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RED WING FAMILY YMCA
Winter 2026

DONATE TODAY



434 Main Street
Red Wing MN 55066
651-388-4724
redwingymca.org

APP: Search Daxko in the APP Store or Google Play and search Red Wing Family YMCA

DOWNLOAD THE NEW APP!

IPHONE



ANDROID



Updated: 1/26/2026



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

RED WING FAMILY YMCA

434 Main Street
Red Wing, MN 55066
651-388-4724 | redwingymca.org

HOURS OF OPERATION

Monday – Thursday: 5:00 am– 8:30 pm
Friday: 5:00 am– 7:00 pm
Saturday 7:00 am – 2:00 pm
Sunday 7:00 am – 12:00 pm

HOLIDAY SCHEDULE

Easter: Closed
Memorial Day: Closed
4th of July: Closed
Labor Day: Closed
Thanksgiving Day: 7:00 am–12:00 pm
Day after Thanksgiving: 7:00 am–12:00 pm
Christmas Eve: 7:00 am–12:00 pm
Christmas Day: Closed
New Years Eve: 7:00am–12:00 pm
New Years Day: 7:00am–12:00 pm

WELCOME TO OUR YMCA!

Thanks to the unwavering support of our Members and Donors our YMCA has been able to adapt and respond to the ever-changing needs of our community. We have served our community this past year through our key areas of focus.

Through Youth Development we offered Summer Camp so all kids have access to their best summer ever. Preschool programs have offered early learning and school readiness. We are also offering non-school day programming.

Through Healthy Living, Financial assistance has given individuals and families access to programs that fight chronic disease, provide family time, keep youth active, and help seniors stay ForeverWell through YMCA membership.

Through Social Responsibility, Swim Lessons are preventing drownings, Youth in Government is producing our future leaders, and we continue our economic impact by partnering with over 20 local organizations and employing over 120 community members.

Thank you all for supporting our Red Wing Family YMCA.

Yours in service,
Bryan Soper | CEO

OUR MISSION

To enhance the quality of life for all individuals and the community through programs that build healthy spirit, mind, and body.

EQUITY STATEMENT

The uniqueness of every individual is valued and celebrated at the Red Wing Family YMCA. We are committed to advancing equity for all so that everyone, regardless of age, gender, income, faith, national origin, race, gender identity, sexual orientation or diverse abilities, has the opportunity to reach their full potential with dignity and live life to its fullest.

LEADERSHIP STAFF

Bryan Soper	CEO
Erik Burton	Camp Pepin Director
Heather Kahl	Early Childhood Education Director
Matt Zolondek	Facilities Director
Emily Hadler	Healthy Living Coordinator
Steve Hanson	Membership Associate
Dalton Huppert	Program Director Aquatics

THANK YOU!

2025 Annual Campaign Donors

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MEMBER BENEFITS

By joining the Red Wing Family YMCA, you get all kinds of great perks from discounted program and Camp fees to full access to our facility all year round!

- Free Child Watch for Family Memberships
- Free Group Fitness Classes
- Free Equipment Orientation
- Reduced Program Registration Fees
- Priority Program Registration
- 2 Gymsnasiums
- Walking / Jogging Track
- Two Racquetball Courts
- 1,000 square foot Wellness Center with cardiovascular and weight lifting equipment
- Access to the Aquatics Center:
 - 25-yard Lap Pool
 - Recreation Pool with Waterslide
 - Waterslide will open depending on staff availability-check with a lifeguard
 - Whirlpool 18+
- Men's & Women's Saunas 19+
- Aerobic / Fitness Studio
- Yoga / Pilates Studio
- Locker Rooms for individuals and families



SOCIAL RESPONSIBILITY

Give online at redwingymca.org

ANNUAL CAMPAIGN

Make a meaningful, enduring impact right here within the Red Wing YMCA community by donating today! Help us deliver over \$300,000 of impact to our community.

YOUTH DEVELOPMENT: Summer camps so all kids have access to their best summer ever, preschool for early learning and non-school days programs for Red Wing families.

Camp Pepin

600 Individual Camper Weeks
\$42,000 in scholarships

Full Day Preschool

60 Kids enrolled annually
\$12,700 in scholarships



Non-School Day Program

120 enrolled in non-school day programs
\$67,300 in scholarships

HEALTHY LIVING: Financial assistance for individuals and families so they have access to programs that fight chronic disease, provide family time, keep youth active, and help seniors stay ForeverWell through Y membership.

ForeverWell

42% of our members are 55+
\$205,000 in scholarships & subsidies



Family Scholarships

214 members receive scholarships
\$34,000 in scholarships



Youth Memberships

205 youth memberships
\$98,000 in scholarships & subsidies

SOCIAL RESPONSIBILITY: Swim Lessons for drowning prevention, Youth in Government to develop our future leaders and our economic impact as an employer and partner to other community agencies.

Drowning Prevention

1,314 swim lessons given annually
\$10,000 in scholarships



Youth in Government

50 students in Model Assembly
\$15,000 in scholarships & subsidies



Economic Impact

Over 100 employees annually
22 community & non-profit partners

YMCA ANNUAL BANNER PROGRAM

Your contribution to this program ensures that we are able to turn no one away for an inability to pay for programs including preschool, Youth in Government, swim lessons, Camp Pepin, and Kids Power Club. Banners are 2.5' x 4' and displayed throughout our facility. Connect with us about being a part of this program today!



ENDOWMENT: HERITAGE CLUB

A heritage of community strength leaves a legacy for generations to come. In fact, our Red Wing YMCA was established with a gift from philanthropist James Lawther. We have continued to grow throughout the years because each generation has chosen to continue to build on this legacy.

Giving can be done through your will or trust and is one of the most popular and flexible ways to support our cause.

- Tributes & Matching Gifts
 - Make a gift in honor or memory of a loved one
 - Secure a matching gift from your employer
- In-Kind Donations
- Legacy Gifts
 - For planned or deferred giving

For more information about joining Heritage Club or our Banner Program, contact Bryan Soper, CEO: bsoper@redwingymca.org

2026 MEMBERSHIP TYPES & RATES

Youth	Ages 12-17	\$25/ month
Young Adult	Ages 18-25	\$47 / month
Adult	Ages 26+	\$62 / month
Dual	2 Household Adults	\$85 / month
Family	2 Household Adults and Dependents*	\$89 / month + Free Child Watch Services

*Dependents must be immediate family, live in the same household, and be listed as dependents on IRS 1040.

HOW DO I PAY FOR MY MEMBERSHIP?

Membership is payable through monthly automatic bank, debit or credit card draft. If rates change, you will be notified 30 days in advance. Returned drafts will incur a \$15 fee.

ENROLLMENT FEE

A \$25 enrollment fee is required for all new memberships. If you have not been a member for 30 days, you are considered a new member. Youth memberships do not carry an enrollment fee.

LOCKER RENTAL

Lockers may be rented for \$60 annually. Lockers are for day use only unless rented through this program.

MEMBERSHIP CANCELLATION

All memberships will auto renew unless given a 30 day written notice before the next draft date. Member fees are not refundable.

HOW DO I REGISTER FOR A MEMBERSHIP?

Stop in and visit us for a tour, while you're here, we will provide you with all of the documents you need to get started. You can also find our complete membership packet on our website!

FINANCIAL ASSISTANCE

The Y's Personal Pricing Program ensures that membership and programs are always available to everyone in our service area regardless of their financial situation. This program is supported by contributions to our Annual Campaign, grants from local funders and direct donations.

INCLEMENT WEATHER POLICY

If programs or classes are cancelled, we will notify participants via our website, social media, and mobile app. If you prefer to call the YMCA to verify your class, speak to the Welcome Desk.

Other programming may vary due to staffing. All fitness classes will follow the Red Wing Public School District's school delay or cancellation policy as follows:

- If school is delayed, morning classes are cancelled. Classes held after 10:00 am will be held per the regular schedule.
- If school is cancelled, there will be no group fitness classes. A workout of the day will be available in the Wellness Center for members & guests to utilize.

REFUND POLICY ON FEE-BASED CLASSES & ACTIVITIES

- If a class is cancelled by the YMCA, then a full refund will be given.
- If a participant has to withdraw due to sickness/injury and has a medical excuse, a full refund will be given.
- If a participant withdraws from the class for other reasons, the following policy applies:
 - 14 days before the start of the class 100% refund
 - 7-13 days before the start of class 75% YMCA Credit
 - 1-6 days before the start of class 50% YMCA Credit
 - Start of class or later no refund



PRESCHOOL / FULL - DAY CHILDCARE

Serving Children 33 months - 5 years

Whether you are looking for full or part-time care for your child, our fully licensed childcare program has the flexible scheduling you need for your family. Our childcare program offers an engaging environment where your child can learn and grow. We offer enriching, creative hands-on activities and the opportunity for your child to participate in other YMCA programming while in our care. Our curriculum includes 1 2 3 Learn, Second Step, Conscious Discipline and S.M.A.R.T. curriculum. Children will enjoy extra activities like weekly swimming, optional swimming lessons, trips to the library and much more! All of our teachers are qualified Early Childhood Teachers recognized by the state of Minnesota. Full-day enrollment will have priority, part-day enrollment will be considered based on availability.



CURRICULUM & PROGRAM HIGHLIGHTS

- Care Provided
 - 6:00 AM -6:00 PM, Monday-Friday
- 1 2 3 Learn
- Second Step
- Conscious Discipline
- S.M.A.R.T Curriculum
- Age appropriate activities to help your child reach their milestones
- Weekly pool time
- Fall and Spring Swim Lessons
- Library Trips
- Large motor activities in gym, child watch area and walking / running track
- Weekly outdoor adventures (weather permitting)
- Healthy morning and afternoon snacks

Our Early Childhood Education Center has demonstrated all of Parent Aware's practices with a commitment to ongoing quality improvement.

- Responds to unique cultural customs and needs of children & families
- Offers activities that encourage family participation and help transition children to kindergarten
- Gives families opportunities to provide program feedback
- Shares child development updates with families to set goals together
- Makes accommodations for children with special needs and their families
- Highly-qualified, trained leadership staff, teachers, and providers
- Creates a program-wide professional development plan
- Encourages healthy living through nutrition and physical activity, always evaluating to set goals for growth.



Child Care Rates

A one-time \$50 registration fee required for all options

Full Time M-F	YMCA Member: \$187 / Week	Non-Member: \$202 / Week
Single Day	YMCA Member: \$70 / Day	Non-Member: \$80 / Day

For more enrollment information, contact Child Care Director Heather K.: hkahl@redwingymca.org

Proud Partner



United Way of Goodhue, Wabasha & Pierce Counties

Give Online: redwingymca.org

2026 - 2027 YOUTH IN GOVERNMENT (Grades 8-12)

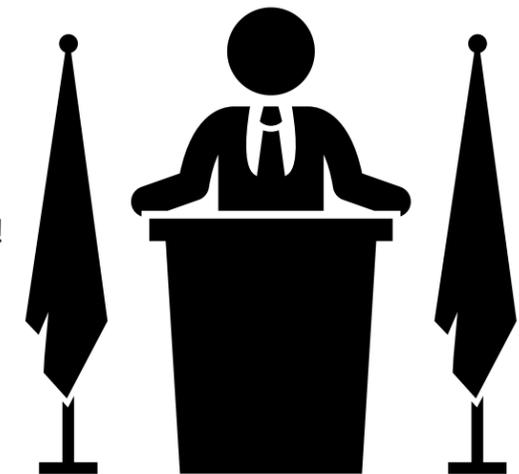
Since 1946, students across our region have participated in Youth in Government (YIG), an immersive four days that includes focused discussions on current issues, a wide variety of social events, engaging evening activities, time for small-group reflection, and hands-on leadership development.

High School students will choose to serve as legislators, judges, attorneys, lobbyists, media representatives, or cabinet members. Eighth-grade students start by participating as a member of the Leadership Corps where they will get to experience all areas of the program to allow them a chance to choose how to continue their YIG journey in high school.

At the end of October, delegates from all over the state come together for our in-person LAUNCH event to help prepare for the four-day conference in early January. Delegations from all over the state of Minnesota and Western Wisconsin will come together between the Hilton Hotel in Minneapolis and the Minnesota State Capitol to engage in the 71st Minnesota Youth in Government session!

YIG Delegation forms in September. Steering Committee members will start recruitment at Red Wing Public Schools.

- 2026 - 2027 Information Coming Soon!



2025 Youth In Government





GROUP FITNESS: WATER

WATER FITNESS CLASSES AT THE RED WING FAMILY YMCA

Center yourself with high levels of body/mind/spirit fitness with Yoga at the Red Wing Family YMCA. Yoga classes are perfect for all levels of fitness and all levels of experience.

Deep Water Fitness

1 2 3

Intense, fun deep water class for those looking to step up their fitness program. Enjoy great music and total body fitness with emphasis on core stabilization for a great challenge. Swimming skills are recommended, belts are provided to participants.

FOREVERWELL Water Fitness

1 2

A gentle class held in our Recreation Pool, designed to ease into movement and improve range of motion and balance. A great entry level class with plenty of modifications based on participant ability.

Shallow Water Fitness

1 2 3

A shallow water cardio class for any level of fitness. Variety and full-body exercises combine to make an excellent workout. Swimming skills are not needed for this class.

Water Bootcamp

1 2 3

This class will lead participants through a rugged workout of sports drills, circuits and interval training. Using the properties of water, these exercises are designed to improve strength and stamina.

Water Tabata

1 2 3

This class utilizes intervals and timing to perform movements for 20 seconds of maximum intensity with 10 seconds of rest. Moderate to high intensity movements will boost both aerobic and anaerobic capacity.

Water X

1 2 3

Intense, fun water exercise class for those looking to step up their fitness program. Great music and total body fitness with emphasis on core stabilization for a great challenge. Belts are provided for any wanting no impact.



SPECIALTY CLASSES

Beginner Ballet (\$)

Thursday, 5:30 PM – 6:30 PM, Small Studio

Ballet experience is recommended for this class.

An opportunity to explore and experience the beauty and benefits of classical ballet. We focus on developing our posture, strength, flexibility, muscle control, and balance in a fun, encouraging environment. This class is suitable for those with little or no ballet-experience.

Intermediate Ballet (\$)

Monday, 9:00 AM – 10:15 AM, Small Studio

Ballet experience is recommended for this class.

Experience the beauty and benefits of ballet. In this class, we focus on developing our posture, strength, flexibility, muscle control, and balance in a fun, encouraging atmosphere. This class includes fundamental ballet barre exercises including: pliés, tendus, dégagé, rond de jambes, fondus, and frappés, grand battements and even pirouettes. Gain grace, strength, memory, and posture while enjoying beautiful ballet music.



SCHOOL AGE CHILD CARE



BEFORE / AFTER SCHOOL & NON-SCHOOL DAYS CARE (Grades K- 5)

When school is out, the Y Certified School Age Child Care Program is in! A variety of activities are geared toward individual interests to keep kids engaged. This program is available during the week for before and after school care—a school bus will drop them right out in front of the Y, so no more worrying whether or not they made it to their location safely!

ONE TIME REGISTRATION FEE: \$50

Before School Care

After School Care

Weekly Before School Care ONLY

Weekly After School Care ONLY

Weekly Before & After School Care

6 AM – Bus Departure

Bus Drop Off – 6 PM

6 AM – Bus Departure

Bus Drop Off – 6 PM

Monday – Friday

YMCA MEMBER RATE

\$12 / Day

\$14 / Day

\$50 / Week

\$60 / Week

\$105 / Week

NON-MEMBER RATE

\$14 / Day

\$16 / Day

\$60 / Week

\$70 / Week

\$110 / Week

NON-SCHOOL DAY CARE PROVIDED FROM 6 AM – 6 PM

Non-School Day

Non-School Half Day (Early Release)

Non-School Week

\$40 / Day

\$25 / Day

\$180 / Week

\$50 / Day

\$35 / Day

\$230 / Week

KIDS POWER CLUB-SUMMER DAY CAMP (Grades K – 5)

Join our certified summer care program. Kids Power Club will offer your child a feeling of connection as they build relationships with peers and staff in a safe, healthy and exciting environment! Our program participants also have opportunities to participate in gym games, swimming, field trips, outdoor adventure and STEM activities!

This program operates Monday – Friday with care from 6 AM – 6 PM

Five year old's must be entering kindergarten in the upcoming school year.

2026 Rates Available Soon!



CHILD WATCH – DROP IN CHILD CARE (6 Weeks – 8 Years)

The Y is here to help you achieve balance in your busy lifestyle. We'll watch your children play up to 2 hours a day while you workout! Our Child Watch services are provided for parents while attending classes, using the Y for fitness, or participating in activities WITHIN THE FACILITY. Children play under the supervision of caring, trained YMCA staff. This is included in your family membership.

CARE HOURS:

Monday-Saturday Mornings: 9:00 AM – 11:30 AM

Monday-Thursday Evenings: 4:30 PM – 7:00 PM

Child Watch is FREE for members with a Family Membership
Guest Fee: \$20 per day, per child



For more information regarding any of our child care programs, contact Heather K.: hkahl@redwingymca.org



AQUATICS

GROUP SWIM LESSONS (\$)

Group lessons are 30 minutes in length and are designed to fit your families busy lifestyle. Lessons are offered all year long and there is no need to be a member to participate.

2025 Lesson Rates:

Member: \$65 | Non-Member: \$85

Choosing the right lesson is easy!

Can the student respond to verbal cues and jump on land?

NOT YET

A: Water Discovery

Will the student go underwater voluntarily?

NOT YET

1: Water Acclimation

Can the student do a front and back float on his or her own?

NOT YET

2: Water Movement

Can the student swim 10-15 yards on his or her front and back with face in the water?

NOT YET

3: Water Stamina

Can the student swim 15 yards of front and back crawl?

NOT YET

4: Stroke Introduction

Can the student swim front crawl, back crawl, and breaststroke across the pool?

NOT YET

5: Stroke Development

Can the student swim front crawl, back crawl, and breaststroke across the pool and back?

NOT YET

6: Stroke Mechanics

PRIVATE & SEMI-PRIVATE LESSONS (30 Minute Sessions)

Private swim lessons provide a one-on-one experience for individuals. You may also choose the family friendly option of 2-on-1, 3-on-1, or 4-on-1. Participants work directly with their instructor to determine lesson goals and schedule. **Please complete a private lesson inquiry for appropriate pricing for your needs and goals: redwingymca.org/swimlessons**

Lesson Type	1 Session	2 Sessions	4 Sessions	6 Sessions	8 Sessions
1-on-1 Private Lesson	\$35 / \$45	\$70 / \$90	\$120 / \$160	\$165 / \$225	\$200 / \$280
2-on-1 Semi-Private Lesson	N/A	N/A	\$80 / \$100	\$105 / \$125	\$120 / \$140
3-on-1 Semi-Private Lesson	N/A	N/A	\$72 / \$90	N/A	\$112 / \$126
4-on-1 Semi-Private Lesson	N/A	N/A	\$56 / \$70	N/A	\$80 / \$100

Pricing Listed: MEMBER / NON-MEMBER

For questions regarding lessons, please reach out to Aquatics Director, Dalton H., dhuppert@redwingymca.org



YOGA CLASSES

Slow Flow Yoga

1 2 3

Join us to release and reset as we move through Sunday Slow Flow yoga- breath, mindful flows and slow stretches. All levels welcome.

Yoga: Strength, Balance & Flow

1 2 3

This mat based vinyasa style yoga class is designed to link breath with movement to help you feel strong, grounded, and centered. Each class combines a series of strength building poses, balancing poses, and muscle lengthening poses in a flowing sequence. Yoga blocks, straps & blankets are props used to enhance the practice. All levels welcome.

Yoga Flow 45

1 2 3

Join us for this fun flowing 45 minute class focused on balance, strength and your favorite yoga poses. All are welcome!

Yoga: Strength & Stability

1 2 3

This mat based class combines mindful movement, strength-building postures, and balancing poses to help you feel grounded, strong, and centered. Props such as yoga blocks, straps & weights are used to enhance the practice. All are welcome.

FOREVERWELL, ACTIVE OLDER ADULT (A.O.A.) PROGRAMS

FOREVERWELL Fitness

1 2

Live better. Live stronger. A class designed specifically for older adults, focusing on strength, balance, functional movement, and cardiovascular fitness in a safe and supportive environment.

Senior Shred & Flow

1 2

This class is an upbeat fusion of standing yoga, balance work and low impact cardio (weights optional). All levels encouraged to join us for the fun!

Silver Sneakers Circuit

1 2

Experience standing, low-impact choreography alternated with standing upper-body strength work. This class is suitable for nearly every fitness level, and your instructor can adapt the exercises depending on your skill.

Silver Sneakers BOOM MOVE

1 2

This fun, dance-inspired workout improves your cardio fitness with easy-to-follow moves set to energizing music.

Silver Sneakers Classic

1 2

Increase muscle strength and range of movement, and improve activities for daily living. You'll have a chair for seated exercises and standing support. Your instructor can modify the exercises for your fitness level.

FOREVERWELL Balance & Stability

1 2

Stay FOREVERWELL with this Balance & Stability class programed to improve your balance, coordination, and core strength with gentle exercises to keep you steady and confident.

ROCK STEADY BOXING - PARKINSON'S PROGRAM



Rock Steady Boxing, Parkinson's Program

A Parkinson's Disease diagnosis is required to participate in this program.

Rock Steady Boxing is for people of all ages and abilities who have a Parkinson's Disease diagnosis. Rock Steady Boxing fosters a supportive and empowering culture. Everyone in a Rock Steady class is fighting back against their Parkinson's disease. We understand the challenges of Parkinson's disease and are there with a pat on the back on some days, and a kick in the pants on other days.

For questions regarding this program, contact Coordinator, Gil W.: redwingymca@rsbaffiliate.com





GROUP FITNESS CLASSES

HOW DO I CHOOSE A CLASS THAT'S RIGHT FOR ME?

The Intensity Scale below is provided in an effort to assist with class selection based on your current conditioning level and need. However, **all** classes will involve professional instruction on ways to adjust the intensity level in order to modify or further intensify based on individual class participant needs. Each class is what you make of it!

1 Intensity Level: **BASIC**

Fundamentals of the class modality while providing a complete workout.

2 Intensity Level: **INTERMEDIATE**

Provides a complete workout for all levels of conditioning.

3 Intensity Level: **CHALLENGING**

Provides a higher intensity workout appropriate for those with a solid baseline of conditioning.



Bodyburn



In this class we focus on training to tone muscles for the ultimate burn! The vibe will be set with the lights down low, a warmer studio (no fans) and energizing beats! Come ready to sweat and feel the BURN!
This class follows a choreographed format.

Cardio Dance



In this party-like-class, you'll incorporate footwork and body movements from a wide variety of dances. Groove to the beat as you move your body like never before!

Cycle Circuit



During this in-studio cycle class, you will experience intervals of cardio work on the bike and strength training off the bike.

Cardio Kickboxing



This class is a Total Body Knockout! Cardio Kickboxing combined with strength training and core work will leave the body wondering what just happened..

Endure 45



This 45 min class will test your muscular strength, muscular and cardio endurance. Muscular strength will be challenged with weights. Muscular endurance will be challenged by body weight movements. Cardio endurance will be challenged with body weight movements and cardio machines. CAN YOU ENDURE?

LIFT



Unleash your power and build serious strength in this LIFT class set to awesome BEATS! This class is set to maximize your strength, endurance, and overall performance.
This class follows a choreographed format.

Power 45



Strength training and cardio. Equipment and movements will vary. All skill levels are welcome.

Power Hour



A total body strength and conditioning class, hitting upper body, lower body, core, and cardio throughout a variety of exercise movements. Equipment will vary each week to create a fun fast-paced class.

RIP



This 60-minute barbell program is for all levels of fitness. Match movement to music and using traditional strength training allowing you to work at your own level.
This class follows a choreographed format.

Rhythm Ride [®]



Have an exceptional workout to great music as you ride to the beat in a care-free and motivational environment!
This class follows a choreographed format.
Pre-registration is required for this class.

Sculpt + Tone



Sculpt and Tone is a 20 minute full body strength training class set to music using balls, resistance bands, hand weights and body weight.

Step



Step is not only fun, but also a great way to raise the intensity of your workout, while keeping the impact on your joints to a minimum.

Straight Up Strength



Let's get Straight Up Strong-er. In this class, we skip the cardio and fancy footwork to focus on strength training only. Exercises may use a variety of resistance equipment that will hit every major muscle group for a full-body strength workout.

Strength & Conditioning



This class is a variety of total body conditioning that involves both strength training, functional movements, and conditioning work.

CELEBRATE YOUR BIG DAY

POOL PARTIES

2025 Pool Party Rates:
YMCA Members \$130 | Non-Members \$160

All event rentals include:

- Two-hours of Pool Lounge Use
- One-hour of Swimming



Contact our Membership Team to reserve your date at:
651-388-4724

POOL USE AND LIFEJACKETS

Only U.S. Coast Guard-approved personal flotation devices are permitted in the pool area; all other inflatables are strictly prohibited. Children 11 and under must have an adult in the pool area with them. Children will also be asked to swim test.





**SUMMER CAMP:
YMCA CAMP PEPIN**

2026 REGISTRATION STARTS JAN 1st!

EARLY BIRD DISCOUNTS & FUNDRAISING OPPORTUNITIES AVAILABLE



EXPERIENCE THE BEST SUMMER EVER AT YMCA CAMP PEPIN

Camp Pepin aims to offer an unparalleled sense of community in which all participants (campers AND staff), regardless of ability, culture, gender, race, religion, or background are valued and active members. Through a variety of activities, participants are empowered to contribute to a shared community and experience the benefits inherent in a society based on collaboration, respect and responsibility. Camp Pepin programs prepare their campers for the future by introducing and fostering the skills needed to be healthy contributing citizens of the world.



DAY CAMP | PRE-K THROUGH GRADE 6

Day Camp introduces campers to the summer experience without the commitment of overnights! Day campers still have the opportunity to participate in traditional camp activities. Transportation is available from select locations for an additional fee.

Summer 2026 Session Dates:

June 15-19, June 22-26, June 29-July 3, July 6-10,
July 13-17, July 20-24, July 27-31, Aug 3-7, Aug 10-14

Camp Fees

YMCA Members: \$275
Non-Members: \$300



TRADITIONAL RESIDENT CAMP | GRADES 3-9

With a legacy spanning over 85 years, Resident Camp provides campers with exciting experiences, cherished memories and enduring connections. Nestled in nature, our camp features a sprawling waterfront, a target range, exhilarating high-ropes elements, and unique skill classes, challenging campers to explore new talents and push their boundaries. In small, tight-knit cabin groups, lifelong friendships blossom, and campers discover a sense of belonging that extends far beyond their time at camp.

Summer 2026 Session Dates:

June 21-26 June 28-July 3 July 12-17
July 19-24 July 26-31 Aug 2-7

Camp Fees

YMCA Members: \$815 Non-Members: \$850

SUMMER SAMPLER | GRADES 1-6

Camp Pepin's Summer Sampler is the perfect way to introduce your young one to experience overnight camp. Campers can try many of camp's activities, learn the traditions of Camp Pepin and make new friends!

Summer 2026 Session: July 7 - 10

Camp Fees YMCA Members: \$540 Non-Members: \$565

SPECIALTY CAMPS | GRADES 6-10

NEW HEIGHTS

Campers in the New Heights Program will become the experts of our challenge and adventure courses here at Camp Pepin. Campers will practice the skills needed to setup, run, and maintain the climbing wall, high ropes course, and zipline course.

Summer 2026 Session:

July 12 - 17

Camp Fees

YMCA Members: \$900 Non-Members: \$940

SURVIVE & THRIVE (SURVIVAL CAMP)

Summer 2026 Session:

July 19-24

Camp Fees

YMCA Members: \$900 Non-Members: \$940



PREVAILING WINDS (SAILING CAMP)

Prevailing Winds sailing camp is designed for campers looking to take full advantage of our incredible location on Lake Pepin. At the end of the week, campers will serve as crew aboard a larger sailing craft and test their skills as budding sailors!

Summer 2026 Session:

August 2-7

Camp Fees

YMCA Members: \$900 Non-Members: \$940

PERSONAL TRAINING & FITNESS SPECIALISTS

Not achieving your goals? We all need the advice of an expert sometimes, as well as the personal accountability that comes with having a trainer. Whether you are a beginner or an experienced fitness enthusiast, our Certified Personal Trainers and Fitness Specialists can help you meet your Wellness goals.

Our services include 1-on-1 coaching in all group exercise formats, Nutritional Coaching, Behavior Change, Boxing, TRX, Kettlebells, Weight Management, Strength and Cardio Training. Every package includes a free consultation. All fees are due upon registration.

Personal training & small-group session packs expire one year from purchase date.

For a free consultation contact Emily H. at: ehadler@redwingymca.org

PERSONAL & SMALL GROUP TRAINING RATES

ONE ON ONE TRAINING

60 Minute Session

6 Sessions: \$360
12+1 Sessions: \$720
20+2 Sessions: \$1,200

30 Minute Session

6 Sessions: \$270
12+1 Sessions: \$540
20+2 Sessions: \$900

SMALL GROUP TRAINING (2-4 PEOPLE)

60 Minute Session

6 Sessions: \$540
12+1 Sessions: \$1,080
20+2 Sessions: \$1,800

30 Minute Session

6 Sessions: \$405
12+1 Sessions: \$810
20+2 Sessions: \$1,350



WELLNESS CENTER ORIENTATION

FREE FOR YMCA MEMBERS

Wellness Center Orientations are offered by appointment only. Registration is available in-person or online at: redwingymca.org/wellnesscenter For more information, email: ehadler@redwingymca.org

GROUP FITNESS CLASSES - FREE WITH MEMBERSHIP

MONTHLY SCHEDULES ARE ONLINE OR AVAILABLE AT THE WELCOME DESK

Group Fitness Classes are the perfect way to stay motivated and make new friends! Our enthusiastic Instructors are here to lead you in a variety of exercises to help you achieve and maintain your goals. We offer both land and water classes. From restorative exercise to HIIT and great senior specific classes, there's something for everyone. Registration is not required to participate in group fitness classes .



ADULT FITNESS & ACTIVITIES

ADULT FITNESS & ACTIVITIES

Here are YMCA, there is something for everyone! In fact, if you do not see an activity listed that you'd like to start—we are always up for starting new member-led activities.

PICKLEBALL

Pickleball is one of the fastest growing sports in the country and we have a dedicated group right here at the Red Wing YMCA! Equipment is provided at the Welcome Desk for those looking to play. Courts are not always guaranteed.



- Mondays
 - 5:00 AM – 12:00 PM, Gym A/B (3 Courts)
 - 1:00 PM – 4:30 PM, Gym C (1 Court)
- Tuesdays
 - 5:00 AM – 12:00 PM, Gym A/B (3 Courts)
 - 1:00 PM – 4:30 PM, Gym C (1 Court)
- Wednesdays
 - 5:00 AM – 12:00 PM, Gym A/B (3 Courts)
 - 2:00 PM – 4:30 PM, Gym C (1 Court)
- Thursdays
 - 5:00 AM – 12:00 PM, Gym A/B (3 Courts)
 - 1:00 PM – 8:30 PM, Gym C (1 Court)
- Fridays
 - 6:30 AM – 12:00 PM, Gym A/B (3 Courts)
 - 3:00 PM – 7:00 PM, Gym C (1 Court)
- Saturdays
 - 7:00 AM – 2:00 PM, Gym C (1 Court)
- Sundays
 - 7:00 AM – 12:00 PM, Gym C (1 Court)

SOCCER (OCTOBER – MARCH)

Friday evenings 5:30 PM – 7:00 PM
Non-Members: \$65 Season or Daily Guest Pass Rate

Connect with our adult soccer players and make some new connections here at the Red Wing YMCA every Friday night!

WOMEN'S VOLLEYBALL LEAGUE (OCTOBER – APRIL)

Monday evenings 5:30 PM – 7:00 PM
YMCA Members: \$35 / Non-Members: \$65 Season

A League: Players that utilize three hits per side and have some experience with organized play.

AA League: Players that have high school or college level experience.



RACQUETBALL

Sharpen your agility, hand-eye coordination, speed and strength with racquetball! Two racquetball courts located on the lower level of our facility for recreational or competitive play.

SEASONAL – CROSS COUNTRY SKI EQUIPMENT RENTAL

RENTAL RATE: \$100 Classic or Skate Skis / Boots / Poles
Available for youth and adult rental!

The Mississippi Valley Cross Country Ski Club has equipment available for rent to adults. Both skate and classic skis/boots/poles are available.



REGISTRATION FOR SUMMER 2026 IS OPEN!

TEEN CAMP OPTIONS & LEADERSHIP OPPORTUNITIES

TEEN CAMP | GRADES 8-10

Take on an extraordinary adventure with Camp Pepin's Teen Camps, meticulously crafted for teens seeking an elevated camp experience. Beyond enhanced traditional camp activities, participants enjoy specialized skill classes designed exclusively for their age group. The experience includes an offsite campout, offering a taste of outdoor exploration and camaraderie. As the older kids at camp, they may even benefit from a few additional privileges, fostering a sense of responsibility and leadership. Both sessions ensure that teens not only participate in interesting and exciting activities but also cultivate lasting friendships, self-discovery, and a sense of accomplishment that extends beyond the camp experience.



Summer 2026 Session: July 26-31	Camp Fees YMCA Members: \$900	Non-Members: \$940
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LEADERS IN TRAINING (LIT) | GRADES 9 & 10 | 2-WEEK CAMP

Leaders in Training is a two-week session designed for teens who are looking to attending camp while also developing valuable leadership skills useful for the road ahead. LITs work through challenge courses, assist counselors with instruction and grow as leaders in a community both at camp and in the "real world".

Summer 2026 Session: July 12 – July 24	Camp Fees YMCA Members: \$1,755	Non-Members: \$1,840
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COUNSELORS IN TRAINING (CIT) | GRADES 10 – 12 | 2-WEEK CAMP

At the end of this two-week session, Counselors in Training campers will leave feeling confident in their leadership, mentorship and teaching skills. During week one, CIT campers will gain insight into all aspects of a counselor's job at camp mirroring training, participating in activities that address child development and behavioral management, counseling techniques and best practices, communication and leadership, environmental stewardship and community service. Week two serves as an internship where they will shadow staff and experience what it's like to be a camp counselor!

Summer 2026 Session: June 21 – July 3	Camp Fees YMCA Members: \$1,755	Non-Members: \$1,840
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PRIVATE CAMP RENTAL

SEASONAL FAMILY CABIN RENTALS

Experience the joy of Camp when you rent it for your own retreat or gathering!
Rates & availability varies by season.



Curious about what a retreat at Camp could look like?
Contact Erik B. at: eburton@redwingymca.org



YOUTH FACILITY POLICY

Safety is our number one priority. The following age guidelines will help to ensure your family's safety while enjoying all that our facility has to offer.

YOUTH WELLNESS CENTER ORIENTATIONS

Youth Wellness Center Orientations are complimentary for YMCA Members!

1 – 8 YEARS

Child Watch available for YMCA Member children aged: 6 weeks – 8 years

FACILITY: May use with direct supervision or parent / guardian. Children are NOT allowed in the Wellness Center or Group Fitness Spaces. Please plan workouts accordingly to utilize Child Watch services.

POOL AREA: Within arms reach of a parent / guardian at all times. Must pass appropriate swim test to use with parent / guardian in pool area.

WELLNESS CENTER: No use allowed.

GROUP FITNESS CLASSES: No participation allowed.

9 – 11 YEARS

= Family Friendly Group Fitness Class

FACILITY: Parent / guardian must be INSIDE the area.

POOL AREA: Within arms reach of a parent / guardian at all times. Must pass appropriate swim test to use with parent / guardian in pool area.

WELLNESS CENTER: To use the Wellness Center, a Youth Orientation is required. Youth must have DIRECT supervision of a parent / guardian. A wristband is also required when using the Wellness Center.

GROUP FITNESS CLASSES: A Youth Orientation is required to participate in SELECT Group Fitness Classes. Youth must be under DIRECT supervision of a parent / guardian. A wristband is also required when participating in select Group Fitness Classes.

12 – 14 YEARS

FACILITY: No parent / guardian supervision required.

POOL AREA: Must pass appropriate swim test to use pool facilities without parent / guardian supervision.

WELLNESS CENTER: A Youth Orientation is required to use the Wellness Center. Wristbands are required.

GROUP FITNESS CLASSES: A Youth Orientation is required to participate in Group Fitness Classes. Wristbands are required.

REGISTER TODAY AT REDWINGYMCA.ORG

YOUTH WELLNESS CENTER ORIENTATIONS

Youth wellness center orientations are complimentary for YMCA members only. **Orientations require pre-registration and a confirmed appointment.**

Youth Wellness Center Orientations are designed to instill confidence and understanding in children as they strive to live an active and healthy lifestyle. Youth Wellness Center Orientations teach your child how to work out safely and effectively within the YMCA Wellness Center, along with introducing basic muscle anatomy, exercise concepts and guidelines, gym etiquette and safety practices.

- Children 9 – 11 years of age are welcome to utilize the Wellness Center WITH a parent AFTER completing a Youth Wellness Center Orientation.
- Children 12-15 years of age are welcome to utilize the Wellness Center WITHOUT a parent AFTER completing a Youth Wellness Center Orientation.
- All children ages 9-15 must wear a wristband to utilize the Wellness Center
- Sorry, guests under the age of 15 are NOT permitted to use the Wellness Center during their visit.



STRONGER KIDS AT THE Y

Join us for a variety of activities each month starting in January 2026! From gym games, to t-ball, dance, and more, there's something for your little one right here at the YMCA!

Registration Fee: \$20 for YMCA Members, \$40 for Non-Members
Classes are 10:30AM-11:15AM in Gym A.

Offerings are available monthly to children 3-9 years of age. See our website for each monthly activity and specific programming dates.

ARE YOU PASSIONATE ABOUT SPORTS?

We are always seeking individuals passionate about sharing their love of the game with our youngest YMCA members! Get in touch with us so we can get a conversation started today!



Questions about Youth Health & Fitness Programming?

Contact our Healthy Living Coordinator, Emily H. at: ehadler@redwingymca.org

