menacing behavior.
- Physical conduct with another person in an angry, aggressive, or threatening way.
- Verbally abusive behavior, including profanity, angry language, swearing, name calling, or shouting.
- Sexually explicit conversation or behavior; any sexual contact with another person.
- Inappropriate, immodest, or sexual revealing attire.
- Theft or behavior that results in the destructions or loss of property.
- Loitering within facilities or on the grounds of the YMCA after being requested to depart the YMCA's property.
- use of social networking websites in a manner that is contrary to the YMCA's mission, is detrimental to the community or is in violation of the law.
- Soliciting on YMCA property or at YMCA sponsored programs.

## FITNESS CENTER RULES & RECOMMENDATIONS

1. Open to ages 16 and older
2. Youth ages 13 to 15 can receive a pass to use the fitness center after taking and passing the Active Teens class
3. Wipe off equipment when finished
4. Ask a YMCA staff member for assistance when needed
5. Check with a physician before starting any exercise program
6. No open-toed & open-backed shoes allowed in the fitness center
7. Return equipment to proper storage area after use
8. Observe posted fitness center rules and languages
9. Spray and paper towels will be provided to wipe down each machine after use
10. The YMCA offers personal training for our facility members. Use of non-YMCA personal trainers is prohibited within our facility and may result in loss of membership
11. As a courtesy to all members, when using free weights please return equipment to its proper place at the end of your workout
12. For the safety of all members, collars are required on all free weight bars. Spotters are recommended. Please do not drop weights
13. Shirts must be worn AT ALL TIMES
14. No foul language allowed in the facility
15. No glass allowed in the facility

## POOL RULES & RECOMMENDATIONS

- Swimmer Safety: Obey lifeguards at all times and report problems or emergencies to the lifeguards. The primary function of the lifeguard is to enforce the pool rules and ensure that our pools remain healthy and safe not to discipline or "baby-sit"
- Age Requirements: Children ages 6 and younger must be accompanied by an adult in the water at all times. Children who cannot swim and have not passed a swim test must also be accompanied by an adult in the water.
- Proper Attire: Appropriate swimming attire (swimsuits) is required. No swimsuits or clothing that may be deemed inappropriate is allowed.
- Pool Safety: All swimmers must behave with caring, honest, respect, and responsibility. No running, horseplay, unnecessary roughness, fighting and foul language will not be allowed in the pool area or locker rooms. No back dives, inward dives, spins, or flips from the edge of the pool. Starting blocks are only to be used under the supervision of swim team coach/instructor and only during designated times. Sitting on or hanging from pool ladders, ramps, lane lines and safety lines are not allowed. No spitting, spouting of water or blowing nose in pool. All patrons must obey lifeguards; the decision of the lifeguard is final.
- Food & Drink: glass containers, gum, candy or food of any kind is prohibited in the pool area. Seating is available in the main lobby for snacks.
- Inclement Weather: The Aquatic Center will close all pools immediately in the event that lightning or thunder is present in or around the area. The pools will remain closed until 30 minutes past the last visible lightning strike or episode of thunder.
- Swim Diapers: Children who wear diapers must wear designated swimming diapers, commonly referred to as "little swimmers". Regular diapers are not allowed at any time.
- Floatation Device: Only U.S. Coast Guard approved floatation devices are allowed. Children/adults wearing a personal floatation device must be directly supervised by an adult who is in the water next to the child/adult. If you are directly supervising a child/adult who is wearing a personal floatation device you must stay in the area of the pool that you are able to touch the bottom. Floatation devices are not allowed past the safety rope/black line or in the diving well area.
- Toys and Pool Equipment: Water toys, rafts and other unapproved floatation devices from home are not allowed at any time. Absolutely no rafts or inflatables of any kind are allowed. Kick boards, pull buoys, fins and other swimming lesson equipment may be used for stroke practice under the supervision of a parent or by adults during lap swim. Lifeguards always have the discretion not to allow any equipment or toys for safety reasons.
- Health: If you have an open or exposed wound, please do not use the pools. No person with or suspected of having a communicable disease which could be transmitted through the use of the pool shall be permitted in water. Please do not enter the pool if you are experiencing or recovering from diarrhea or have had any signs or symptoms of stomach disease in the previous seven days.
- Breath Holding Training: All types of breath holding are dangerous and prohibited in all bodies of water. This includes: static, dynamic, and hypoxic training (swimmer trying to hold their breath or swimmer trying to swim as far as they can underwater)

# HAVE FUN & BE SAFE

## Worthington Area YMCA

### Youth Behavior Policies & Code of Conduct



The Worthington Area YMCA is a great place to have fun. Please follow the YMCA Core Values of Caring, Honesty, Respect, and Responsibility.

Children ages 10 and older are allowed to be at the Y without adult supervision.

The YMCA does not provide supervision to youth members, except in the pool during open swim hours. If you are permitted to be at the Y on your own, the expectation is that you follow the guidelines. Any conduct not in keeping with our mission or core values will result in an Incident Report and possible suspension from the facility. Depending on the circumstances, a parent will be contacted to pick you up immediately. Continued violations of the established policies will result in termination of your YMCA membership.

#### GENERAL EXPECTATIONS

- Check in at Front Desk by scanning your membership tag, purchasing a day pass, or have staff look up your account
- Shoes must be worn at all times in all area of the building, except pool
- Remain inside of the YMCA until pick up
- Use appropriate and positive language in all areas of the building at all times
- Wear headphones/ear buds when listening to music/videos on electronic devices
- Displays of affection are not permitted
- Respect all staff, each other, and other members
- Use the facility and equipment for its intended purposes

#### LOBBY

- Use appropriate language and volume
- Eat and drink at table/chairs
- Clean up after yourself and use trash cans for garbage
- Be courteous of others using the common space

#### GYMS



NO  
FOOD OR DRINKS  
ALLOWED

- Be respectful of other gym users
- Equipment should be used for intended purposes only
- Do not hang on the rims, nets, or curtains

#### LOCKER ROOMS



NO  
FOOD OR DRINKS  
ALLOWED

- Cell phone/electronic device use is not permitted in locker rooms
- No loitering/hanging out
- No vaping/smoking
- No rough housing or sports playing
- Use appropriate language and volume

#### POOLS



NO  
FOOD OR DRINKS  
ALLOWED

- Wear appropriate swim attire/swim suit
- Respect lifeguards, staff, and other swimmers
- Listen to all directions from staff, especially in case of emergency
- Swim testing required for anyone under 18 years of age
- No playing on the stairs
- Do not hang on lane lines

#### HALLWAYS/ BATHROOMS



NO  
FOOD OR DRINKS  
ALLOWED

- No running
- Use appropriate volume
- Games are to be played in designated areas only
- Hold sports balls while in hallways
- Clean up after yourself

#### OFF LIMITS

- FITNESS CENTER - 16 YEARS OR OLDER
- MULTI-PURPOSE ROOM - UNLESS GIVEN PERMISSION BY STAFF
- LOCKER ROOMS - ADULT SUPERVISION REQUIRED

# Worthington Area YMCA Youth code of Conduct

In order for every member to have a safe and positive experience, please read the following expectations. They are based upon the YMCA's four core values of Caring, Honest, Respect, and Responsibility.

## Caring

- Care about your fellow members.
- Be encouraging and supportive.
- Care about yourself.
- Make healthy choices.
- Smoking, alcohol, vaping, and drugs at the Y are unacceptable.

## Honesty

- Always tell the truth, regardless of potential consequences
- Be accountable for your actions and decisions, do not blame others
- Avoid gossip, both while talking and listening

## Respect

- Show respect for all community, Y members, and staff; regardless of age, gender, race, etc.
- Follow all established rules and policies for the facility
- Use appropriate and positive language
- Respect the facility and all equipment
- Respect others' belongings; destruction, damage, and theft of property is unacceptable and will be reported to the Worthington Police Department
- Respect all direction and the authority of all YMCA employees
- Bullying and fighting will not be tolerated and is cause for immediate dismissal from the Y. Alert one of the staff members if bullying occurs

## Responsibility

- You are responsible for your own behavior
- Clean up after yourself including bathrooms, pool, locker rooms, gyms, lobby, etc.
- Recording at the YMCA is strictly prohibited on any electronic device
- Use, possession or distribution of alcoholic beverages, controlled substances, tobacco, e-cigs (or related products), anabolic/androgenic steroids, performance enhancing substances, street drugs, or any look a like products are strictly prohibited on the YMCA property. This includes in the building, the parking lot, and grounds. Doing so is cause for immediate dismissal from the YMCA.

Misbehavior is handled on a case-by-case basis. Consequences for inappropriate behavior will vary depending on the situation, but will be handled in a consistent manner relative to the offense. If unacceptable behavior continues, a meeting, either in person or via phone, with the parent(s)/guardian, and CEO will be scheduled to discuss disciplinary action. In case of dismissal from the YMCA, no refunds of membership fees will be given.

## YOUTH YMCA MEMBER/DAY FEE PURCHASER:

I have read and understand the Worthington Area YMCA's Youth Policies and Code of Conduct. I agree to demonstrate honest, caring, respectful, and responsible behavior at all times. I understand that not following these expectations can result in warnings and/or disciplinary actions including suspension or dismissal from the Y.

\_\_\_\_\_  
Youth Printed Name

\_\_\_\_\_  
Youth Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent/Guardian Printed Name

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Date

# The Worthington Area YMCA & City of Worthington Aquatics Center

## Adult Supervision Policy

### **Facility**

For the purposes of this policy, an adult is defined as someone who is 18 years of age or older.

- 0 – 9 years of age o Must have adult supervision in the facility or can be dropped off in the child-watch room.
- 10 and older o Can be alone in the facility without adult supervision.

### **Fitness Center & Track**

For the purposes of this policy, an adult is defined as someone who is 18 years of age or older.

- 0 – 10 o Not allowed in the fitness center or track.
- 11 – 12 o Allowed to use the track, not allowed in the fitness center.
- 13 – 15
  1. Upon completion of the active teens class, or if accompanied by a parent, individuals in this age range can use the fitness center.
  2. An Active Teens Identification Badge must be worn when an individual is using the fitness center.
- 16 and older
  1. Allowed to use the fitness center by themselves. No class required.

### **Aquatics**

For the purposes of this policy, an adult is defined as someone who is 18 years of age or older.

- 0-6 years of age
  1. An adult must be in the pool and within arm's reach of the swimmer(s). Swim testing is required to use the deep end of the lap pool (past the float line) and the diving well (including the rock wall and diving board). Adult Supervision is also required in the locker rooms of the facility.
- 7-11 years of age
  1. An adult must be on the pool deck near the swimmer, or in the pool, actively supervising the swimmer(s). Swim testing is required to use the deep end of the lap pool (past the float line) and the diving well (including the rock wall and diving board). Adult Supervision is also required in the locker rooms of the facility.
- 12-17 years of age
  1. No adult supervision required. Swim testing is required to use the deep end of the lap pool (past the float line) and the diving well (including the rock wall and the diving board).
- 18 and older
  1. No adult supervision required. No testing required.

## **Enforcement of Adult Supervision**

Employees should follow a three strikes rule of enforcement per day of operation. The strikes should reset every day. The main employees that will be enforcing this policy include all full-time staff, lifeguards, and the front desk staff.

**Reminder/ Explanation of the policy – this should be done at the front desk when swimmers arrive.**

**1st Strike – Employee should take the child to the adult and explain the rule.**

If a child is supposed to be supervised, but they have been dropped off without supervision or an adult cannot be found, the parent or guardian of the child should be called immediately. They should then be informed of the policy and a plan should be put into place for how the policy will be followed. This may mean that the child will have to be picked up or an adult will agree to come and supervise the child. Children without proper supervision should wait in the lobby under supervision of the front desk employee, or in the child watch room if it is open, till an adult arrives. For the outdoor aquatic center, the children will wait inside the facility, out of the water, with a staff member.

**2nd Strike – Employee takes the child to the supervising adult and they will be asked to leave the facility for the day at the discretion of the YMCA employee.**

If an adult cannot be found, the parent or guardian of the child should be called. Children without proper supervision should wait in the lobby under supervision of the front desk employee, or in the child watch room if it is open, till an adult arrives. For the outdoor aquatic center, the children will wait inside the facility, out of the water, with a staff member.

## **Further Consequences**

If there are individuals that are repeat offenders of the policy, and they have been clearly informed of the policy to which they understand, then the family (or specific family members) can be suspended. This will be dealt with on a case-by-case basis. A meeting between the Aquatics Director, CEO, Parent & Child will be held to determine further courses of action.

King Turkey Day Run/Walk  
September 16, 2023 @ 9:00am

Start Times

All races will begin at 9:00am and will be lined up with the walkers in the back of the crowd

The 5K and 10K are timed events. The 10K is a USATF certified course.

Packet pick up will be at the YMCA on Fri. September 15th from 4:00 - 7:00 pm or day of at Trends Salon parking lot from 7:30-8:30am. All registered participants will be required to wear their bibs while participating in the event.

Awards

There will be a brief ceremony to award medals to the top 3 finishers in each age category for the 5K and 10K races

Register to race/walk  
Here!



To register for or view additional information go to:

5K/10K

\$25 April 17 - September 1, no shirt

\$35 April 17 - September 1, shirt sizes guaranteed

\$40 September 1 - 16, shirts are not guaranteed

KTD WALK

\$25 April 17 - September 1, no shirt

\$35 April 17 - September 1, shirt sizes guaranteed

\$40 September 1 - 16, shirts are not guaranteed



Please join us at the YMCA Annual

*Awards & Recognition Event*

20 November, 2023

6:00 pm - 7:00 pm

YMCA - Multi-Purpose Room

Awards and Certificates to be presented  
RSVP to 507-376-6197 ext 223

FALL AWARDS CEREMONY

Each year the YMCA hosts our annual Fall Awards & Recognition ceremony. This event is to honor and appreciate our dedicated volunteers that help make our mission come to life!



TRICK OR TREAT

Halloween  
FESTIVAL

HOSTED BY THE  
WORTHINGTON

AREA YMCA

GAMES, CRAFTS, AND  
TRICK OR TREATING!



FRIDAY | OCT 20TH | 4 pm - 6 pm

LOCATION: PIONEER VILLAGE

ENTRY FEE: NON-PERISHABLE FOOD ITEM OR CASH DONATION  
FREE CANDY

FREE PUMPKINS UNTIL GONE

\*CHILDREN MUST BE ACCOMPANIED BY AN ADULT  
(ALL ENTRY DONATION ARE DONATED TO MANNA FOOD PANTRY)



[www.ymcaworthington.org](http://www.ymcaworthington.org)



Join us at the YMCA to give the gift of life!

The Worthington Area YMCA is a proud site host for the American Red Cross Blood Drives! These events are sponsored by Leading Edge Credit Union! You can make a huge impact in a small way!

Future dates at the YMCA:

September 26, 2023 from 12:00 pm - 6:00 pm

December 20, 2023 from 12:00 pm - 6:00 pm

Schedule your donation at:

<https://www.redcrossblood.org/>



GIVE BLOOD  
SAVE LIFE



American  
Red Cross

# King Turkey Day Run/Walk

## September 16, 2023 @ 9:00am

Since 1980 runners have been participating in this scenic Run/Walk down main street Worthington and around Lake Okabena while being cheered on to the finish line on 10th St near the food vendors.

### Start Times

All races will begin at 9:00am and will be lined up with the walkers in the back of the crowd

The 5K and 10K are timed events. The 10K is a USATF certified course.

Packet pick up will be at the YMCA on Fri. September 15th from 4:00 – 7:00 pm or day of at Trends Salon parking lot from 7:30–8:30am. All registered participants will be required to wear their bibs while participating in the event.

### Cost:

#### 5K/10K

\$25 April 17 – September 1, no shirt

\$35 April 17 – September 1, shirt sizes guaranteed

\$40 September 1 – 16, shirts are not guaranteed

#### KTD WALK

\$15 April 17 – September 1, no shirt

\$20 April 17 – September 1, shirt sizes guaranteed

\$20 September 1 – 16, shirts are not guaranteed



### Awards

There will be a brief ceremony to award medals to the top 3 finishers in each age category for the 5K and 10K races

To register for or view additional information go to:



Register to race/walk  
Here!





# Worthington Area YMCA FITNESS



## Group Exercise Schedule/Clases de Ejercicio

Class	Monday	Tuesday	Wednesday	Thursday	Friday
Group Cycling (10)	5:40am				5:40am
Aquanastics (R-\$)	8-8:55am		8-8:55am		8-8:55am
Fusion	9-9:45am		9-9:45am		9-9:45am
SilverSneakers Classic	10-10:45am		10-10:45am		
PICKLEBALL	10am-	10am-	10am-	10am-	10am-
Strong In 30 (12)	5:15-5:50pm	8:30-9:05am	5:15-5:50pm	8:30-9:05am	
SilverSneakers Chair Yoga		9:15-9:55am		9:15-9:55am	
ForeverWell Strength Circuit		10-10:30am			
Strength Train Together (12)		4:15-5:15pm		4:15-5:15pm	
STEP It Up (12)		5:15-6:00pm		5:15-6:00pm	
ZUMBA		6:30-7:30pm		6:30-7:30pm	
Defend Together			4:15-5:15pm		
ForeverWell Strength & Balance Circuit				10-10:30am	
Drumming Alive					10-10:30am

Classes are free with your membership!



### Personal Training Entrenamiento Personal



Whether your goal is to lose pounds/inches, gain strength and balance, reduce stress, increase performance, build muscle/tone, or improve your health, our trainers are dedicated to your success.

Ya sea que su objetivo sea perder libras/pulgadas, ganar fuerza y equilibrio, reducir el estrés, aumentar el rendimiento, desarrollar músculo/tono o mejorar su salud, nuestros entrenadores están dedicados a su éxito.

Length	Number of Sessions			
Members	6	8	12	
	30 min	\$125	\$170	\$220
	45 min	\$175	\$230	\$300
	60 min	\$220	\$295	\$380
	Number of Sessions			
Non-members	6	8	12	
	30 min	\$190	\$250	\$345
	45 min	\$235	\$315	\$425
	60 min	\$285	\$380	\$505



### Active Teens Adolescentes Activos



Active teens: youth ages 13-15 years will learn how to correctly use the strength and cardio equipment in the Fitness Center. By passing this program, the student will receive their Active Teens pass allowing them to use the Fitness Center.

**Member: \$20 Non-Members: \$35**

Adolescentes activos: los jóvenes aprenderán cómo usar correctamente el equipo de fuerza y cardio en el gimnasio. Al aprobar este programa, el estudiante recibirá su pase que le permitirá usar el gimnasio.

### Training Plans Tailored To You!

Planes de entrenamiento a tu medida

Are you looking for a fitness plan that is tailored to your needs, but already have the motivation to work out on your own? Check out our website to see how we can help you create an individualized exercise program!

**2-Day: \$40, 3-Day: \$45, 4-Day: \$50, 5-Day: \$55**

**\*use your plan up to 12 weeks**

¿Está buscando un plan de acondicionamiento físico que se adapte a sus necesidades, pero ya tiene la motivación para hacer ejercicio por su cuenta? Visite nuestro sitio web para ver cómo podemos ayudarlo a crear un programa de ejercicios individualizado.

# Worthington Area YMCA



## FALL 2023 GROUP SWIM LESSONS

<b>Fall Tuesday &amp; Thursday Sept 5 - Sept 28</b>	<b>Aqua Tots</b>	<b>Preschool 1</b>	<b>Preschool 2</b>	<b>Stage 1</b>	<b>Stage 2</b>	<b>Stage 3</b>	<b>Stage 4</b>	<b>Stage 5</b>	<b>Stage 6</b>
5:00-5:30 PM				X		X			
5:35 - 6:05 PM Stage 4 (5:35 - 6:15 PM)		X					X		
6:10 - 6:40 PM Stage 5&6 (6:20 - 7:00 PM)					X			X	X

<b>Fall Monday &amp; Wednesday Session 1 October 9 - November 1</b>	<b>Aqua Tots</b>	<b>Preschool 1</b>	<b>Preschool 2</b>	<b>Stage 1</b>	<b>Stage 2</b>	<b>Stage 3</b>	<b>Stage 4</b>	<b>Stage 5</b>	<b>Stage 6</b>
5:00-5:30 PM	X	X							
5:35 - 6:05 PM			X		X				
6:10-6:40 PM				X		X			

<b>Fall Monday &amp; Wednesday Session 2 November 6 - 29</b>	<b>Aqua Tots</b>	<b>Preschool 1</b>	<b>Preschool 2</b>	<b>Stage 1</b>	<b>Stage 2</b>	<b>Stage 3</b>	<b>Stage 4</b>	<b>Stage 5</b>	<b>Stage 6</b>
5:00-5:30 PM	X		X						
5:35 - 6:05 PM Stage 5&6 (5:35 - 6:15 PM)				X				X	X
6:10 - 6:40 PM Stage 4 (6:20 - 7:00 PM)						X	X		



# Worthington Area YMCA Youth Sports and Rec

**Get Registered Now**  
¡Regístrate ya!



PROGRAM	AGE/ GRADE	DAY OF THE WEEK
Mini-Sports	Pre-school	Saturday Morning
Nerf Football	K - 1st Grade	Tuesday Nights
Homeschool Gym	8th Grade and Under	Monday Afternoon
Fall Soccer	K-6th Grade	Thursday Evenings
Fall Volleyball	3rd - 6th Grade	Wednesday Night Practice with Saturday Morning Games
Boys and Girls Traveling Basketball	4th - 8th Grade	Practice twice a week and play in various towns on 5 Saturdays throughout the season
3 on 3 Sports	3rd-6th Grade	Meets Wednesday after school

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**More Info Available on Our Website**  
[www.ymcaworthington.org](http://www.ymcaworthington.org)

**Para más información visite nuestra pagina**  
[www.ymcaworthington.org](http://www.ymcaworthington.org)

# WORTHINGTON AREA YMCA DIRECTORY

## YMCA Board of Directors

### Officers

Kylie Turner – President  
America Voss – Vice President  
Adam Dahlquist – Treasurer  
Josh Dale – Secretary

### Directors

Ryan Enderson  
Dulce Willardson  
Beve Vajgrt  
Katheria Edens  
Bill Gordon  
Dan Bernstrom  
Jeremy Hallquist  
Roxanne Hayenga  
Lori Dudley  
Andrea Johnson

City Council Representative: Alaina Kolpin

## OUR TEAM

### Executive Director/CEO

Karri Olmanson  
P. (507) 376-+6197 ext. 225  
E. Karri.Olmanson@ymcaworthington.org

### Business/Operations Director

Mark Wibbens  
P. (507) 376-6197 ext 227  
E. Mark.Wibbens@ymcaworthington.org

### Membership Engagement Director

Khrystyna Lupkes  
P. (507) 376-6197 ext 223  
E. Khrystyna.Lupkes@ymcaworthington.org

### Fitness & Wellness Director

Trista Jacobs  
P. (507) 376-6197 ext 230  
E. Trista.Jacobs@ymcaworthington.org

### Sport & Recreation Director

Payton Marquardt  
P. (507) 376-6197 ext 226  
E. Payton.Marquardt@ymcaworthington.org

### Aquatics Director

JoElle Kielkopf  
P. (507) 376-6197 ext 224  
E. joelle.kielkopf@ymcaworthington.org

## CONTACT US

**507.376.6197**



- Option 1 – Hours & Location
- Option 2 – Pool Hours
- Option 3 – Member Services
- Option 4 – Staff Directory

## STAY CONNECTED



[ymcaworthington.org](http://ymcaworthington.org)



[@worthingtonareaymca](https://www.facebook.com/worthingtonareaymca)



[@wgtnymca](https://www.instagram.com/wgtnymca)