



Red Wing Family YMCA

E-mail newsletter for July

July 2010

Volume 2, Number 7

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Red Wing Family YMCA Mission Statement

The mission of the Red Wing Family YMCA is to improve the quality of life for individuals and the community through programs that build healthy spirit, mind and body.

Values

- **Caring**
- **Honesty**
- **Respect**
- **Responsibility**

Vision

**We build strong kids,
strong families,
strong communities.**

Contact Us

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danderson@redwingymca.org

Building a Better YMCA for You

The remodeling has begun! The work crew started in the boys' locker room on June 14th. The column showers were removed and four semi-private showers were installed. The walls and ceiling will be tiled as well as the area between the lockers. New lockers will be installed at the end of the summer. On Friday, June 25th, we started work in the girls' locker room. The shower valves and the mixing valve are being replaced. This should solve the hot water issue that we have been experiencing. Later on this summer will be removing the ceiling tiles and lockers and replacing them with new.

Future work projects include the adult locker rooms, replacing the carpeting in the Wellness Center, replacing the cardiovascular equipment with new, updating the Lap Pool, cleaning the floor of the Rec Pool, and updating the HVAC system. The adult locker rooms will be the next to close. While we are working in there, the adults will share the boys and girls locker rooms or use the family locker room. The pools will close on Friday, July 30th. It will take six weeks for the repairs on the Lap Pool. We are working with Dave Borgen, Community Rec Director, to reserve some pool time at Twin Bluff and possibly the Colvill Aquatic Center. We are hoping that the Rec Pool will only be closed for a week or two.

Our goal is to keep you informed as we progress. At the Y, we will post the closings and projects at the front desk. On our website, we have dedicated one page to updates. We are also sending out email updates. If you would like to be added to this list, please contact David Anderson at danderson@redwingymca.org. If you have questions about the remodeling project, please stop in and see me.

Next week, a group from our Y will be attending the National Convention in Salt Lake City. At the convention, the YMCA of the USA will be announcing the new vision for the Y and the new logo and a new strategy which will make it easier for people to understand our cause and the critical role we play in our community. Very exciting time to be a part of the YMCA!

Mike Melstad,
Executive Director

Summer Hours

Monday-Thursday

4:30 am-9:00 pm

Friday

4:30 am-7:00 pm

Saturday

7:00 am-2:00 pm

Sunday

8:00 am-12:00



Facility Hours
for the
Fourth of July Weekend

Friday

4:30 am – 7:00 pm

Saturday

7:00 am -2:00 pm

Sunday

Closed

Monday

4:30 am – 9:00 pm

To view the Summer
Fitness Class Schedule
go to:

www.redwingymca.org

Click on Fitness Classes

Time for eating close to the land



SUMMER'S ABUNDANCE IS IN FULL FORCE and there's no better time to introduce or reintroduce fresh produce to your table. Think berries at breakfast, lettuces at lunch and vegetables at dinner. Right out of the carton or charred on the grill, fruits and vegetables can take center stage at each meal. The Red Wing Farmers Market, Grocery stores and food co-ops are all good options.

Try the Red Wing Library, Red Wing Famer's Market website www.redwingfarmersmarket.org or the Red Wing Community Gardens website www.rwcommgardens.org for some new recipes. Experiment with canning or freezing so you can have access to summer flavors all year long. Make this summer you and your family embrace eating closer to the land.

River City Ramble



Sunday, August 8th

5K Run/Walk,

1/2 Marathon Relay (2 person),

1/2 Marathon &

Kids 1K Fun Run

8:00 am at Bay Point Park

Register online at www.runredwing.com. All proceeds will help support youth programs at the Red Wing Family YMCA.

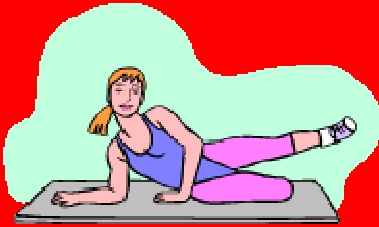
Volunteers Needed

We are looking for volunteers to help in the following areas for the River City Ramble: Water Stations, Course Marshalls, Registration, Start/Finish Line, Food and Entertainment, and Parking and Security. If you would like to volunteer, contact Stephen McKenzie at smckenzie@redwingymca.org

What's Happening

Family Fun Nights – During the month of July, every Thursday night is Family Fun Night at the YMCA! Families may swim, slide in the Rec Pool, swim and play on the Yellow Submarine in the Lap Pool, play in the gyms or try racquetball. Family Fun Nights are open to all families in the community. The cost is \$10 per family, free for YMCA family members. For more information contact David Anderson at danderson@redwingymca.org.

Extended 2nd Grade Baseball – The Y will offer an extended baseball



Saturday Instructor's Choice Fitness Classes

for July

July 3rd

No class

July 10th

Kettlebells Pass class at 8:15
am

Jam 'n Blast at 9:15 am

July 17th

Zumba at 9:15 am

July 24th

Splash Aerobics at 10:00 am

July 31st

Step n Body Blast at 9:15 am

Stay cool at the YMCA POOL



For up-to-date open swim and
waterslide times for July, go
to: www.redwingymca.org

[Click on Rec Pool](#)

For up-to-date lap swim times
for July, go to:

www.redwingymca.org

[Click on Lap Pool](#)

program for 2nd graders who are interested in playing more games. It will be on Thursday nights, July 8th, 22nd & 29th. Registration is required. The cost is \$15 per child, \$5 for YMCA members.

Basketball Camp – The YMCA will be offering a Basketball Camp for boys and girls who have completed kindergarten, 1st and 2nd grades. It will be held July 20th-23rd from 10:00 am-12:00. Registration and payment are required. The cost is \$40.00 per person, \$30.00 for YMCA members.

6th-8th Grade Pickup Baseball – This program will be offered July 26th, 27th & 29th and August 2nd-3rd & 5th from 10:00-12:00 at Twin Bluff Middle School. Open to all boys who have completed 6th, 7th or 8th grade. Registration and payment are required. The cost is \$40 per player, \$30 for YMCA members.

Flag Football Camp – This camp is open to all boys and girls who have completed 1st-4th grades. It will be held August 9th-12th at Twin bluff Middle School from 8:30-10:30 am. Registration and payment are required. The cost is \$40 per player, \$30 for YMCA members.

Contact Josh Thygesen at jthygesen@redwingymca.org for more information on any of these youth sports programs.

SilverSneakers® Muscle Strength & Range of Motion – This class will be meeting at 8:00 am on Monday, Wednesdays and Fridays instead of 10:30 am. Martha Harris will be teaching.

Twilight Aqua – We have added another water fitness class in the evenings. Is class will be held on Mondays from 6:45-7:45 pm.

Family Golf – Looking for something different to do? Try golfing at the Red Wing Golf Club. On Thursdays, between 10:00 am – 4:00 pm, families may play nine holes of golf and have the use of a cart for only \$12.00 per adult. Kids golf for free. You will need to show your membership card when checking in.

Important Dates

- **Sunday, July 4th** – The Y is closed in observance of Independence Day
- **Tuesday, July 13th** – Summer Rec Buffalo and Bowling at Prairie Island/Treasure Island Resort & Casino
- **Tuesday, July 13th** – PACT Class at 10:00 am
- **Sunday, July 18th** – Mighty Mite Day at the Red Wing Aces
- **July 20th-23rd** – Basketball Camp from 10:00 am-12:00
- **Friday, July 23rd** – Submarine will be launched from 1-3 pm
- **Thursday, July 22nd** – Summer Rec What's Living in the River at the Izaak Walton League
- **Tuesday, July 27th** – PACT Class at 3:00 pm
- **Sunday, August 8th** – River City Ramble

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off our distribution list,
please send an email to
David Anderson at
danderson@redwingymca.org

YMCA

We build strong kids, strong families, strong communities