



WHITE BEAR AREA YMCA QUARTERLY NEWSLETTER

YMCA OF THE NORTH | SPRING 2025

LETTER FROM OUR LEADER

BY CYNTHIA ELLICKSON

As we welcome the new year, I want to express my heartfelt thanks for your continued support. You are the heart of our YMCA, and together, we've built a strong, vibrant community.

This year, we are excited to continue offering programs that empower and inspire, from aquatics to fitness, ensuring everyone feels welcomed and valued. Our commitment to safety, growth, and learning remains steadfast, and we look forward to helping you achieve your goals, whether in the pool or beyond.

We also remain focused on developing leaders within our team, creating more opportunities for staff and volunteers to grow and contribute to our community. Your feedback and involvement are key to shaping our future, and I would love to hear from you. I invite you to meet with me and share your YMCA story or let me know what the Y means to you. Your experiences and insights are invaluable as we continue to grow together.

Here's to a year full of opportunity, connection, and growth. Let's make it our best one yet!

Cynthia Ellickson – Cynthia.ellickson@ymcamn.org



Our Mariners swim team swims hard while our bleachers are full of cheers!

Facility Hours:

Mon-Fri 5am-9pm

Sat-Sun 7am-5pm

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HEALTH & WELLNESS UPDATES



Welcome **new health coach Amy Bakken, NBC-HWC!** Health coaches support individuals across a range of health/wellbeing areas using a number of evidence-based tools including positive psychology and motivational interviewing. Stop by the Welcome Desk to make your appointment today!



Check out our **new Cycle 30 class** Mondays at 8:30AM with Kavita! A great option for those new to spin and want an introduction! Reserve your bike online or on our app!



Our **small group trainings** have new options! Check out **Circuit Training**, Tues 4-5PM with Erin, **Pilates Reformer**, Wed 5-6PM with Devan, and **Circuit Training**, Thur 5:30-6:30PM with Robert. Register at the Welcome Desk! Up to 2 demo sessions are free - contact Devan.Blake@ymcanorth.org for info!

AQUATICS UPDATES



WBL School District lessons are more than halfway complete for the year! So far, over 200 2nd graders from our district have spent time in our pool learning safety around water and other lifesaving skills. By year end, nearly 600 kids will have completed this vital training.



Our own Mariners Swim Team is making great strides this year! They will compete on Feb 2 at Sections (hosted here at our Y!) and, based on the results of that meet, will compete at the state meet on Feb 23! Go Mariners!

FOREVERWELL UPDATES



Spring is just around the corner and our **Community Garden** plots will be available again this year. Rentals are \$30/member or \$40/non-member. Rental priority will go to previous renters. New spaces will become available to rent March 3. Anyone is welcome to rent - see the Welcome Desk to sign up!



Join us for a **St. Patrick's Day potluck** on Monday, March 17th! Keep an eye out for sign ups in the lobby as we get closer.



Chilly weather giving you more time to read? Try out our **book club!** Our March book is **The Book of Lost Names** by Kristin Harmel. Join us March 10th at 11:30 AM to discuss and stop at the Welcome Desk if you want to be added to the email contact list for book club!



FACILITY UPDATES



STRENGTH TRAINING UPGRADES!

Our **new fitness center equipment** is here! Check out our expanded strength training area with new Selectarize strength machines and brand new cable machines - including dedicated lat pull down and seated row stations, hack squat, matrix bikes, and more!

KIDS STUFF HOURS

**Mon-Thurs 9AM-noon,
4:30-7:30PM**

Fri-Sat 9AM-Noon

SUNSHINE AWARDS

Within the Y, our staff can recognize other staff who go above and beyond with members or coworkers or just in their everyday roles. These Sunshine Award Winners are recognized throughout the entire Y of the North and we're proud to announce the following award winners for December from the White Bear Area Y are:

- Barb, Kids Stuff Supervisor
- Kara, Member Service Staff
- Ann, Engagement Director
- Heidi, Personal Trainer
- Robert, Personal Trainer
- Fredo, Custodian
- Devan, Health & Wellbeing Director
- Anna, Building Engineer



NOW HIRING

Lifeguards (15+) &
Swim Instructors (16+)



BRANCH SCHEDULES

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



NEWS & NOTABLES

NEW CRM AT THE Y WHAT DOES THIS MEAN FOR ME?

On February 17th, the Y of the North is upgrading its Customer Relationship Manager, the software program we use to operate the Y. This will be a huge shift as we train 800 team members on how to operate our new software and introduce thousands of members to the new system. What will this mean for you?



FEB 10-16 - NO REGISTRATIONS

The Y will be open but with very limited technology at the desk.

FEB 10-MAR 3 - NO YMCA.NORTH.ORG

All registrations must be done by calling Customer Service or at the Welcome Desk.

MAR 3 - SIGN ON TO OUR NEW SYSTEM AT WWW.YMCA.NORTH.ORG

Please plan ahead and register for your classes or events early! And please be patient with us as we all navigate our new system together. We are confident you'll love our new software as much as we do!



SUMMER POWER & SPORTS 2025 REGISTRATION OPENS MARCH 11, 2025!

Summer Power is a full day enrichment program for kids entering K-5th grade where kids enjoy adventure and appropriate field trips, discovery activities, and special interest clubs guided by weekly themes. Choose from 2, 3, or 5 day flexible options.

Summer Sports is for kids entering grades 1-6 who will get the opportunity dive deep into the sport of that week. Kids build character, develop self-confidence, and create healthy relationships through positive competition.

Registration opens March 11 at www.ymcanorth.org/summer.

 Find us on
Facebook



Scan this QR code to join our White Bear Area YMCA Facebook group. Get the most up to date info on what's going on at your Y!

CATALYST COVENANT CHURCH
OF WHITE BEAR LAKE

FEB 15, 2025 - 1PM

FISH LAKE REGIONAL PARK



Inspired by Alaska's famous dog sled race, the Iditarod, the Kidarod is a 2 mile adventure race for kids and families! This race combines hiking, climbing, pulling, and sliding around winter obstacles with the ability to see real Husky sled dog puppies!

Register at www.ymcanorth.org/adventure.

MISSION UPDATE

OUR MISSION IN ACTION

Thank you for your incredible generosity in helping us reach our annual support goal in 2024! Because of you, we are able to offer scholarships and vital programs that support individuals and families in our community, ensuring everyone has access to the life-changing opportunities we provide.

While we've made great strides, our work is far from done. As we look ahead, we'll continue striving to make a positive impact, and we need your help once again to ensure that every person can experience the benefits the YMCA can offer.

Thank you for being part of this journey—together, we can do even more.

With gratitude,

Cynthia

ANNUAL FUND

2024 Goal \$102,437

2024 Final \$105,588

2025 Goal coming soon...



Maple Pond Neighborhood Center kids were the grateful recipients of the dozens of amazing gifts from our holiday gift tree. The kids had a blast at their holiday party – playing games, opening gifts, and making gingerbread houses. Thank you for your generosity!



HOW TO GIVE

1. Donate via credit card or bank account at ymcanorth.org/give.*
2. Become a sustaining donor by giving a set amount monthly. Sign up at ymcanorth.org/give*
3. Become a volunteer! Check out our opportunities at www.ymcanorth.org/volunteer.
4. Donor advised funds. Contact your financial advisor.
5. Create your legacy - include the YMCA in your will or trust. Contact your financial planner.
6. Don't forget matching gifts! Find out if your employer will match at www.ymcanorth.org/give.

*Select White Bear Area YMCA in the drop down menu.

YOUR YMCA STORY

Please share your YMCA story with us!

Your story will enhance the YMCA's historical collection. Some will be shared for future publications and on our website with your permission. Please share with us at Giving@ymcanorth.org.

DONATE NOW!

