

Youth Program Guide

- » Summer Season: June 1 – August 31, 2023
- » YMCA of Cass and Clay Counties





YMCA OF CASS AND CLAY COUNTIES

Program Registration

IN PERSON

Stop by either YMCA location – our team would love to help you get signed up!

BY PHONE

701.293.9622

ONLINE

Scan the code or visit ymcacassclay.org/register



Prior to signing up, be sure to view our registration policies, credit/refund policies, insurance policies and more: ymcacassclay.org/policies

Fercho YMCA



400 1st Ave. S, Fargo



701.293.9622

Schlossman YMCA



4243 19th Ave. S, Fargo



701.281.0126

Facility Hours & Schedules

To view facility hours, holiday hours, activity area schedules, holiday hours, and more, scan the code or visit us online: ymcacassclay.org/schedules



Mobile App & Social Media

Scan the code to download our mobile app! Scan into the YMCA, view schedules, get facility alerts, and more.



@ymcacassclay

Join our Team!

Looking for a job? Join our team! Get a free YMCA membership, great benefits, and so much more! View all open positions and apply online: ymcacassclay.org/jobs

Financial Assistance

The YMCA is for everyone! We are happy to offer financial assistance for child care, programs, camps, and membership so everyone can participate – regardless of their ability to pay. Learn more and apply at either Member Services Desk, or online at: ymcacassclay.org/assistance

YMCA MEMBERSHIPS

Join Online



Membership Categories

	Monthly Rate	Enrollment Fee	Rate with Referral*
Family/Household Two adults + dependents living in the household.	\$90	\$50	\$45
Family/Household Package - Includes PlayTown Two adults + dependents living in the household.	\$114	\$50	\$57
Child Care Family Package - Includes PlayTown Two adults + dependents living in the household. Exclusive to families enrolled in a YMCA Learning Center.	\$82	—	\$41
Single Adult Ages 30+	\$59	\$50	\$29.50
Young Adult Ages 18 - 29	\$48	\$25	\$24
Youth Ages 9 - 17	\$37	—	\$18.50
Senior Ages 65+	\$54	\$50	\$27
Virtual Membership YMCA360 access, member discounts, facility visits, and more.	\$15	—	\$7.50

SAVE BIG!

- * "Dependents" includes individuals under the age of 25 or dependent adults. Must live at the same address and be dependent for care or financial assistance.
- Rate with Referral: Rate listed will be received each month you are listed as a referring member on a new member's sign-up form.
- Rates listed are via monthly bank draft. A \$3 service fee will be added to your monthly draft when paying with a credit or debit card.
- View our cancellation policy, hold policy, insurance policy, and more online at ymcacasclay.org/membership

Student Discount

Full-time students with a Young Adult membership may show a tuition bill or current class schedule to get \$11 off each month!

Referral Program

Refer a friend to join and you'll both get **50% off** your next month!

Must list current member on membership form at sign-up to receive the discount.

Corporate Memberships **NEW!**

Invest in employee health and wellness!



Included in a YMCA Membership

Facilities & Spaces

- ✓ Access to both YMCA locations
- ✓ Fitness centers with cardio/strength equipment, free weights, and more!
- ✓ Aquatic Center with a lap pool, warm water pool, and zero-depth kids' pool
- ✓ Basketball Gyms, Racquetball Courts, Climbing Wall, and Family Play Areas
- ✓ Locker rooms, private changing rooms, saunas/whirlpools and Mothers' Room

Offerings & Programs

- ✓ 100+ Group Fitness classes, offered at both YMCA locations
- ✓ PlayTown Drop-In Child Care - kids can play while their parents work out!
- ✓ YMCA360 - virtual platform with 1000+ workouts, fitness classes, and more
- ✓ EGYM - NEW circuit training system that customizes your workout experience
- ✓ FREE programs, wellness challenges, family events, orientations, and more!

Benefits, Perks, & More

- ✓ Guest passes - bring your friends to the Y!
- ✓ Discounted program rates and priority registration on select offerings
- ✓ Visit Family Wellness, our partner facility, for FREE twelve times per year.
- ✓ Get FREE access to YMCAs across the country with Nationwide Reciprocity
- ✓ Rewards programs, exclusive member events, member giveaways, and more!

Take a tour of the YMCA! Scan the code to view a virtual tour, or visit bit.ly/ymca-tours to schedule an in-person tour of either YMCA location!



AQUATICS



DID YOU KNOW? Each year, **over 3,000 individuals** learn important safety skills and gain confidence in the water through the YMCA's Swim School.

SWIMMING LESSONS

Fercho YMCA | Ages 6 months – adult | All levels welcome!

YMCA Swim School takes a safety-first approach – focusing on small class sizes, boosting confidence, building student/instructor relationships, and allowing each swimmer to progress at their own pace. We offer warm water options, year-round sessions, certified instructors, and more!

Lesson Type	Summer Session June 5 – August 16		Swim Camps June 5 – 29 or July 10 – August 3	
	Regular	Private	Regular	Private
Members	\$100	\$400	\$80	\$320
Non-Members	\$200	\$800	\$160	\$640
Lessons in our Summer Session are held once per week for 11 weeks. No lessons July 3 – 6.				
Lessons in our Swim Camps are held twice per week (choose M/W or T/Th) for 4 weeks.				

Registration & More Information

- **Member Registration:** opens March 7
- **Non-Member Registration:** opens March 21
- To view available days and time slots, stop by the Member Services Desk or visit us online: ymcacassclay.org/swimschool

Swim Level Assessments **FREE!**

Don't know what level to register for? Get a FREE level assessment! Open to the community, no registration required.

Saturdays, 12:00 – 12:30pm Fercho YMCA

Need an assessment at a different time? Contact Katie at swimschool@ymcacassclay.org or 701.364.4168.

Autism-Friendly Community Certification

YMCA swim instructors receive Autism Friendly Community Training through the ND Autism Center, designating our Swim School as a Level Two Autism Friendly Community Partner! Our instructors are excited to be able to provide a welcoming environment for swimmers of all abilities. ymcacassclay.org/diverseabilities

Adaptive Swimming Lessons

These one-on-one lessons are for swimmers with special needs – like autism, sensory issues, physical or developmental disabilities, etc. – and are tailored to the skills of each participant. Increased communication with caregivers ensures each swimmer is progressing toward an agreed-upon goal. All ages and levels welcome!

Private Swimming Lessons

Do your kids need extra attention in the pool? Private lessons are a great way to build swimming skills and confidence in the water in a one-on-one environment. All ages and levels welcome!

Parent/Baby Parents work with their 6–18 mo. baby on floating, submerging, hand/eye coordination, and more through games/songs.

Parent/Child Parents work with their 19–35 mo. toddler on floating, strength, breath control for submerging, and exiting the pool on their own.

Guppy Children ages 3+ can begin getting comfortable in the water independent of their parents. Through patience and trust, children in this level will overcome their fear and eventually swim independently.

Starfish Encouragement and positive reinforcement help kids become more confident floating on their front and back as well as kicking across the pool on their back independently.

Froggie Children will build on independent swimming skills by swimming longer distances and transitioning from swimming on their front to their back.

Turtle Swimmers will begin to define swim strokes like backstroke, front crawl, and elementary backstroke.

Otter Build skill, endurance, and confidence on swim strokes. Swimmers also learn dolphin kick, the timing of breaststroke, and will start to learn flip turns.

Seal Participants progress by strengthening butterfly and breaststroke techniques, and improving endurance by working to swim 150 yards continuously.

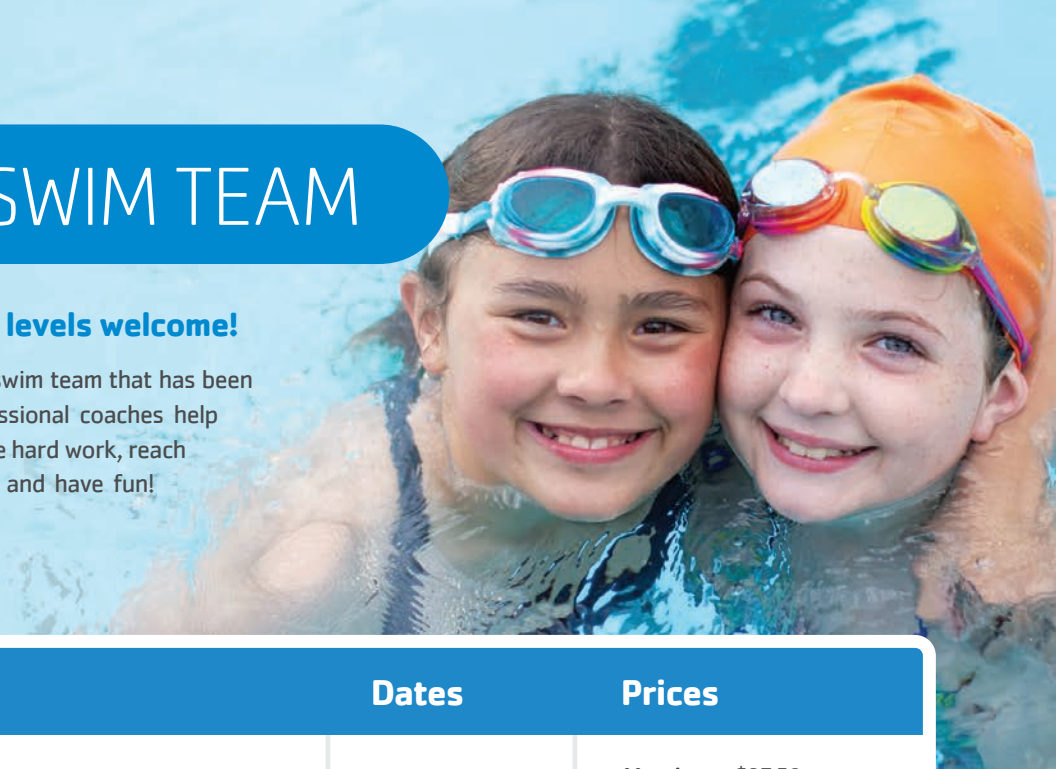
Shark Experienced swimmers will be able to swim multiple lengths of the pool in each of the competitive strokes: front crawl, butterfly, backstroke, and breaststroke. Swimmers will also be skilled in water safety, elementary backstroke, and sidestroke.



FM GATOR SWIM TEAM

Fercho YMCA | Ages 5+ | All levels welcome!

The FM Gator Swim Team is a competitive swim team that has been part of our YMCA since 1959. Our professional coaches help swimmers improve their skills, learn to value hard work, reach for excellence, enjoy spirited competition, and have fun! ymcacassclay.org/gators



Swim Team Levels

Dates

Prices

Developmental Group

Learn the skills needed to compete at a beginner level – like teamwork, basic swim drills, and following directions. Must be able to swim 25 yards freestyle and backstroke without stopping or needing assistance.

April 24 – June 2

Members: \$97.50
Non-Members: \$117.00

Age Group I and II

Age Group levels provide a swim team experience rooted in proper technique – and lots of fun! These levels will challenge youth based on their experience, and help them develop advanced competitive skills.

April 24 – June 2

Members: \$120.00
Non-Members: \$144.00

Senior Group

Senior levels are designed for advanced, competitive swimmers. Personalized training and coaching is given to help swimmers excel in competitive events.

April 24 – June 2

Members: \$137.50
Non-Members: \$165.00

Registration: Getting registered for Gators is easy! Because we are a YMCA team and a USA Swimming Team, two separate registrations are required.

1

YMCA: Stop by the Member Services Desk, call 701.293.9622, or visit ymcacassclay.org/gators

2

USA Swimming & Team Unify: After you have registered through the YMCA, visit fmgators.com to finish your registration.



Looking for Information on Summer Gators Swim Team? Stay tuned! Due to the temporary closure of Island Park Pool anticipated for this summer, we will be relocating our practices and meets. Summer season will run from June 3 – July 23. To learn more about sessions, locations, and more, visit: ymcacassclay.org/gators

Pre-Swim Team

Not quite ready for Gators? This is a great low-pressure option to participate on the team – without the commitment of competitions or a full season. Improve your skills, learn swim strokes and lap swimming, and gain comfort in the pool! *Must be able to swim 25 yards freestyle without stopping or needing assistance.*

April 24 – June 2	Fercho YMCA	Choose Mon/Wed or Tues/Thurs
4:45 – 5:30pm	Members: \$108	Non-Members: \$132

Get Started with Gators!

Want more opportunities to get in the pool? We'd love to have you on the team! Try Gators for FREE for a week – or schedule a one-on-one evaluation. Contact Coach Erich to learn more: 701.364.4151.

Participants must be able to swim 25 yards freestyle without stopping/needing assistance. Not sure if your swimmer is ready? A good rule of thumb is if they have recently passed the Otter, Seal, or Shark levels of YMCA Swim School!



SAFETY EDUCATION

CPR/AED & First Aid

Learn basic first aid, standard emergency care procedures and administration, CPR/AED, and more. Upon successful completion of the course, you will be certified in American Red Cross Adult and Pediatric CPR/AED and First Aid. Both in-person and hybrid formats are available. View dates online. ymcacassclay.org/safety

Fercho YMCA	Ages 15+	Members: \$65, Non-Members: \$103
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Babysitting Trainings

Learn everything you need to know about babysitting! Youth ages 11+ can learn to be a safe, professional caregiver, and start their babysitting experience on the right foot. Pediatric First Aid/CPR Certification included. ymcacassclay.org/babysitting

June 10	July 15	August 12
Fercho YMCA	Members: \$85	Non-Members \$115

Lifeguarding Recertifications

This course is for American Red Cross certified Lifeguards who need to renew their certifications. Participants take the written Lifeguarding/First Aid test, and perform all skills learned in a Lifeguarding class. ymcacassclay.org/safety

June 11	August 5	Fercho YMCA
Ages 15+	8am - 5pm	Members: \$65, Non-Members: \$103

Private Group Safety Education Classes

A great option for groups of 6+ individuals – businesses, scout groups, and more – who want to take a class together. Classes can be held at the YMCA, or we can come to you! Available courses: In-person or hybrid CPR/AED & First Aid and Babysitting Trainings. ymcacassclay.org/safety

Lifeguarding Course

This American Red Cross course provides the knowledge and skills needed to prevent, respond to, and care for emergencies, injuries, and sudden illnesses until emergency medical services personnel take over. Includes a Lifeguarding certification and a First Aid/CPR/AED certification. ymcacassclay.org/safety

June 2 - 4	July 7 - 9	August 25 - 27
Fercho YMCA	Members: \$180	Non-Members: \$220

With this certification, you are eligible to work for the YMCA as a lifeguard! Plus, if you work for the Y, we'll reimburse the cost of the class!



CAMP KODA



DID YOU KNOW? We provide **over \$1 million of financial assistance** each year so that individuals and families can access the YMCA's spaces and programs regardless of their ability to pay.

DAY CAMP FOR AGES 6 – 11

2023 Session Dates & Themes

Session 1: June 5 – 9	STEM & Lego
Session 2: June 12 – 16	Arts & Crafts
Session 3: June 19 – 23	Sports of All Sorts
Session 4: June 26 – 30	Music, Melodies, & Drama
Session 5: July 10 – 14	Harry Potter, Nintendo, & Pokemon
Session 6: July 17 – 21	Disney & Marvel
Session 7: July 24 – 28	Around the World
Session 8: July 31 – Aug. 4	On the Farm
Session 9: August 7 – 11	Wet & Wild
Session 10: August 14 – 18	STEM & Lego

Hours, Location, & More



Monday – Friday



9:00am – 4:00pm



Schlossman YMCA



LEARN MORE

Camp Koda is packed with activities to keep kids active, learning, and having fun – all summer long!

We'll unplug from technology and have a BLAST with outdoor play, sports, science experiments, music, games, arts and crafts, swimming, field trips, and so much more. Each week is centered around a kid-approved theme, so they can explore their interests, make new friends, and have tons of fun!

Every Thursday, we'll take a trip to Camp Cormorant near Lake Park MN for even more adventures – like horseback riding, water fun, climbing courses, and more! – *Weeks 4 & 10 will not visit Camp Cormorant, but will take a day trip to the Wahpeton Zoo instead!*

Program Costs

- Members: \$190
- Non-Members: \$240

Registration

Register in person at the YMCA, by calling 701.293.9622, or online: ymcacassclay.org/camp

Typical Day at Camp Koda

9:00am

Morning meeting & songs

9:30am

Themed activities, art projects, and Kids Choice

11:15am

Lunch – YMCA provided

12:00pm

Park, swimming, or field trip

3:00pm

Snack – YMCA provided

3:30pm

Closing meeting, songs, & free play

4:00pm

Parent pick-up

More Information

We offer extended care from 7 – 9am and from 4 – 6pm. Extended care is \$15/week for AM care, \$15/week for PM care, or \$30/week for both. Learn more and register online.



MINI CAMP



DID YOU KNOW? Every year, we serve **over 30,000 individuals** through membership, programs, and services.

HALF-DAY CAMP FOR AGES 3 – 5

2023 Sessions & Themes

Session 1: June 5 – 8	Dinosaurs
Session 2: June 12 – 15	Under the Sea
Session 3: June 19 – 22	Little Scientists
Session 4: June 26 – 29	Music, Melodies, & Drama
Session 5: July 10 – 13	On the Farm
Session 6: July 17 – 20	Kids in the Kitchen
Session 7: July 24 – 27	Camping
Session 8: July 31 – Aug. 3	Princesses & Superheroes
Session 9: August 7 – 10	Wet & Wild

Hours, Location, & More



Monday – Thursday



9:00am – 1:00pm



Fercho YMCA



LEARN MORE

Each week of Mini Camp is packed with tons of activities designed to keep little minds and bodies active, learning, and having fun!

Kiddos ages 3 – 5 can learn new skills, gain independence, explore their interests, meet new friends, and just be a kid.

We'll have a BLAST with outdoor play, sports, gym games, music, arts and craft projects, swimming, picnics, read-alouds, field trips, and so much more. Plus, each week's activities are centered around a fun theme – designed just for preschoolers!

Each Thursday, we'll end the week with a family picnic and sing-a-long program to showcase what we've learned!

Program Costs

- Members: \$99
- Non-Members: \$119

Registration

Register in person at the YMCA, by calling 701.293.9622, or online: ymcacassclay.org/camp

Typical Day at Mini Camp

9:00am

Welcome to Camp!

9:30am

Group Time – songs and themed discussions

10:00am

Themed Activities – art projects, gym activities, and games

11:00am

Lunch – YMCA provided

11:30am

Sing – a – long

11:45am

Park, swimming, or field trip

12:45pm

Story time and parent pick-up

More Information

Children must be fully potty trained and able to use the bathroom on their own to attend.



CAMP CORMORANT



DID YOU KNOW? In 1953, one week at camp cost \$15 for YMCA members, and \$17 for non-members. Candy Sales helped boys pay their way — as girls were unable to attend until the 1960s.

OVERNIGHT CAMP FOR AGES 7 – 14

2023 Sessions & More

Mini Week: June 7 – 9	Session 4: July 16 – 21
Session 1: June 11 – 16	Session 5: July 23 – 28
Session 2: June 18 – 23	Session 6: July 30 – August 4
Session 3: July 9 – 14	Session 7: August 6 – 11



14563 YMCA Lane | Lake Park, MN



Themes: Adventure, Art, Wilderness, Water Ski, Fishing, Ropes Course, Horsemanship, Photography, and Family Camp.

Canoeing & Paddle Boarding | Swimming & Time on the Beach | Water Tramp & Water Rock Wall | Boat Rides & Red Shark Rides
Games, Sports, & Archery | Arts & Crafts | Horseback Riding | Ropes Course & Ziplining | and so much more!

Founded in 1903, Camp Cormorant is one of the oldest overnight camps in the nation, and has served as an incredible growth experience for youth ever since.

Camp is nestled on 80 acres of wooded property along Big Cormorant Lake, in the heart of MN lakes country.

We offer cozy cabins, an extensive beach front, green spaces, horse trails, ropes courses, a brand new bath house, and much more to ensure a safe, fun, and memorable summer camp experience.

DAY CAMPS FOR AGES 6 – 12

2023 Sessions & More

Session 1: June 12 – 16	Session 5: July 23 – 28
Session 2: June 19 – 23	Session 6: July 30 – August 4
Session 3: July 10 – 14	Session 7: August 6 – 11
Session 4: July 16 – 21	



Monday – Friday



9am – 4pm



14563 YMCA Lane | Lake Park, MN
No transportation provided.

Day Camps at Cormorant are perfect for kids who want the adventure of camp while still going home with their family each evening.

Youth will meet new friends, explore the environment of Camp Cormorant, get out of their comfort zone, and have a BLAST with canoeing, swimming, hiking, crafts, boat rides, paddle boarding, fun on the beach, outdoor games, and more!

Registration

Register in person at either YMCA location, by calling 701.293.9622, or online: ymcacassclay.org/cormorant

Typical Day at Overnight Camp

7:50am

Polar Plunge

8:25am

Flag, breakfast, and cabin clean-up

9:30am

Camp-specific activities

12:00pm

Lunch and rest time

2:00pm

Bonus activities and open recreation time

5:30pm

Flag and dinner

6:15pm

Bonus activities

7:30pm

Evening program

9:00pm

Campfire and s'mores

10:30pm

Lights out

More Information

For theme descriptions, ages, prices and more, pick up a camp guide at the YMCA or visit us online:

ymcacassclay.org/cormorant



LEARN MORE



MORE TO EXPLORE



DID YOU KNOW? On average, every week we ensure 1,800+ kids have access to healthy meals through our Food Programs.

UPCOMING EVENTS

Healthy Kids Day **FREE!**

Join us for tons of fun at the Y as we gear up for summer and celebrate the joy of being a kid! Enjoy open play time in our Aquatic Center, Gymnastics Room, Play Loft, Climbing Wall, and more! We'll also have exclusive savings on camp, membership, and youth programs. FREE and open to the community! ymcacassclay.org/hkd

April 29 Fercho & Schlossman YMCAs

Stay up-to date with all YMCA events!

Scan the code to view our online event calendar, visit ymcacassclay.org/events, or "like" our Facebook page: @ymcacassclay



Father/Daughter Dance

A great opportunity for girls to bond with their father – or father figure! – and have tons of fun with their friends. You don't need to be a professional dancer to attend – we promise your daughters won't care! We'll also have a photobooth, face painting, treats, games, and more! Girls are invited to bring their dad, grandpa, uncle, or other special guest. ymcacassclay.org/fatherdaughter

June 17 5:00 – 7:00pm Schlossman YMCA

All ages welcome! Geared towards ages 3 – 9

Attire: Guests are encouraged (but not required) to dress up!

Members: \$50, Non-Members: \$60 - Includes one adult ticket for a father or father figure, plus tickets for their daughter or daughters.

Sunday Fun Day

Every Sunday, we open our doors to the community! Don't spend your day on the couch – have fun with open play time in our Aquatic Center, Climbing Wall, and more. This is the only time we offer day passes to non-members – don't miss your opportunity! ymcacassclay.org/sundayfunday

Sundays, 6am – 8pm Fercho & Schlossman YMCAs

Members: FREE! Non-Members: \$15

Water Safety Day **FREE!**

Summer is here, and that means lots of time at the lake or by the pool. Make sure you and your kids know how to stay safe while playing in and around the water! Learn skills like the "Throw, Don't Go" strategy, life jacket safety, back floating, and more. Learn more: ymcacassclay.org/events

June 9, 9:00 – 10:30am Fercho YMCA

FREE and open to the entire community!



Birthday Parties & Rentals

The Y is a great place for any group, large or small! We have lots of spaces that will keep kids and adults active for hours. Host birthday parties, church groups, scout groups and more – the sky is the limit! ymcacassclay.org/rentals

- Options are available at both the Fercho and Schlossman YMCAs.
- Birthday Party Packages available.

Camp Cormorant Rentals

Camp Cormorant is a perfect getaway location for family reunions, weddings, business meetings, and so much more! Rentals are available for camp grounds and facilities and/or our new Welcome Center. ymcacassclay.org/rentals

- Camp Cormorant: 14563 YMCA Lane, Lake Park, MN
- Summer rentals (June – Sept.) and off-season rentals (Oct. – May) are available.
- View amenities, a photo gallery, pricing, and available dates online.





YOUTH SPORTS & FITNESS

Mother & Daughter Duo **FREE!**

A fun fitness program – just for moms and daughters! We'll learn how to incorporate cardio equipment, free weights, body weight exercises and more into a workout routine. **FREE** for YMCA members! ymcacassclay.org/duo

May 10 - June 28	Wed, 5:30 - 6:30pm
Schlossman YMCA	Ages 12+

Youth Training Hour

Ages 8 - 14 | Members: \$65, Non-Members: \$80
Stay active, get on track to lead a healthy lifestyle, and get an intro to fitness! This small-group class, led by a certified instructor, will teach kids the basics of cardio and strength training in a fun, safe, age-appropriate atmosphere. ymcacassclay.org/youthtraining

May 16 - July 18	Schlossman YMCA	Tues, 4:30 - 5:30pm
May 17 - July 19	Fercho YMCA	Wed, 4:30 - 5:30pm

Sports Performance

Athletes – summer is the perfect time to level up your skills! Improve strength, speed, body awareness, agility, and more with sport-specific workouts, customized by personal trainers. Reach peak performance and excel in your sport! ymcacassclay.org/sportsperform

LEVEL 1 Ages 8 - 12 | 6:00 - 7:00pm

Develop the basics of weight training, speed training, and more. Work with a trainer to improve your game while having a blast!

June 19 - Sept. 14	Mon/Wed	Fercho YMCA
June 27 - Sept. 21	Tues/Thurs	Schlossman YMCA

LEVEL 2 Ages 12 - 18 | 9:00 - 10:00am

Level up with more complex techniques! We'll focus on strength, agility and speed to hone your skills and improve your game!

June 19 - Sept. 14	Mon/Wed	Schlossman YMCA
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Youth Exercise Concepts

Kids can gain unsupervised access into our fitness centers and group fitness classes with this one-time course! In addition to getting a general introduction to our fitness centers youth will learn proper fitness etiquette, exercise safety, how to use the cardio and weight equipment, and more!

- Ages 12 - 14
- Fercho & Schlossman YMCAs
- **FREE** for members!

ymcacassclay.org/youthexercise

Personal Training for Youth

A certified Personal Trainer will meet with youth in one-on-one sessions to help them gain comfort in a fitness environment, stay active, and build the foundations of a healthy lifestyle!

- Ages 8+
- Fercho & Schlossman YMCAs
- Scheduling is flexible!

ymcacassclay.org/personaltraining



Summer Soccer League **NEW!**

Have a **BLAST** in our brand new Soccer League! We'll learn passing, dribbling, shooting, and more while practicing our skills in weekly matches. Soccer League keeps the focus on fun and healthy competition – so every kid gets the chance to shine! ymcacassclay.org/soccer

Kicks off in June Members: \$99, Non-Members: \$119

Stay tuned for session dates, league ages, and more info! Questions? Contact our team at programs@ymcacassclay.org or 701.364.4116



A photograph of several children sitting around a table, smiling and eating. There are bowls of fruit like grapes and apples, and water bottles on the table. The children are of various ethnicities and are dressed in casual clothing.

COMMUNITY OUTREACH

Mini Food Pantries

Take what you need, give what you can! The 'Mini Pantry' movement is a national, crowd-sourced solution to meet community needs. Our YMCA hosts three local pantries for our neighbors to give and take as they wish. The pantries collect non-perishable foods, like canned goods, granola bars, and boxed dinners, as well as small items, like hats, socks, and personal hygiene items. ymcacassclay.org/pantry

YMCA Pantry Locations: Fercho YMCA Schlossman YMCA
West Fargo Early Learning Center - 109 3rd Street E, West Fargo

Giving Box Project

Our Giving Box Project supports those in need by providing a package of food, a warm winter coat, or a backpack full of school supplies. To take a small burden off of those who find themselves in a challenging spot, we ask you to rally together and donate items to our neighbors in need. ymcacassclay.org/givingbox

June: Non-perishable food, canned goods, boxed dinners, peanut butter, granola bars, etc.

July and August: School supplies, notebooks, markers, pencil cases, folders/binders, crayons, calculators, backpacks, etc.

Summer Food Program **FREE!**

As part of our Summer Food Program, healthy meals are distributed FREE of charge to all children ages 18 years and younger at many area locations! Distribution is open to the entire community, with no eligibility requirements. Stay tuned to our website for times, dates, locations, addresses, and more: ymcacassclay.org/foodprograms



Get Started

It's as easy as 1, 2, 3!

- 1) Visit ymca360.org, or download the app on your smartphone or smart TV.
- 2) Enter your zip code and choose either the Fercho or Schlossman YMCA. Full YMCA360 access is available at both locations.
- 3) Type in your email address, YMCA Member ID number, and the verification code that will be emailed to you. That's it – you're ready to explore!

Not a YMCA Member?

You can get a Virtual Plus membership for just \$15/month for your whole family! Includes full access to YMCA360, facility visits, member discounts, and more! Learn more: ymcacassclay.org/join

Scan to download!



YMCA360 – VIRTUAL PLATFORM

Virtual Fitness, Kids' Activities, & More! | Included in YMCA Membership

Access livestream and on-demand opportunities to work out, play, learn, and more from the web, your smartphone, or smart TV. Stay plugged in to the YMCA community at home, while on the go, or any time you need. Best of all: It's included in a YMCA membership! Learn more: ymcacassclay.org/360

Adult Workouts & Wellness

- Fitness Classes & Workouts
- Meditation, Wellness, & Mind/Body Classes
- Weight Lifting Tutorials
- Nutrition Classes & Healthy Cooking Tutorials
- Specialty Content for Seniors, Cancer Survivors, & Heart Health
- Dance Classes
- and more!

Kids & Family Activities

- Kids Fitness Classes
- Sports Tutorials
- DIY STEM & Art Projects
- Kid-Friendly Healthy Cooking Classes
- Music & Performing Arts Classes
- Family Games & Activities
- and more!

Mobile Apps & More

Mobile apps are available on the Apple App Store and the Google Play Store – just search "YMCA360." Smart TV apps are available on AppleTV, Roku, and AndroidTV, with more platforms coming soon.



YMCA LEARNING CENTERS

Early Learning Centers

Ages 6 weeks through 5 years | 5 Area Sites

We offer year-round, licensed care – designed to create a smooth transition into school. Our curriculum aligns with ND Early Learning Guidelines, helping children learn and meet milestones through fun, hands-on exploration.

Infants: We strive to attain harmony with your infant's at-home eating and sleeping schedule. Babies explore hands-on play in a safe space, interact with caregivers and peers, and experience sensory stimulation – a key to learning.

Toddlers: Gain independence, learn new skills, and master milestones! We'll explore the block area, water table, or art station, and go outside each day for gross motor play. Toddlers also hear stories and songs to foster language development.

Preschool: Build a foundation for school readiness! We'll learn letters, shapes, colors, language development, the use of writing tools, and social skills. We also have fun with outdoor play, STEM/art activities, and more!

School Age Learning Centers

Grades K through 5 | 20+ Area Sites

We offer quality, licensed programs including reading, STEM/art, physical activity, character development, outdoor play, and more. We have over 20 locations – and transportation is provided to many sites! During the school year, we offer after-school care, and during the summer months, full day care is available.

Join Online



Site Locations & Addresses

Learning Center sites, addresses, and more can be found online at: ymcacassclay.org/childcare

More Information

- Full and Part-time options are available for both our Early Learning and School Age Learning Centers!
- Early Learning sites are open from 6:30am to 6:00pm.
- School Age sites are open from afternoon bell to 6:00pm in the school year, and from 6:30am to 6:00pm in the summer months.

Openings

To view openings in our Early Learning or School Age Learning Centers, visit us online at: ymcacassclay.org/openings

Online Registration

Getting registered is as easy as 1, 2, 3!

1. Visit ymcacassclay.org/childcaresites
2. Scroll down to the site you're interested in. Click on the blue "Learn More" button.
3. Then, click on the blue "Registration" tab. Once it opens, click the green "Start Registration" button.





Gardening Kids' Club Gardening Kids' Club provides a great way for participants to learn about gardening, connect to nature, gain a hands-on experience growing their own food, and tasting the fruits – and vegetables! – of their labor.

Gardening engages every child's innate wonder and curiosity, offers them opportunities to participate in hands-on learning, and teaches them where their food comes from. Our goal is to educate our youth and nurture a sense of stewardship and accomplishment in the next generation of gardeners! ymcassclay.org/gardenclub

May 9 – June 27

Schlossman YMCA

Tuesdays, 5:15 – 6:00 pm

Grades 2+

Members: \$50, Non-Members: \$75



YMCA of Cass and Clay Counties

Fercho YMCA: 400 1st Ave. S, Fargo | Schlossman YMCA: 4243 19th Ave. S, Fargo | ymcassclay.org