

eliminating racism
empowering women

ywca

St. Paul

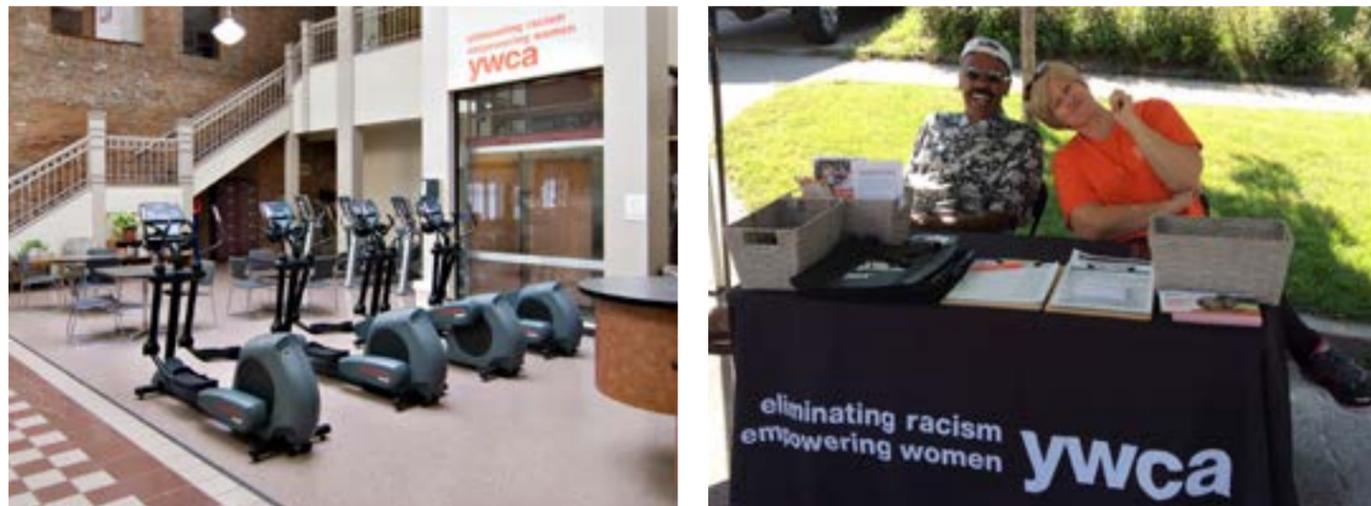
FALL 2019

A photograph of a man and a woman in a gym setting. The man in the foreground is wearing a grey t-shirt and blue shorts, performing a step-up exercise on a grey platform. He is smiling and looking upwards. The woman in the background is wearing a white tank top and grey shorts, also performing a similar exercise. The gym has various equipment and bright lighting.

YW FITNESS

Health & Fitness Center Specialty Class Catalog

Digital version available at ywcastpaul.org/catalog



YWCA St. Paul is more than the Health & Fitness Center (HFC).

We also provide life-changing social services to our neighbors, friends and families in the community. These services help program participants overcome barriers to achieve success in areas characterized by significant racial and gender disparities: housing, income and employment, and academic achievement. The HFC provides wellness programs that strengthen health and quality of life for people of all ages, fitness levels and backgrounds, and our community events and programs help strengthen our neighborhoods. Believe in change and possibility for yourself, and for the community, at YWCA St. Paul.

Join us!

YWCA St. Paul offers a range of membership options. In addition to unlimited access to the HFC’s cardio and strength training equipment, pool and sauna, our members enjoy:

- More than 50 free group fitness classes each week
- Free fitness orientation and personal training consultation
- Discounted rates on specialty classes, personal training and swimming lessons
- Access to Kids Care services
- Monthly member appreciation events

For more information, contact Member Services at 651-225-9922 or visit ywcastpaul.org/fitness/membership.

YWCA St. Paul participates in membership dues reimbursement programs; please contact your insurance provider for details on your specific plan.

Our silver members are pure gold.

A regular senior membership is a monthly investment of \$55. For SilverSneakers® and Silver&Fit® memberships, insurance companies pay YWCA St. Paul \$3 per visit with a monthly maximum of \$30.

Because of this gap, many SilverSneakers® and Silver&Fit® members choose to make one-time or regular donations to show their support for our social services programs. We’re so grateful to these special members! To become a Silver donor, visit ywcastpaul.org/donate.

FITNESS CENTER HOURS

Monday–Thursday	5:30 a.m.–9 p.m.
Friday	5:30 a.m.–7 p.m.
Saturday	7 a.m.–5 p.m.
Sunday	7 a.m.–7 p.m.

The swimming pool, hot tub and sauna close 30 minutes before the rest of the facility. Front doors lock 15 minutes prior to facility close time. Schedules for specialty classes listed in this catalog may change without notice.

KIDS CARE HOURS

Monday	9 a.m.–Noon, 5–8 p.m.
Tuesday	9 a.m.–Noon, 4:30–8 p.m.
Wednesday	9 a.m.–Noon, 5–8 p.m.
Thursday	9 a.m.–Noon, 4:30–8 p.m.
Friday	9 a.m.–Noon
Saturday	8 a.m.–Noon

HOLIDAY SCHEDULE

9/2	Labor Day	Closed
11/28	Thanksgiving Day	Closed
11/29	Black Friday	Open 7 a.m.–7 p.m., No Specialty Classes
11/30–12/1		No Specialty Classes
12/24	Christmas Eve	Open 7 a.m.–7 p.m.
12/25	Christmas Day	Closed
12/31	New Year’s Eve	Open 7 a.m.–7 p.m.
1/1	New Year’s Day	Closed

30-DAY MARATHON

Run/walk a cumulative full or half marathon in September for fun and prizes!

Register at the Member Services Desk!
\$20

TREAT YOURSELF TO FITNESS

10% off all training packages

Offer valid 10/1–10/31



YWCA St. Paul also provides supportive services that help single-parent families stabilize their lives and secure a future of safe, consistent housing.

TREADMILLS & TEMPORARY HOUSING

Text “MISSION” to 651-383-8849 to support our mission of eliminating racism and empowering women.



SPECIALTY GROUP CLASSES

With small class sizes and highly specialized instructors, specialty classes at YWCA St. Paul Health & Fitness Center offer opportunities for multi-week immersion for members and non-members of all ages.

Class offerings vary by season, with specific and/or advanced instruction in disciplines including Pilates, yoga, weight training, sports conditioning, dance and more.

PERSONAL TRAINING

If you need an extra push for accountability or individual attention, YWCA St. Paul's personal trainers are ready to meet you at whatever fitness level you're at and create a custom plan to get you where you want to be.

To get started, contact Kevin Block, Fitness Supervisor, at 651-265-0796 or trainers@ywcastpaul.org.

Mat Pilates: Beginner

Strengthen your core, improve your posture and gain balance with Pilates. Classes are designed for individuals with no previous experience.

Monday, 1:30–2:30 p.m.

Instructor: Fran Ouellette	#	M	N
Session I	7	\$67	\$98
Session II	8	\$76	\$112

Saturday, 1:30–2:30 p.m.

Instructor: Fran Ouellette	#	M	N
Session I	8	\$76	\$112
Session II	7	\$67	\$98

Mat Pilates: Intermediate

Move beyond the basics with more advanced exercises and at a faster pace. Previous Pilates experience is strongly recommended.

Monday, 12:15–1:15 p.m.

Instructor: Fran Ouellette	#	M	N
Session I	7	\$67	\$98
Session II	8	\$76	\$112

Saturday, 12:15–1:15 p.m.

Instructor: Fran Ouellette	#	M	N
Session I	8	\$76	\$112
Session II	7	\$67	\$98

Sense of Balance

Designed specifically for seniors, this class will help reduce both the fear and risk of falling. Simple low-impact exercises and strength training will help improve balance and empower participants to move confidently and independently in daily life. A variety of equipment including chairs, bands and stability balls will be used.

Monday, 10–10:30 a.m.

Instructor: In-Fin Tuan	#	M	N
Session I	7	\$70	\$140
Session II	8	\$80	\$160



AQUATICS

If you're looking for a low-impact way to maintain a healthy weight, heart and lungs, it's time to get in the pool! If there are a few things you need to catch up on, don't miss our September special, 8 private swim lessons for \$160 (\$216 non-members).

POOL RENTAL

Want a fun and active way to spend time with family and friends? Planning a special event or birthday celebration? Rent out a portion of the pool! To reserve a date or for more information, including pricing, contact aquatics@ywcastpaul.org or 651-265-0756.

PRIVATE SWIM LESSONS

Need to learn at your own pace or simply want individual attention? Private (one-on-one) instruction is available! An instructor will design lessons to help you achieve your goals. For more information, contact aquatics@ywcastpaul.org or 651-265-0756.

30-Minute Private Lessons:

\$22 Members; \$30 Non-members

Masters Swimming

The Masters group is for swimmers who can swim 200 yards. It's great for former competitive swimmers and triathletes in training, but competitive swimming experience is not required.

Masters Swimming is a monthly membership:

\$25/month Members
\$65/month Non-members

Attend any of the practices listed below—or all of them!

Sunday, 4:30–5:30 p.m.
Tuesday, 9:30–10:30 a.m.
Tuesday, 7:30–8:30 p.m.
Thursday, 9:30–10:30 a.m.
Thursday, 7:30–8:30 p.m.

Aqua Boot Camp

This fast-paced class uses circuits to improve your stamina, strength, power and speed. Workouts take place both in and out of the water using tubing, dumbbells, aqua-belts and noodles. Aqua shoes are strongly recommended for this creative, high-energy class.

Monday, 7:30–8:30 a.m.

Instructor: In-Fin Tuan	#	M	N
Session I	7	\$67	\$105
Session II	8	\$76	\$120

Wednesday, 7:30–8:30 a.m.

Instructor: In-Fin Tuan	#	M	N
Session I	8	\$76	\$120
Session II	8	\$76	\$120

Monday & Wednesday, 7:30–8:30 a.m.

Instructor: In-Fin Tuan	#	M	N
Session I	15	\$129	\$203
Session II	16	\$137	\$216



YOUTH AQUATICS

Ages 6 months–3 years

Parent & Child

Designed for children 3 and under, this class helps to establish water confidence from a very young age. Your child will learn how to support themselves in the water and will also learn the beginning motions for strokes. A parent or guardian must participate in the class with the child.

Saturday, 9:30–10 a.m.	#	M	N
Session I	8	\$76	\$120
Session II	7	\$67	\$105

Ages 3–5

Goldfish

Developed for children ages 3 to 5 who have little or no experience in the water, this class works to build water confidence. Swimmers will develop stroke technique and learn how to support themselves in the water. Parents are welcome to watch, but children will be swimming independently.

Saturday, 10–10:30 a.m.	#	M	N
Session I	8	\$76	\$120
Session II	7	\$67	\$105

Ages 5–8

Betta Fish

During this class children ages 5 to 8 will build water confidence, gain the ability to support themselves in the water, and receive an introduction to basic survival strokes. In addition to learning to tread water for short periods of time, swimmers will also begin working to swim full lengths of the pool.

Saturday, 10:30–11 a.m.	#	M	N
Session I	8	\$76	\$120
Session II	7	\$67	\$105

Ages 6–8

Dolphin

Swimmers ages 6 to 8 will focus on learning competitive strokes and techniques during this class. In addition to receiving an introduction to the four competitive strokes, swimmers will learn dives and competitive turns. Upon completion, swimmers will be able to support themselves in the water for extended periods of time and swim multiple lengths of the pool without pause.

Saturday, 11–11:30 a.m.	#	M	N
Session I	8	\$76	\$120
Session II	7	\$67	\$105

Ages 9–12

Lobster

This class for swimmers ages 9 to 12 focuses on competitive strokes and techniques. Swimmers will master all four competitive strokes and also learn a variety of dives and competitive turns. Upon completion, swimmers will be able to support themselves in the water for extended periods of time and swim multiple lengths of the pool without pause.

Saturday, Noon–12:30 p.m.	#	M	N
Session I	8	\$76	\$120
Session II	7	\$67	\$105

Snow Crab

Geared for children ages 9 to 12 who are new to the water, this class focuses on building both skills and water confidence. Swimmers will be introduced to survival strokes and will learn to tread water for short periods of time. They will also be introduced to swimming full lengths of the pool.

Saturday, 11:30 a.m.–Noon	#	M	N
Session I	8	\$76	\$120
Session II	7	\$67	\$105



PIRANHAS SWIM TEAM

Is your child interested in joining a competitive swim team? The Piranhas offer a range of options for ages 5–18 to progress, develop skills and build confidence. Swimmers will be placed on the appropriate team level (Juniors, Bronze, Silver or Gold) based on a coach's assessment. To schedule an assessment, contact Beth Peterson at 651-265-0756 or bpeterson@ywcastpaul.org.

PIRANHAS JUNIORS: AGES 5–10

For swimmers who are comfortable in the water but new to competitive swimming. Junior Piranhas will not compete in swim meets.

Wednesday: 5:30–6:30 p.m.
Friday: 4:30–5:30 p.m.

*Piranhas Juniors offered as a monthly membership only; not eligible for drop-in classes.

Single Drop-in: \$14
10 Drop-in Pass: \$130
20 Drop-in Pass: \$240

Monthly Membership:

Juniors: \$65*
Bronze: \$80
Silver: \$120
Gold: \$140

PIRANHAS BRONZE: AGES 6–10

For swimmers who can complete training sets using freestyle and backstroke legally, with a focus on technique improvement and longer swims.

Monday, Tuesday, Wednesday & Thursday: 4:30–5:30 p.m.

PIRANHAS SILVER: AGES 9–14

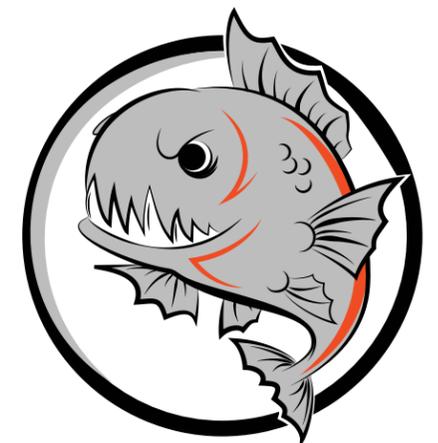
For swimmers transitioning from technique training to more interval or endurance swimming.

Monday, Tuesday, Wednesday, Thursday & Friday: 5:30–6:30 p.m.

PIRANHAS GOLD: AGES 11 AND UP

For swimmers ready to start more intense training with the ability to train for individual medley and distance freestyle in higher levels of competition.

Monday, Tuesday, Wednesday & Thursday: 4–5:30 p.m.
Friday: 4:30–5:30 p.m.





YW KIDS

Active kids become active adults: Start a lifelong love of staying active with YW Kids classes! Classes are open to children of all genders and provide an outlet for creativity and physical activity, which is shown to impact brain development, behavior, self-efficacy and more.

Ballet (Ages 6–9)

Children learn ballet vocabulary, movement, positions and steps taught using a joyful, non-competitive, success building approach respectful of individuality. Students learn to dance expressively while developing and improving physical skills.

Saturday, 10–10:55 a.m.

Instructor: Fran Ouellette	#	M	N
Session I	8	\$68	\$104
Session II	7	\$60	\$91

Creative Dance (Ages 3–5)

Boys and girls learn how to create movement and dance to music in a fun, success-building environment. New material is covered each session emphasizing self-expression, imagination and physical skill development.

Saturday, 11–11:55 a.m.

Instructor: Fran Ouellette	#	M	N
Session I	8	\$68	\$104
Session II	7	\$60	\$91

REGISTER ONLINE

Please visit www.ywcastpaul.org/register to complete your specialty class registration. To register in person, stop by the Member Services Desk and staff will be happy to assist you.

CREATING YOUR ACCOUNT

- 1 Visit www.ywcastpaul.org/register
- 2 Click **Login/Register**
- 3 Click **Click Here** under “Don’t Have an Online Account?”
- 4 Enter your email and last name
- 5 Select **Member Number** and enter your ID number (available from the Member Services Desk)
- 6 Click **Register**

DUAL & FAMILY MEMBERSHIPS

Each individual in your household has a unique ID number. When registering, please be sure to log in as the individual who will be attending the class.

NEED HELP?

- ✉ Nerickson@ywcastpaul.org
- ☎ 651-225-9922

REGISTERING FOR CLASSES

- 1 Visit www.ywcastpaul.org/register
- 2 Log in using your credentials
- 3 Click the calendar icon next to the date and select:
 - Sept. 3 for Fall Session I
 - Oct. 28 for Fall Session II
- 4 Browse classes using the forward/back buttons in the bottom left corner of the page or search for a specific class using the search bar at the top of the page
- 5 When you have found a class, click **Details**
- 6 Click **Enroll**
- 7 Click **Add to Cart**
- 8 Click **Checkout**
- 9 Enter your billing information and click **Review Order**
- 10 Confirm order details and click **Submit Order**

SWIM

FITNESS FOR EVERY BODY.



For a limited time, members get 8 private sessions with a YW Swim Instructor for \$160.
(\$216 for non-members)

Offer valid September 1-30, 2019