

Youth and Adult Program Guide

- » Summer Season: June 1 – August 31, 2024
- » YMCA Cass & 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

Contents

Aquatics	4	Camp Koda	13
Youth Sports & Fitness	6	Camp Cormorant	13
CPR, First Aid, & Safety Education	7	Community Events	14
Personal Training	8	Food Programs	15
Health & Wellness	9		
YMCA 360	9		
EGYM	9		
Women’s Wellness	10		
Adult Sports	10		
Group Fitness	11		
Learning Centers	12		

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. Learn more and apply at either Member Services Desk, or online at: ymcacassclay.org/assistance



YMCA MEMBERSHIPS

The Y's mission is to enhance spirit, mind, and body through youth development, healthy living, and social responsibility. It's our reason for existence, representing our commitment to improving lives. We strive to ensure everyone has the chance to learn, grow, and thrive regardless of age, income, or background.

YMCA Membership includes access to multiple locations, 100+ group fitness classes, guest passes, fitness centers with cardio/strength equipment, free weights, and more. Additionally, members enjoy amenities like PlayTown Drop-In Child Care, the YMCA360 virtual platform, and free visits to Family Wellness. Other perks include EGYM circuit training, nationwide access to YMCAs, and various programs, events, and rewards.

Visit ymcacassclay.org/membership for details and prices



JOIN ONLINE

RENTALS

Wibit Rentals – Giant Aquatic Obstacle Course!

Make a splash and have some fun at our pool with the Wibit – our giant aquatic obstacle course! You can rent our Wibit on select weekends.

Birthday Parties & Rentals

Book your group events at the YMCA! We offer spaces for parties, scouts, church groups, and more! We can also decorate for you with our themed add-ons!

Camp Cormorant Rentals

Camp Cormorant offers a serene location for various events and retreats. You can rent camp grounds, facilities, or the Welcome Center. Check our website for photos, amenities, dates, and prices.

Visit ymcacassclay.org/rentals for details and prices





AQUATICS

Water Comfort and Confidence for Adults

Fercho YMCA | Ages 18+

Learn water skills with expert instructors. Practice pool entry/exit, balance, floating, kicking, and more. FREE for everyone! Visit ymcacassclay.org/events.

Adult Swim Training

Fercho YMCA | Ages 15+ | Wed | 6 – 7 am

Includes in-water exercises, interval swimming, and dry-land, body weight exercises for a full-body workout. Designed for triathletes or those wanting a challenge but all levels are welcome!

50- and 300-Mile Swim Challenges

Fercho YMCA | Ages 15+

Join the Lap Swim Challenge at the Fercho YMCA Lap Pool and earn a t-shirt for swimming 50 or 300 miles! Track your progress and let the Aquatics Staff know when you reach a goal. Start anytime!

Lap Swim Foundations

Fercho YMCA | Ages 15+ | Mon | 12 – 12:45 pm

Learn lap swim basics, lane sharing, how to use the equipment, and get started on a workout.

Swimming Lessons Summer Session

Fercho YMCA | June 3 – Aug 15 | 6 months – Adult

Lessons are held once per week for 10 weeks for summer session. Lessons are offered Tuesday, Wednesday, Thursday, and Saturday. Participants swim once per week for 30 min. No lessons will be held July 1, 2, 3, 4 due to Fourth of July Holiday. Affected lesson prices will be prorated at sign-up. Member registration opens March 18. Non-member registration opens March 25.

Lesson Type	Regular	Private
Members	\$100	\$400
Non-Members	\$200	\$800

Summer Swim Camps

	June Camp June 3 – June 27		July Camp July 8 – August 1		August Camp August 5 – August 15	
Lessons Type	Regular	Private	Regular	Private	Regular	Private
Members	\$80	\$320	\$80	\$320	\$80	\$320
Non-members	\$160	\$640	\$160	\$640	\$160	\$640
	Lessons in our Swim Camps are held twice per week (choose M/W or T/Th) for 4 weeks.				(Monday – Thursday for 2 weeks) Community on M/W at 9:00am and 9:30am	



FM Gators

Fercho YMCA | Ages 5+

Our professional coaches help swimmers improve their skills, learn to value hard work, reach for excellence, enjoy spirited competition, and have fun!

		Summer Session		Full Session	
Developmental		June 3 - July 18		April 24 - July 18	
		Member \$132.00	Non-Member \$165.00	Member \$224.60	Non-Member \$280.80
Age Group		June 3 - July 18		April 24 - July 18	
		Member 175.00	Non-Member \$220.00	Member \$288.00	Non-Member \$360.00
Senior		June 3 - July 18		April 29 - July 18	
		Member \$202.00	Non-Member \$252.50	Member \$334.00	Non-Member \$334.00

Registration: Because we are a YMCA team and a USA Swimming Team, there are two separate required registrations:

1. YMCA – Visit either Member Services Desk, call 701-293-9622, or visit ymcacassclay.org/gators
2. USA Swimming and Team Unify Registration – After you’ve registered at the Y, visit fmgators.com to complete your registration

Pre-Swim Team

Fercho YMCA | Ages 4 - 18 | June 2 - July 18 | Mon/Wed or Tues/Thurs | 4:45 pm - 5:30 pm

Improve your skills, learn swim strokes and lap swimming, and gain comfort in the pool in Pre-Swim Team! A low-pressure option to participate on the FM Gators team without the commitment of a full season or competitions. Must be able to swim 25 yards freestyle without stopping or needing assistance. No Classes for Fourth of July Week.

Members: \$112 | Non-Members: \$ 140.00



YOUTH SPORTS & FITNESS

Flag Football

Outdoors at Schlossman YMCA | Ages 6-9 | Wed

Flag Football at the Y is a recreational program for youngsters who are new to football or not quite ready for tackle football, emphasizing learning, rules, tactics, skills, and most importantly, fun. It's open to both boys and girls.

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

Ages

3 - 5

6 - 9

Time

5:15 - 6 pm

6:15 - 7 pm

Sports Performance

Fercho YMCA | Ages 8-18

Enhance your athleticism with YMCA Sports Performance! Tailored sport-specific workouts by specialists improve strength, speed, agility, and more for youth athletes. Maximize performance and excel in your sport! For more information about sessions, dates, times, and levels visit our website.

Members: \$150/session | Non-Members: \$200/session

Youth Training Hour

Fercho YMCA | Ages 8 - 14

Discover health and wellness with Youth Training Hour at the YMCA! Led by a certified instructor, this small-group class introduces cardio, strength equipment, and more in a fun, safe environment. Kids and teens gain essential skills for a lifelong wellness journey! For more information about sessions, dates, and times visit our website.

Members: \$65 | Non-Members: \$80

CPR, FIRST AID, & SAFETY EDUCATION

Lifeguarding Course

Fercho YMCA | Ages 15+ | June 7 – 9 or Aug 7 – 9

Learn to prevent and handle emergencies with the Red Cross Lifeguarding course. You'll get certified in Lifeguarding, First Aid, and CPR/AED. You can also work as a lifeguard at the YMCA and get your course fee back!

Members: \$180 | Non-Members \$220

Lifeguarding Re-certifications

Fercho YMCA | Ages 15+ | July 21 | 8 am – 5 pm

Renew your lifeguarding/first aid skills with this course for American Red Cross certified lifeguards. You will take a written test and perform the skills from the lifeguarding class.

Members: \$72 | Non-Members \$95

Babysitting Trainings

Fercho YMCA | Ages 11+ | July 15, 13, 27 or Aug 10 | 9 am – 5 pm

This training teaches you how to babysit well. You will get Pediatric First Aid/CPR Certification. Private classes for groups of 6+ are available.

Members: \$81 | Non-Members \$120

CPR/AED and First Aid Course – In-Person & Hybrid Options!

Learn to care for first aid, breathing, and cardiac emergencies. Upon successful completion of the course, you will be certified in American Red Cross Adult and Pediatric CPR/AED and First Aid. See website for upcoming dates.

Members: \$70 | Non-Members: \$108

Junior Lifeguarding Course

Fercho YMCA

Prepare for the American Red Cross lifeguard certification! You will learn lifesaving skills, in-water rescues, first aid/CPR, and more. You will also improve your swimming skills and shadow real lifeguards. All class dates are mandatory.

Members: \$110 | Non-Members: \$135

Wilderness and Remote First Aid – NEW!

Fercho YMCA | Ages 14+ | July 22 – 26 | 1 – 5:30 pm

This course teaches first aid skills for emergencies in areas without quick EMS access, like wilderness, remote, and urban disaster settings. You need to attend all class dates.

Members: \$135 | Non-Members: \$170



PERSONAL TRAINING

Ages 11+ | Rates vary by session and type

YMCA Personal Trainers help you achieve your health and fitness goals with customized plans and flexible scheduling. Whether you need weight loss, toning, cardio, strength, or wellness support, we have a program for you. Train with us at any location and time. Visit ymcacassclay.org/personaltraining for more information.

Start Strong: Olympic Weightlifting 101

Fercho YMCA | Ages 12+ | June 3 - 17 | Mon & Wed | 7:30 - 8:30 pm

Join our six-week Olympic weightlifting program designed for newcomers and athletes seeking skill enhancement. Our two-day per week class focuses on snatch, clean, and jerk fundamentals, along with accessory movements to improve strength and speed. With expert coaching, whether you're a beginner or refining technique, achieve your weightlifting goals in just six weeks. Unleash your potential and join us today!

Members: \$100 | Non-members: \$175

InBody Composition Assessments

Schedule by Email

InBody assessments go 'beyond the scale' to give a complete breakdown of body composition in just 15 minutes. Get a greater understanding of your body fat percentage, skeletal muscle mass, basal metabolic rate, fat distribution, total body water, and more! Contact fitness@ymcacassclay.org to schedule an appointment.

Members: \$17/scan | Non-members: \$47/scan

Smart Start Fitness Center Orientation

Ages 15+ | Schedule at Fitness Center Desk

Whether you've been a member your whole life, or just joined for the first time, we want you to be comfortable in our facility. Get to know the Fitness Center, learn to use cardio/weight equipment, and more!

Lifting Clubs at the YMCA

Inquire at Fitness Center Desk

New training goal: Join YMCA lifting clubs by reaching one-rep max totals of 750+ or 1,000+ pounds for squat, dead lift, and bench press. Membership includes a FREE t-shirt.

Personal Run Coaching

Schedule at Fitness Center Desk or by Email

Gearing up for a 5k, marathon, or half marathon? Improve race times and running form, run longer distances, work through injuries, and get ready for race day!

One-Time Form Check

Schedule at Fitness Center Desk or by Email

Learn how to lift better with a trainer in 90 minutes. Choose any lifts you want to work on. Improve your form and overcome challenges.



HEALTH & WELLNESS

Forever Well Fitness

**Fercho YMCA | Ages 50+ | June 4 – Aug 27 |
Tues and Thurs | 8 – 9 am**

Boost your strength, balance, flexibility, and mobility with our free 8-week fitness program. Learn how to use the Fitness Center equipment safely and effectively, and enjoy small group workouts, cardio exercises, strength training, and more.

Summer Weight Loss Challenge

June 1 – August 31

A personal trainer can assist you in creating a tailored plan to achieve your goals. The Challenge will include; 1 free Personal Training Consultation; 3 InBody Scans; 3 Personal Training Sessions; Weekly emails, including on-your-own exercise challenges, healthy recipes, and more; weekly 10-minute check-ins with a trainer by phone to help keep you on track and a challenge; t-shirt upon completion of 3 InBody scans at the end of the challenge.

Members: \$180 | Non-Members: \$250

LIVESTRONG® at YMCA

Fercho YMCA | FREE

Cancer survivors, enhance your strength and fitness with personalized workouts led by a specialist tailored to your cancer type, including access to the Fitness Center, Group Fitness classes, and more, all at no cost for both members and non-members. Visit our website for details, with participants receiving a complimentary YMCA membership throughout the program. Learn more or register: fitness@ymcacassclay.org or 701-356-1447

Sessions	Days	Times
June 3 – Aug 21	Mon and Wed	5:30 – 7 pm
June 4 – Aug 27	Tues and Thurs	10 – 11:30 am
June 3 – Aug 21	Mon and Wed	12 – 1:30 pm

YMCA 360



FREE for Members

YMCA360 offers live stream and on-demand options for fitness, wellness, and fun. Access new content every week on the web, mobile, and smart TV apps. Features include: strength training, cardio workouts, and mind/body classes; specialty content for seniors and cancer survivors; nutrition and healthy cooking tutorials; mindfulness and guided meditations; and youth and family content, like kids' fitness, art, and sports.

EGYM

E G Y M

Ages 15+ | FREE for Members

EGYM is a circuit training system that customizes workouts to your goals and is free for YMCA members. Each machine adjusts to your settings and gives you feedback. You can do a full-body workout in 30 minutes and connect with fitness apps. The screens show you how to exercise correctly and efficiently. Available at both Fercho YMCA and Schlossman YMCA.

WOMEN'S WELLNESS

Women on Weights

Fercho YMCA | Ages 14 + | June 4 – July 23 | Tues | 6 – 7 am or 5:30 – 6:30 pm

Empower, lift, transform! This small-group class, led by a certified personal trainer, teaches lifting techniques, exercises, and routines – especially designed for women! Boost your confidence, build strength, and more!

Mother & Daughter Duo

Fercho YMCA | Ages 12 + | June 6 – Aug 1 | Thurs | 6 – 7 am or 5:30 – 6:30 pm

Join us for a fun fitness program just for moms and daughters! Learn how to use free weights, body weight, machines, and cardio equipment while having tons of fun together!



ADULT SPORTS

Tour de Fargo

Ages 15+ | July 1 – July 31

Join the Y's cycling challenge and ride 300 miles or more, indoors or outdoors. Track your progress and compete with others on the leader-boards. Win prizes for going the extra mile!

Members: \$30 | Non-Members: \$50

Rise and Shine Boot Camp

Fercho YMCA | Ages 14+

Join us for a fun outdoor class designed to give you a challenge and get you ready to tackle your day! Start your day on the right foot with a circuit-style, full-body workout – including cardio, body weight, and equipment. **Members Only: \$20**

Sessions	Days	Times
June 4 – July 30	Tues and Thurs	7 – 8 am
June 5 – July 26	Wed and Fri	6 – 7 am



GROUP FITNESS

100+ classes per week | FREE for Members

Just Getting Started

- Aqua fit
- Silver Sneakers® Circuit
- Silver Sneakers® Classic
- Silver Sneakers® Yoga
- XaBeat
- Yoga
- Zumba®
- Cycle
- HIIT Variety
- TRX Circuit
- Circuit Kickstart

Already Active

- Hydro Conditioning
- BODY BALANCE®
- BODY STEP®
- CORE®
- Cycle
- Deep Water Exercise
- Yoga
- BARRE™
- Les Mills Dance® - NEW

Exercising Regularly

- BARRE™
- BODY COMBAT®
- BODY PUMP®
- STRONG®
- Yoga
- WaterinMOTION®
- Cycle

Group Fitness Orientations

Ages 21+

Get on track to reach your goals with a FREE Group Fitness Orientation! Whether you've been a member your whole life or just joined for the fitness time, we want you to accomplish your health & wellbeing goals. You'll get to design your own weekly routine, learn which classes are best suited with your exercise preferences and more! 30 minute time slots available at both YMCA locations - sign up at ymcacassclay.org/fitnessplanning

Prenatal Options at the YMCA – NEW

First, Second, and Third Trimester

Whether this is your first pregnancy or the last we have options from expert fitness mommas in the industry to support you in knowing which movements to modify and best practices when it comes to equipment modification's for momma-to-be.



LEARNING CENTERS

Early Learning Centers

5 Area Sites | Ages 6 weeks – 5 years | Summer Hours: 6:30 am – 6 pm

We provide year-round licensed care that eases the transition to school. Our curriculum follows ND early learning Guidelines, fostering children's development through interactive exploration.

School Age Learning Centers

20+ Area Sites | Grades K – 5 | Summer Hours: 6:30 am – 6 pm

We provide licensed programs with diverse activities like reading, STEM/art, physical activity, character development, and outdoor play. Transportation is available to many sites, and full-day care is offered during the summer.



CAMP KODA

Fercho YMCA | Ages 6 – 11 | Mon – Fri | 9 am – 4 pm

Camp Koda offers a summer day camp filled with diverse activities to keep children engaged and entertained, including outdoor play, sports, science experiments, music, arts and crafts, swimming field trips, and themed weeks for exploration and friendship building. Some Thursdays feature adventures at Camp Cormorant, while Weeks 4 and 10 include trips to the Wahpeton Zoo. Registration options include in-person, phone, or online. Extended care is available from 7 AM to 9 AM and from 4 pm to 6 pm for \$15 per week per extension or \$30 per week for both.

Member: \$199 | Non-Member: \$249

CAMP CORMORANT

Overnight Camp

YMCA Camp Cormorant | Ages 7 – 14

Established in 1903, Camp Cormorant stands as one of the nation's oldest overnight camps, providing invaluable growth opportunities for youth. Nestled on 80 wooded acres along Big Cormorant Lake in MN lakes country, our camp features cozy cabins, a vast beach front, green spaces, horse trails, ropes courses, a new bathhouse, and more for a safe, enjoyable, and unforgettable summer camp adventure.

Day Camps

YMCA Camp Cormorant | Ages 6 – 12 | Mon – Fri | 9 am – 4 pm

Day Camps offer the excitement of camp with the comfort of returning home each evening. Kids make friends, explore Camp Cormorant, try new activities like canoing, swimming, hiking, crafts, paddle boarding, and outdoor games, ensuring a thrilling experience. **Members: \$204 | Non-Members: \$225**



COMMUNITY EVENTS

35th Annual YMCA Paul Howry Memorial Golf Tournament

August 6, 2024 | 11 am - 5:30 pm | 18+ | Edgewood Golf Course

Join us for the 2024 YMCA Paul Howry Memorial Golf Tournament! All proceeds support the Paul Howry Endowment Fund, aiding YMCA participants with disabilities. Through this tournament, we have been able to provide accessible equipment and spaces in our facilities such as wheelchair adaptive equipment in our fitness centers, wheelchair lifts in our aquatic center, an accessibility lift in our Early Childhood Development Center, ADA facility improvements, and more! If interested in a sponsorship, you can register online!

Yoga in the Park

Rheult Farm | June 5 – Aug 14 (No class July 3) | Wed | 6 – 7 pm | At will donation

Find your Zen in a beautiful outdoor environment! This annual event series is co-hosted by the YMCA and Courts Plus Community Fitness, and 100% of the proceeds go to local charities. Bring a mat, water bottle, and group of friends! Classes are a free will donation and open to the community. Facilities are available for use.

Frequent Y'ers – Summer Rewards Program

June – August

Earn prizes by visiting the Y this summer – free for members! Get a stamp card at the Y from June 1 and collect one stamp per day. Redeem your stamps for rewards anytime.

Giving Box Project

Support those in need through our Giving Box project, offering food packages, winter coats, or school supply backpacks. Rally together to ease burdens for those facing challenges. In June, donate non-perishable food items, while July and August focus on school supplies.

Forever Well Social Events

Forever Well Social Events are an extension of Forever Well Fitness! The goal of this program is to bring events, extracurriculars, and clubs just for you. No need to register in advance, unless it is a field trip or special event. See the schedule below for events.

Activity	June 4 – August 27	Time	Location
Potluck	Every third Tuesday	11:15 – 11:45 AM	Dawson Lounge Fercho YMCA
Book Club	Every second Tuesday	9:30 – 10:00 AM	Dawson Lounge Fercho YMCA
Crafting Corner	Every third Thursday	9:30 – 10:00 AM & 11:15 – 11:45 PM	Youth Center Fercho YMCA
Card Club	Every second Thursday	11:15 – 11:45 AM	Dawson Lounge Fercho YMCA
Bingo	Every last Tuesday	9:30 – 10:00 AM	Dawson Lounge Fercho YMCA



FOOD PROGRAMS

Summer Food Program

FREE | 50+ Locations

Through our Summer Food Program, free healthy meals are provided to children aged 18 and under at various locations, welcoming the entire community with no eligibility criteria. Visit our website for meal schedules, locations, and details.

Senior Meal Program

**Fercho YMCA Mon – Fri | Schlossman YMCA Mon, Wed, Fri | Ages 60+ and spouse | 11 am – 12 pm
\$4 free will donation**

Join us at the YMCA for a healthy lunch! Stay to dine with other seniors or take it 'to go'. Open to all with no registration needed. Eligible participants include individuals aged 60 and their spouses of any age. In partnership with Valley Senior Services, a subsidiary of the Fargo Park District.

Mini Food Pantries

Food Pantry locations: Fercho YMCA | Schlossman YMCA | West Fargo Early Learning

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.



EXPANDING THE MISSION

The YMCA of Cass and Clay Counties is joining forces with the Fergus Falls Area Family YMCA. This strategic merger and intentional re-brand reflects a shared commitment to community service and a unified vision.

Over the coming months you can expect to see YMCA of Cass and Clay Counties and Fergus Falls Area Family YMCA grow into the YMCA of the Northern Sky. The name YMCA of the Northern Sky signifies not just a geographic expansion but an inclusive, aspirational mission. This consolidation aims to enhance operational efficiency, pool resources, and better address community needs. Choosing a single, memorable name demonstrates our commitment to removing barriers to community engagement.

The YMCA of the Northern Sky invokes a welcoming and expansive atmosphere; an open space where everyone can find a place. This transformation marks a deliberate move towards a more integrated and impactful YMCA, leveraging the strengths of both organizations. Under the banner of the YMCA of the Northern Sky, we're dedicated to inclusivity, growth, and a shared journey towards a brighter future for all individuals in the communities we serve.

Our Summer Program Guide focuses on the offerings in Cass and Clay Counties. You can expect to see differences in future program guides.

YMCA of the Northern Sky

YMCA of Cass and Clay Counties

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