



FOREVERWELL

DECEMBER 2025 | BURNSVILLE YMCA



Recurring Activities

Monday

Knit and Crochet Group

1:30 pm - 2:30 pm

Coffee Time

9:30 am - 11:00

Tuesday

Book Club *12/2*

12:00 pm - 1:00 pm

Coffee and Coloring

12/10 and 12/24

11:30 am - 12:30 pm

Wednesday

Coffee Time

9:30 am - 11:00

Mahjong

12:30 pm - 3:00 pm

Thursday

Hand and Foot

1:00 pm - 3:30 pm

Friday

Coffee Time

9:30 am - 11:00



WHAT IS FOREVERWELL?

At the YMCA, we're here to support you on your journey to a healthier, more fulfilling life. Discover everlasting wellness with YMCA programs tailored for individuals ages 55+! Experience invigorating group exercise classes, rejuvenating aquatic exercises, and engaging social events. Benefit from specialized wellness programs and connect with your community. Check out all of our activities in this newsletter.

Holidays may affect the schedule for clubs. Please check with the front desk for our Holiday hours.

BRANCH HOURS

Monday - Friday 5 am - 9 pm

Saturday - Sunday 7 am - 5 pm

BURNSVILLE MN

13850 Portland AV

Burnsville, MN 55337

December Blood Drive



Join us in donating blood on December 3rd
from 9:00 AM - 3:00 PM

The Red Cross will be set up in the
Community Room



FOREVERWELL CONNECTION

LUNCH & LEARN

Tuesday, December 16th, 2025

12:00-1:30 PM

TOPIC: Holiday Social and Game time!

Join us to socialize and learn more about our FOREVERWELL Connection group. There will be plenty of games to play together and you are encouraged to bring your own food!

This interactive discussion group depends upon shared experiences, along with some structured information, for its success. Participant interest, need, and energy will drive exploration and discussion.

Join Chris Farris, MS, RN, PHN, for a ForeverWell Connection. Chris is an eldercare consultant and educator who serves as discussion leader.

NEW APP!



Please download our new app!



Android



Apple

If you would like help or want more information, please ask the front desk!

Personal Training



Have you taken advantage of your FREE Fitness Assessment?

- This gives you one hour with a Personal Trainer to ask them any questions in regard to Fitness!

Ask the front desk for help setting up your FREE Fitness Assessment or book it yourself in the app today!

FOREVERWELL CLASSES

Monday

- 8:00 AM Water Exercise
 - o Lap Pool
- 8:15 AM Yoga
 - o Studio B
- 9:00 AM Functional Fitness
 - o Gymnasium
- 10:15 AM SilverSneakers Circuit
 - o Gymnasium
- 10:45 AM FOREVERWELL Cycle
 - o Warehouse
- 11:15 AM FOREVERWELL Yoga
 - o Studio B

Wednesday

- 6:00 AM Yoga
 - o Studio B
- 8:00 AM Water Exercise
 - o Lap Pool
- 9:00 AM Water Exercise
 - o Lap Pool
- 9:00 AM Functional Fitness
 - o Gymnasium
- 10:15 AM SilverSneakers Circuit
 - o Gymnasium
- 10:45 AM FOREVERWELL Cycle
 - o Warehouse Studio
- 11:15 AM FOREVERWELL Yoga
 - o Studio B

Friday

- 8:00 AM SilverSneakers Classic
 - o Studio A
- 8:15 AM Yoga
 - o Studio B
- 9:00 AM SilverSneakers Circuit
 - o Studio A
- 10:00 AM Water Exercise
 - o Lap Pool
- 11:30 AM SilverSneakers Yoga
 - o Studio A
- 12:30 PM QiGong
 - o Studio A

Tuesday

- 6:15 AM Water Exercise
 - o Lap Pool
- 8:00 AM Water Exercise
 - o Lap Pool
- 8:15 AM SilverSneaker Classic
 - o Studio A
- 9:15 AM FOREVERWELL Balance
 - o Studio A
- 10:30 AM Gentle Yoga
 - o Studio A

Thursday

- 6:15 AM Water Tabata
 - o Lap Pool
- 8:15 AM SilverSneakers Classic
 - o Studio A
- 10:45 AM Sound Bath
 - o Studio B
- 11:15 AM Salsa Splash
 - o Leisure Pool
- 11:30 AM FOREVERWELL Cardio Dance
 - o Studio A

Saturday

- 8:00 AM Water Exercise
 - o Lap Pool
- 10:05 Yoga
 - o Studio B
- 11:05 Meditation/Breathwork
 - o Studio B

Sunday

- 9:15 AM Yoga
 - o Studio B



NOVEMBER POOL ANNOUNCEMENTS



Lifeguard Coverage Changes Coming in 2026

Beginning in 2026, our lifeguard staffing policies will shift. In the past, one guard was able to safely oversee both pools; moving forward, we will require two guards on duty to keep both pools open. We will work closely with our lifeguard team and scheduling to minimize impact on our members who use the pool.

Safety Breaks & Guard-to-Swimmer Ratio

Thank you for your patience and understanding when our lifeguards call safety breaks. As a reminder, our lifeguard-to-swimmer ratio is 1:25, and our schedule reflects when there is double coverage by showing two whistles.

Adult Group Swim Lessons Returning

Adult group swim lessons will be offered during our Winter 7-week Session scheduled for January to February!



- Registration opens for members: December 10

- Registration opens for non-members: December 17

Water X Class Lane Use Policy

We have implemented a new policy for Water X classes held in the lap pool:

- 25 or fewer participants: The lap lane will remain open for lap swimmers.
- 26 or more participants: The lap lane may be incorporated into the Water X class.

Lifeguard & Swim Instructor In-Services

The pool will be closed Friday, December 12 at 7:00 PM for a Lifeguard In-Service.

A portion of the pool will be closed Wednesday, December 17 starting at 5:00pm for a Swim Instructor In-Service.

Thank you for your understanding as we support our staff through continued training and development.

Thank you for utilizing and caring for our pool.

If you have any questions, suggestions, or concerns, please feel free to contact our Aquatics Director, Noah Burson, at noah.burson@ymcanorth.org or (952) 222-4879.

NOVEMBER BRANCH ANNOUNCEMENTS



Winter Clothing Drive!

Please consider donating any of your unused winter clothing! All donations will be going to families who are in need of it during the upcoming cold month.

There will be a bin by the front desk for you to donate!!



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Looking to get more engaged at the YMCA?

Please reach out to
Lee.Moffat@ymcanorth.org and ask about
volunteering to be the point of contact for any
of the clubs currently being offered at our
branch!



Join us for Bingo on
December 18th

12:30 pm - 1:30 pm

Multi-Purpose Room



Help us remember our
isolated seniors with a gift this
holiday season!

There is a drop off zone near
the front entrance.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FOREVERWELL ORIENTATION

1ST AND 3RD MONDAYS | 10:30 AM



Join us for a 30-minute ForeverWell Orientation at the Burnsville YMCA! This personalized tour is the perfect introduction to our facilities and wellness offerings for adults 55+. You'll have the opportunity to:

Tour the Facility: Explore the YMCA's state-of-the-art amenities, including our fitness center, pool, and more.

Learn about our variety of group fitness classes designed for all levels, including cardio, strength training, water aerobics, and chair and regular yoga.

Get Expert Guidance: Meet with a YMCA team member who will answer your questions, provide recommendations, and help you navigate the best programs for your goals.

Whether you're new to fitness or looking to get back on track, this orientation will set you up for success in your wellness journey at the Burnsville YMCA.

RSVP at Member Services



December Word Search

L T R E E S D E C E M B E R H
K T A X L P C U K U I H C R G
O J S W E A T E R S T O O L L
F C H R I S T M A S T L L N S
S I N E W Y E A R D E I D F N
N C R R W S H K Z M N D F A O
O K C E N N K J I S S A B M W
W W C X P I M A K K P Y L I B
Z F I B A L N S T I V S I L O
S N O W B O A R D I N G Z Y O
S H O V E L U C U N N H Z N T
J W I N T E R Q E G R G A U S
J X B B J A C K E T S H R G G
M P R E S E N T S M C R D I S
X N N C H A R C O A L S B I T

Snowboarding

Christmas

SnowBoots

Cold

Fireplace

December

Charcoal

Blizzard

Skating

New Year

Sweaters

Mittens

Jackets

Trees

Family

Shovel

Holidays

Presents

Skiing

Winter

Snow