



- Summer -

2022 Program Guide

Familywellness

A PARTNERSHIP BETWEEN SANFORD HEALTH



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The health and safety of our members and staff is our highest priority. Thank you for continuing to keep Family Wellness a safe place by staying home if you're feeling ill, wiping down equipment before and after use, and social distancing. With that in mind, please visit our website at familywellnessfargo.org for our most up to date facility guidelines and announcements. All programs and events are subject to change.



Company Background



Sanford Health and the YMCA of Cass and Clay Counties: A Partnership for Community

Sanford Health and the YMCA of Cass and Clay Counties partnered to bring a wellness facility like none other to the Fargo, Moorhead, West Fargo and area communities. Family Wellness combines the values of the region’s most recognized family fitness organization with the region’s largest health care system. Together, these organizations share the gift of wellness. Family Wellness offers the resources to inspire the best in each of us and a place to share our experiences with others. When we share, a community mindset flourishes. It’s a cycle, a lifestyle and a better way of being.

Inspire Wellness Initiative

As a nonprofit organization Family Wellness is dedicated to impacting the health of children, adults, and families in our community. Through the Inspire Wellness Initiative we provide innovative need based wellness programs to help people cook well, move well and live well for life.

Mission

The mission of Family Wellness is to inspire healthy lifestyles by connecting people in a fun environment.

Registration

Register for any of our Summer 2022 program offerings at familywellnessfargo.org, at the Front Desk or call 701-234-2400.



Youth and Family

Drop In Childcare

Drop In Childcare is available for Members and Nonmembers ages 2 weeks through 9 years old while parents/guardian is in the building. With an indoor play structure with a slide, an outdoor play structure (weather permitting) and a screen-free zone, (no TV, Movies or Video games) it is all about play and activity! A childcare visit must be purchased at the front desk prior to entering the childcare area.

Childcare Events

Parent's Day Out

Tuesdays, June 7th, July 12th, & August 2nd from 9:30AM to 12:30PM

Need to get stuff done? Drop off your kids in the family wellness childcare from 9:30 to 12:30 for some time to get stuff done without your little helpers. Please bring nut free snacks, diapers, or any other care necessities needed. Sign up by noon on Monday prior to the event. Ages 2 weeks - 9 years old.

\$15 Members / \$20 Nonmembers

Parent's Night Out

Saturdays, June 11th, July 16th, & August 6th from 4:45PM to 7:45PM

Need a night out? Drop your children off at Family Wellness for a date night or just a night to yourself! Pre-registration is required and space is limited. Sign up by noon the Friday prior to the event. Childcare Date Night is located in Childcare at Family Wellness for ages 2 weeks to 9 years. Bring your own diapers and nut free snacks.

\$15 Members / \$20 Nonmembers

Parent/Baby Classes

This series of classes is designed to help caregivers and parents connect and grow with their children through a partnership with Sanford Health. **All classes are free and open to the community. Registration is required.**

Parent Series: Fatherhood

Monday, July 13th & August 15th from 6:30PM to 8:30PM

During this class you learn: What babies need from dads, new dad emotions, healthy relationships, and importance of self-care

Child Developmental Screenings

Thursday, June 16th, July 21st, & August 18th from 8:30AM to 10:30AM

Pediatric Therapy Partners will be providing free child developmental screenings at Family Wellness! The first years of your child's life are important and filled with many developmental milestones. This opportunity will help identify any concerns and can connect your family with tools and resources that may benefit your child. Results can be provided confidentially in-person or over the phone by Pediatric Therapy Partners.

Parent Series: Emotionally Healthy Children 0-2 years

Tuesday, July 19th from 6:00PM to 7:30PM

During this class you learn: Help baby feel loved, comforted and accepted, Why is feeling loved so important.

Parent Series: Infant Massage

Wednesday, July 20th from 6:00PM to 7:30PM

This class is for caregivers and their infants to learn how to massage their infants. Massage has been shown to improve circulation, help infants to relax, regulate sleep patterns, stimulate digestive system and may relieve colic or gas. It also can improve communication, attachment and bonding between caregiver and infant, as well as caregivers may feel more confident in understanding their baby's cues. The class will be a hands-on experience for babies and their caregivers (bring baby).

Parent Series: Emotionally Healthy Children 3-5 years

Tuesday, July 26th from 6:30PM to 8:30PM

During this class you learn: Help baby feel loved, comforted and accepted, Why is feeling loved so important.

Parent Series: Self Care for Moms

Tuesday, August 16th from 6:30PM to 8:30PM

This class is designed to help caregivers and parents connect and grow with their children. During this class you learn: Importance of self-care, Postpartum emotions, Healthy relationships.



- Summer -
CAMP
Familywellness

Camps run from 9:00AM to 4:00PM. Before & after care is available. Camps are for children ages 6 -11. \$195 Family Wellness and YMCA Members / \$215 Nonmembers. Financial Assistance is available.

Creative Cooking Camp | May 30th - June 3rd | Creative Cooking Camp is here to learn new ways to have fun in the kitchen. In this camp we will focus on creating healthy recipes and enhancing your skills and knowledge within the kitchen. Each child will be able to learn hands on skills and taste new healthy foods. Come test your taste buds this summer at Creative Cooking Camp!

S.T.E.M / LEGO Camp | June 6th - June 10th | Science, building, and LEGOs all in one week! This week will be full of science experiments, building challenges, and even a talent show. Sign up for a camp that will bring out your creative side.

Fun in the Sun Camp | June 13th - June 17th | Fun in the Sun is the ultimate summer camp experience combined with high energy activities and a boat load of water fun. Campers will be able to create a splash in our pool and participate in a variety of water and outdoor activities. Come have fun in the sun this summer at Family Wellness!

Sports of All Sorts Camp | June 20th - June 24th | Sports of All Sorts Camp allows campers to explore the world of sports. Campers will experience all aspects of the game in a positive and encouraging environment with new and old sports. This camp will focus on teamwork, sportsmanship and giving your best effort at all times. Join the Family Wellness team this summer and find a new favorite sport!

Arts & Crafts Camp | June 27th - July 1st | Come and get your artistic juices flowing at Arts & Crafts Camp! Campers will participate in a different arts and craft activity each day. Campers will get to put their artwork on display each day for all of Family Wellness members to see!

Animal Kingdom Camp | July 11th - July 15th | Where are our animal lovers at? During Animal Kingdom week campers will get to learn about all different kinds of animals and their habitats. Campers will also get to engage in animal themed games and activities. Come find your wild side at Family Wellness!

Wilderness Camp | July 18th - July 22nd | Explore the world around you this summer during the Wild Wilderness Camp. Kids will learn about different climates and even survival skills. There will also be an opportunity to make “campfire” snacks. Families get ready to get outside after this camp is over!

Backyard Summer Splash Camp | July 25th - July 23rd | Backyard Summer Splash camp will get your campers playing outside and in the pool. Along with the fun, there will be time to learn the importance of water safety. Campers will swim, make outdoor artwork, slide down a slip and slide, and compete in backyard water games. Sign up and make a splash at Family Wellness

Camp Universe | August 1st - August 5th | At Camp Universe we are all about exploring the unknown. Your future astronauts will learn about the galaxy in a variety of ways along with participating in various activities. From constellations and planets to galaxies and black holes, this camp is out of this world! The campers will even watch rockets take off and fly a satellite in orbit.

Disney Week Camp | August 8th - August 12th | Embrace your inner fairytale at Disney Camp! Campers will get to have a Disney Dance Party, make Disney themed snacks, and watch short clips from their favorite Disney movie! We can't wait to learn more about your happily ever after!

The Last Hoorah Camp | August 15th - August 19th | This is the last week of camp for the summer! Campers will get to spend the last week of summer enjoying time outside, swimming, and playing games! This week will be focused on celebrating summer and all of the memories made. Come give your last hoorah with our Family Wellness camp counselors!



Family wellness
SWIM
SCHOOL

Swim School

Swim School Levels

Our Family Wellness Swim School takes pride in our exciting water-safe program. Our philosophy is that each child progresses at their own pace. Through positive reinforcement, practice and patience, students learn water-safe swimming skills while having fun. This aquatic facility will run swimming lessons for everyone starting at the age of 6 months through adulthood. Classes are once a week for 30 minutes to encourage year-round lessons. Families that want to swim more than once a week are encouraged to do so. Classes are structured by age and ability to accommodate varying skill levels within each age group. Our student to teacher ratios are 4:1 except for our Parent/Baby and Parent/Child classes which are 6:1. Our goal is to teach your child in a fun, safe environment that builds confidence, self-esteem and a feeling of accomplishment.



Swim School Levels

Parent/Baby (PB)

Parents learn to properly hold their 6-18 month old baby while working on floating, submerging, hand/eye coordination, and strength through games and songs.

Parent/Child (PC)

Toddlers ages 19-35 months. Parents learn to work with their child on floating, breath control for submerging, climbing out of the pool on their own, and muscle strengthening.

Level 1: Guppy

Children can begin to get comfortable in the water independent of their parents by learning to move through the water and submerging their head under the water.

Level 2: Starfish

Kids will become more confident and comfortable in the water independent of their parents by learning how to float on their front and back, roll from front to back, and to independently kick on their back.

Level 3: Froggie

Students become more skilled by traveling further distances independently and learning to transition from swimming on their front to their back to breath.

Level 4: Turtle

Participants work on swimming under water, learning defined backstroke and front crawl, and breaststroke kicking.

Level 5: Otter

Students will swim further distances in backstroke, front crawl, and elementary backstroke and learn breaststroke and dolphin kick.

Level 6: Seal

Students will increase their strength and endurance by swimming multiple lengths of front crawl and backstroke with flip turns as well as working on breaststroke, butterfly, sidestroke, and elementary backstroke.

Level 7: Shark

These experienced swimmers will swim multiple lengths of the four competitive strokes: front crawl, backstroke, breaststroke, and butterfly while using the proper turns and underwater components for each stroke. Students who successfully complete the Shark class will be prepared for competitive swimming or entry into a lifeguard certification course.

Adult Swim Team

Designed to give participants a challenging water workout while also working on stroke technique. Participants should know basic front crawl and backstroke. This class meets Tuesdays and Thursdays from 7:00-8:00pm.

Private Lessons

This is a great option for students to receive one-on-one attention and extra practice to refine skills. Instructors will communicate with parents to ensure the class is working towards agreed upon goals. Lessons are scheduled by arrangement and the cost is \$40/30-minute lesson. Private swimming lessons are available for each session and are a good option for those who may want or need more one-on-one attention.

Semi-Private Lessons

Semi-Private Lessons are an option for multiple students from the same household or friends/relatives of similar skill level to join together. Semi-private lessons may have two to four kids. It is recommended the students be close in skill level so the instructor can tailor the lessons to the skills of all participants. Lessons are scheduled by arrangement and the cost is \$40/30-minute lesson.

Adaptive Swim Lessons

These one-on-one lessons are for swimmers with special needs and are tailored towards the skills of each participant. Instructors will communicate with parents to ensure the class is working towards agreed upon goals. Lessons are scheduled by arrangement and the cost is \$10/30-minute lesson.

***See Website to see Swim School Schedule**

Questions?

Please contact Aquatics Manager, Todd Peters, at todd.peters@sanfordhealth.org or 701-234-6960 to arrange private, semi-private or adaptive lessons.



GROUP FITNESS

MELT for Golf Prep

Saturday, May 7th from 10:00AM to 11:00AM

Achieve peak power and accuracy in your golf game and reduce hip, upper back and neck pain that can accompany a single sided swing or sitting at a desk all day with this MELT sequence. You will assess your grip and forearm tension with a hand treatment and move on to the ribs to look for restrictions, rehydrating and lengthening along the way. This class will include a MELT PERFORMANCE exercise that will get your shoulder girdle up to par.

\$35 Members / \$50 Nonmembers

Woofapalooza Outdoor Dance Party

Monday, June 7th from 6:30PM to 7:30PM

Come wag your tail with us in our outdoor courtyard! We will have many of your favorite dance instructors from Family Wellness showcasing at this event. Zumba, Raw Groove, & Turn Up are just a few of the dance styles that will be offered. We ask that you bring new or gently used pet supplies that we will be donating to Homeward Animal Shelter. Blankets, toys, cleaning supplies, and dog/cat food & treats are some of the items that are always in high demand at the shelter. Homeward Animal Shelter is a local and community-funded, non-profit animal shelter. Its mission is: "Rescue. Shelter. Protect. Rehome." They provide a second chance at happiness to lost, abandoned and owner-surrendered animals and educates the community in the proper, loving and kind treatment of animals. **\$12 Members / \$20 Nonmembers**

Yoga On the Vine

Wednesday, June 22nd & September 21st from 5:30PM to 8:00PM

Family Wellness has teamed up with Bear Creek Winery to craft a relaxing and fun event of Yoga & Wine Tasting! Following a relaxing 55 minute yoga class enjoy a light meal of salads and cheese combined with educational wine tasting and some local artists and makers displaying some of their beautiful work for purchase. Make sure to stick around for the prize drawing at the end! Must be 21+ years old to attend & participate (no children). Please bring a Yoga Mat and any other props, water bottle and a towel. Cost includes yoga class, meal and wine tasting.

\$50 Members / \$60 Nonmembers



Adult Programs

Medical Fitness

Walk This Way

Thursdays from 2:30PM – 3:30PM

Walk This Way is a program designed to support individuals with memory loss or other special needs, and their caregivers who are choosing to use physical activity as a means to manage their symptoms and mental health. Family Wellness is providing support by offering free use of two designated walking paths at our facility every Thursday from 2:30-3:30 pm. Free and open to the community. To register please call the front desk at 701-234-2400, and for more information contact Karsyn Wendt at 701-234-5996.

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Free and open to the community – registration required

Adult Tournament

Sand Volleyball Tournament

Friday, June 3rd from 12:30PM – 10:00PM

Family Wellness will host the Inspire Wellness Co-Ed Adult Sand Volleyball Tournament this June! All proceeds from the tournament will go directly to the Inspire Wellness Initiative which funds need based community programs in our area. The deadline to register is Friday, May 13th. Please contact Kailynn for more information at 701-234-7001 or at kailynn.barrett@sanfordhealth.org.

\$150 Members / \$150 Nonmembers

Adult Healthy Cooking Classes

Veggie Burger

Wednesday, June 16th from 6:30PM to 7:30PM

Come join us in the kitchen at Family Wellness, for a night of basic knife skills and safety training. We will be utilizing a variety of ingredients in learning how to slice, dice, and chop for the creation of a fun recipe!

\$12 Members | \$20 Nonmembers

Greek Califlower Tacos

Tuesday, July 13th from 6:00PM to 7:00PM

Let's learn some basics when making healthy and delicious meals on the grill! We will be preparing flank steak with chimichurri, grilled veggies, and a special grilled dessert!

\$12 Members / \$20 Nonmembers

Please register 48 hours in advance of the start of class. All Adult Healthy Cooking Classes are ages 15+.



Safety and Training



Red Cross CPR/First Aid/AED Combo Class

Tuesday, June 15th, Monday, August 17th from 6:00PM to 10:00PM OR Friday, June 24th, Friday, July 22nd from 1:00PM to 5:00PM

Prepare for the unexpected and gain the knowledge and skills needed for effective leadership in the event of an emergency! This course will prepare you to recognize and care for a variety of first aid, breathing, and cardiac emergencies involving infants, children, and adults. Topics include how to recognize and manage an emergency situation, basic first aid, standard emergency care procedures and administration, CPR, AED, and more. After completion of this class, you will be certified for two years in Red Cross CPR, AED, and First Aid for adults, children, and infants. Ages 15+

\$60 Members / \$98 Nonmembers

Red Cross Babysitter's Training

Saturday, June 4th from 8:00AM to 5:00PM and Saturday, August 6th from 8:00AM to 5:00PM

This nine-hour American Red Cross Babysitting Course is a hands-on way to learn everything you need to know about babysitting. Start your babysitting business on the right foot and learn how to be a safe, professional and reliable sitter. Included in the course is American Red Cross First Aid and CPR Certification that is valid for two years. This course will teach you to be safe on the job, how to recognize an emergency and how to handle it as well. Lunch is included and will be cooked by each participant in the class with the guidance of a Healthy Cooking Instructor. This class is for ages 10+.

\$75 Members / \$105 Nonmembers



Services

Registered Dietitian

The benefits of good nutrition are endless! Come check out our Registered Dietitian services to see how you can make lasting lifestyle changes. Sessions involve identifying how current eating patterns and behaviors could be hindering your ability to be your healthiest self. Together you will identify specific goals and develop a plan that will promote lasting change.

These personalized plans can focus on many different topics such as:

- Grocery Shopping Tips
- Sports Nutrition
- Recipe Selection, Meal Tips, and Meal Planning
- Healthy Substitution Ideas
- Label Reading
- Healthy Eating
- Weight Loss/ Weight Gain

Register at the Front Desk

Personal Training

Our personal trainers are committed to helping you achieve your fitness and wellness goals. We work with you one-on-one to address your unique needs, and design a personal routine that fits your lifestyle.

Personal Training Services and Specialties:

- Athletes & Sports Performance
- Cancer Survivors
- Corporate Wellness
- Functional Fitness
- General Population
- High Intensity Interval Training
- Individuals with Limitations
- Joint Replacement
- Kettlebell Training
- Senior Fitness
- Small Group
- Strength Training
- Teen Fitness
- Women's Fitness
- Youth Fitness

Register at the Front Desk



CARMA

CHARLOTTE

ABS

GARY

MOLLY

PERSONAL TRAINING



Familywellness
A PARTNERSHIP BETWEEN SANFORD HEALTH

Location:
2960 Seter Parkway
Fargo, ND 58104
Phone: 701-234-2400
familywellnessfargo.org