



YMCA FOREST LAKE QUARTERLY NEWSLETTER

YMCA OF THE NORTH | WINTER 2025

LETTER FROM OUR LEADER

BY LINDSAY DEERING, ASSOCIATE EXECUTIVE DIRECTOR

As we close out the year, we want to extend our heartfelt gratitude to our members, volunteers, staff team, donors, and community partners. Your support, dedication, and belief in our mission make the Forest Lake YMCA a place where connection, belonging, and growth truly thrive. Whether you've shown up to sweat, serve, support, or simply share a smile, you are an essential part of what makes our Y so special. Thank you for being part of our Y family, and we look forward to building an even stronger, healthier community together in the year ahead.

Now, as we look ahead to 2026, we're excited for a year of continued growth and connection at the Forest Lake YMCA. We plan to expand our small group fitness offerings and build on the strong foundation already in place. We're also committed to enhancing our ForeverWell programming, including adding more opportunities that are open to the broader community. And, as always, we look forward to strengthening our relationships with community partners so we can continue to serve our members and neighbors in meaningful ways.



Facility Hours:

Mon-Fri 5am-9pm

Sat-Sun 7am-5pm

Our November Family Fun Night was a blast with crafts, treats, and bounce house! Check out our future family fun night events on Page 2!

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PROGRAM
UPDATES


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
NEWS &
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MISSION
UPDATE


HEALTH & WELLNESS UPDATES

 Please welcome **new trainers Darice Keeling and Ellie Davis** to our team! Darice and Ellie will be available for fitness assessments as well as one-on-one and buddy training. Darice has a passion for training and martial arts and Ellie works with beginners, those looking to lose weight, and postpartum support, among other things! Set up a time to meet with them at the Welcome Desk!


 We are thrilled to announce that we have added a new **WEEKLY sound bath** option at 12 PM each Tuesday! Bring a mat and blanket, whatever makes you comfortable, and be prepared for deep meditation and relaxation to help you keep this holiday season stress free!


AQUATICS UPDATES


 Coming this January, **Pre-K Tuesday!** On Tuesday mornings, we will turn on the water features and pull out some coveted toys that are typically only used in lessons. Bring your tots and Pre-K kiddos to enjoy some open play in the pool!

 **Winter swim lessons** run from January 12–February 28th. Registration begins for members on December 10 and non members on December 17th. Registration can be done online or at the Welcome Desk. Don't know what level to sign up for? Reach out to Tanya.Radintz@ymcanorth.org!

FOREVERWELL UPDATES

 Join Nutritionist Joan Morris each month for a **workshop and seminar all about food and nutrition!** January's focus will be on **smoothies** – a tasty way to supplement your diet with frozen fruits and veggies in the Winter! Sign up online or at the Welcome Desk.

 Introducing monthly **free balance assessment and blood pressure checks!** Good balance and healthy blood pressure are key to a happy, independent life. Pop in between 10–11 AM on the **SECOND** Friday of each month to double check your own balance or blood pressure! Begins January 9!

 Ready to kick up your feet? This February, we'll be hosting our own **Snow Ball!** Whether you bring your own dance partner or find one there, we're sure to have some fun with the golden oldies! Keep an eye out for more details to come!

FACILITY UPDATES

We close our **hot tub** to drain and deep clean it monthly. Typically the hot tub is only closed down for a few hours but if further maintenance is needed, closures may last a little longer. Please plan ahead for the following planned closures:

**DEC
17**

**JAN
14**

**FEB
18**

Thank you for your continued support as we work to keep our facility clean and in excellent condition for you!

FAMILY ENGAGEMENT UPDATES



KIDS STUFF REMINDERS

Please remember to **bring indoor shoes or socks** (for babies) – snow boots are not acceptable – to play in Kids Stuff.

Wednesdays are theme days! They can include special crafts, games, scavenger hunts, and more!

FAMILY FUN NIGHTS

Come have some free fun as a family!

"Winter Play!"

January 16 – 4:45–6:45 PM

"Carnival Celebration"

February 20 – 4:45–6:45 PM



NOW HIRING

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



JOIN
OUR
TEAM

BRANCH SCHEDULES

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



NEWS & NOTABLES



FEB 26
10-11 AM

The YMCA has a rich and fascinating history! Come learn more with Kautz Family YMCA Archivist Ryan Bean as he shares his deep knowledge of all things YMCA. All are welcome. Non members must show a photo ID.



THURSDAY, JANUARY 22

All members and non-members are invited to join us to find out what the Y can offer! Events will be happening throughout the day! Try a class, meet the staff, explore the facility, and see what the Y can do for you! All non-members must show photo ID upon entry.

You're invited!



DECEMBER 18, 2025

REGISTER ONLINE AT WWW.REDCROSSBLOOD.ORG



**DANCE YOUR
SOCKS OFF!**

FEB 13

11AM - 1PM

**WATCH FOR MORE
INFO TO COME!**

Holiday Hours

DEC 24

7 AM - NOON

DEC 31

7 AM - 5 PM

DEC 25

CLOSED

JAN 1

7 AM - 5 PM



FEBRUARY 21, 2-6 PM

FISH LAKE REGIONAL PARK

Help us recreate the legendary Alaskan husky sled dog race with this two mile adventure race for kids and families! The Kidarod combines hiking, climbing, pulling and sliding around winter obstacles, with the ability to see real husky sled dog puppies! Sign up for the 12th Annual Kidarod at www.ymcanorth.org/adventure!

MISSION UPDATE

OUR MISSION IN ACTION

Thank You to Our Donors

This year has been truly inspiring because of the generosity of our supporters. We are so grateful for the many new donors who have joined us, from caring community members to local businesses, all helping to make our YMCA a stronger, more welcoming place. **Your gifts create opportunities, fund scholarships, and touch the lives of countless members in meaningful ways.**

If you haven't yet given, you can still be part of this impact. Donations can be made at the Welcome Desk as cash or check or securely online. Every gift, big or small, helps us continue to grow, connect, and care for our community.

ANNUAL FUND

2025 Goal \$91,189

2025 To Date \$47,617

DONATE NOW!



CUSTODIAL CORNER

WINTER CLEANING TIPS



Clean your radiators and vents with a vinegar based solution and replace your HVAC filters!



Wash your curtains and blinds to eliminate dust and allergens then hang damp to prevent creases and dust from accumulating!



Declutter and organize your closets. Clean out seasonal items and make your home easier to maintain without the clutter!



The best custodial team around!

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 YMCA Forest Lake 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.