



WINTER/SPRING 2023

Program Guide



Familywellness

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Please visit familywellnessfargo.org for the 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.

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 Winter or Spring 2023 program offerings starting November 14 for members, or November 21 for non-members.

Register at familywellnessfargo.org, at the Front Desk or call 701-234-2400.

CHILDCARE & FAMILY EVENTS

Drop In Childcare

Drop In Childcare is available for members and non-members ages 2 weeks through 9 years old while a parent/guardian is in the building. With an indoor play structure, 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 or a membership with childcare must be purchased at the front desk prior to entering the childcare area.

Childcare Events

Parent's Day Out

Tuesdays | January 3, February 7, March 7, April 4, May 2 | 9:30AM - 12:30PM

Need to get stuff done? Drop off your kids in the Family Wellness Childcare from 9:30AM to 12:30PM for some time without your little helpers. Sign up by noon on Monday prior to the event. Parent's Day Out 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 non-members

Parent's Night Out

Fridays | January 6, February 10, March 10, April 7, May 5 | 4:45PM - 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. Parent's Night Out 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 non-members

Child Developmental Screenings

Thursdays | January 19, February 16, March 16, April 20, May 18 | 8:30AM - 10:30AM

Pediatric Therapy Partners provides 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.

Free for members

For more information, visit www.familywellnessfargo.org/youth-family/childcare OR contact Jessi, Childcare & Youth Programs Manager at 701-234-7450, jessica.kasprzak@sanfordhealth.org.



YOUTH VOLUNTEER OPPORTUNITIES

Family Wellness provides volunteer project opportunities for all kids' ages 11-18. We have a variety of opportunities year round and participants can choose which opportunities they would like to participate in. Registration is required for all activities and is FREE!

All participants that complete 8 hours of service in a 3 month time frame will earn a free Family Wellness membership! Membership benefits will continually extend as long as participants maintain service hour requirements.

For more information, visit www.familywellnessfargo.org/youth-volunteer OR contact Haley, Camp & Youth Programs Coordinator at 701-234-6496, haley.pederson@sanfordhealth.org.

Ronald McDonald House

Thursday, January 19 | 4:30 - 6:00PM | Ages 11-18

Join Family Wellness in helping Ronald McDonald House through "Share-a-Meal". Together we will cook and prepare a meal for people in need. Let's get cooking and help make a difference in our community!

Free for members and non-members

Emergency Food Pantry

Wednesday, February 22 | 6:00 - 7:00PM | Ages 11-18

Join Family Wellness at the Emergency Food Pantry. We will fill food baskets to help combat hunger in our community. Please wear comfortable, closed-toed shoes and jacket, as it may be cold in the warehouse.

Free for members and non-members

Red River Market

Saturday, March 11 | 8:30 - 10:00AM | Ages 11-18

Help us set up the Red River Market! Let's help Red River Market bring people together over local food. Together we will assist vendors with cart-in, set up chairs for seating area, set up sanitizing stations, and put signs up.

Free for members and non-members

Clean-a-Park

Wednesday, April 12 | 4:00 - 6:00PM | Ages 11-18

Join us to help clean-a-park with Fargo Parks. Warm weather is just around the corner, so let's do our part in preparing the outdoors for everyone to enjoy. If you have gloves and boot that you don't mind getting dirty, please bring them!

Free for members and non-members

Great Plains Food Bank

Wednesday, May 3 | 4:30 - 6:15PM | Ages 11-18

Join Family Wellness in helping the Great Plains Food Bank end hunger. We will help sort and pack food for people in need in our community. Please wear comfortable, closed-toe shoes.

Free for members and non-members

YOUTH PROGRAMS

Youth Programs

Munch 'n Move

K - 5th Grade | January 3, February 7, March 7 and April 4 | 3:30 - 6:00PM

6th - 8th Grade | January 5, February 9, March 9, April 6 | 3:30 - 6:00PM

Join us for an afternoon of food, fitness, and fun! This NEW program will help teach kids about healthy cooking and physical activity. Each class will include: 1 hour of "Munch" - a healthy cooking lesson and snack; and 1 hour of "Move" - fun games and activities to get the children active. The first 30 minutes each day will be designated for homework help and free play. Each session includes 4 classes.

\$80 members | \$105 non-members

Youth Activities Series

Kids Fitness

Ages 2-5 | January 2, February 6, March 6, April 3 | 4:30 - 5:00PM

Ages 6-11 | January 2, February 6, March 6, April 3 | 5:05 - 5:35PM

Join us once a month to try out a new group fitness classes for kids! From Yoga to Zumba, this program will teach your child about the different ways to be active. This program will provide a fun, engaging environment for all children to experience the excitement of movement.

Free members | \$10 non-members

Soccer

Ages 2-5 | January 9, February 13, April 10 | 4:30 - 5:00PM

Ages 6-11 | January 9, February 13, April 10 | 5:05 - 5:35PM

Join us once a month to learn and practice the basic fundamentals of soccer. Each day there is a new skill to focus on, along with games and activities to help enhance those skills. Athletes will learn everything from dribbling to shooting, while having fun and learning the values of sportsmanship and teamwork!

Free members | \$10 non-members

Volleyball

Ages 2-5 | January 23, February 27, March 20, April 17 | 4:30 - 5:00PM

Ages 6-11 | January 23, February 27, March 20, April 17 | 5:05 - 5:35PM

Join us once a month to give beginner volleyball players a chance to explore the game of volleyball. Skills will be introduced with the opportunity to play a variety of games. This is an age appropriate approach to a sport they will learn to love.

Free members | \$10 non-members

Basketball

Ages 2-5 | January 30, March 27, April 24 | 4:30 - 5:00PM

Ages 6-11 | January 30, March 27, April 24 | 5:05 - 5:35PM

Join us once a month for a fun and high-energy basketball program that allows children to explore the game. They will be introduced to a variety of basketball skills such as dribbling, passing and shooting. Kids will get the opportunity to play games and experience how fun it can be to "have a ball" at Family Wellness!

Free members | \$10 non-members

For more information, visit www.familywellnessfargo.org/programs/youth-family OR contact Haley, Camp & Youth Programs Coordinator at 701-234-6496, haley.pederson@sanfordhealth.org.

YOUTH CAMPS

Cookies & Crafts Camp

January 16 | 9:00AM - 4:00PM

Come get your creative juices flowing with us at Cookies & Crafts Camp! Campers will get to spend their day off school baking healthy cookies and letting their creativity run wild with a variety of art projects.

\$40 Members | \$45 Nonmembers

Before Care (7:30AM - 9:00AM) and After Care (4:00PM - 5:30PM) available - \$6 each

Camp Kindness

February 20 | 9:00AM - 4:00PM

School's out! Spend it with by helping our community on National Youth Volunteer Day! Let's spread kindness and lend a helping hand to our neighbors. Campers will get to participate in a variety of activities including spreading positive notes around the facility, baking cookies for a local food bank, and creating art for a local nursing home.

\$40 Members | \$45 Nonmembers

Before Care (7:30AM - 9:00AM) and After Care (4:00PM - 5:30PM) available - \$6 each

Hello Spring Camp (Full-week)

March 13 - March 17 | 9:00AM - 4:00PM

Goodbye winter, and hello spring! Let's get outside and enjoy the weather. Join us for a week full of spring-inspired activities and crafts. Campers will get to swim at Family Wellness, enjoy outdoor activities (weather permitting), and participate in many activities that will keep them moving and having fun.

\$195 Members | \$215 Nonmembers

Before Care (7:30AM - 9:00AM) and After Care (4:00PM - 5:30PM) available - \$6 each

Hello Spring Camp (Half-week)

March 15 - March 17 | 9:00AM - 4:00PM

Goodbye winter, and hello spring! Let's get outside and enjoy the weather. Join us for three days full of spring-inspired activities and crafts. Campers will get to swim at Family Wellness, enjoy outdoor activities (weather permitting), and participate in many activities that will keep them moving and having fun.

\$120 Members | \$135 Nonmembers

Before Care (7:30AM - 9:00AM) and After Care (4:00PM - 5:30PM) available - \$6 each

For more information, visit www.familywellnessfargo.org/programs/camps OR contact Haley, Camp & Youth Programs Coordinator at 701-234-6496, haley.pederson@sanfordhealth.org.



SWIM SCHOOL

Family Wellness Swim School

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

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 Tuesday's and Thursday's from 7:00 - 8:00PM.

Free for members | \$5/class non-members

Private/Semi-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. 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 for members and \$80/30-minute lesson for non-members.**

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 \$20/30-minute lesson for members and \$40/30 minute lesson for non-members.**

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

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

Participants will build on their independence in the water by swimming greater distances. They will learn to transition from swimming on their front to their back with ease.

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.

Winter/Spring Swim School Schedule

Session Dates:

Winter Session: January 7 - February 16 (6 weeks)

Member online registration begins Monday, November 14
Non-member online registration begins Monday, November 21

Spring Session 1: February 18 - April 6 (6 weeks)

Member online registration begins Monday, January 16
Non-member online registration begins Monday, January 23
• No classes March 13-18 (Spring Break)

Spring Session 2: April 10 - May 20 (6 weeks)

Member online registration begins Monday, February 27
Non-member online registration begins Monday, March 6

Classes Offered:

Mondays 4:00PM - 6:00PM | Tuesdays & Thursdays 4:00PM - 7:00PM | Saturdays 9:00AM - 12:00PM

- \$60 Members | \$120 non-members
- Private lessons are \$40 per class for members and \$80 per class for non-members.
- Check www.familywellnessfargo.org/youth-family/swim-school for up-to-date detailed class offering information.

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

Safety Education

Red Cross CPR/First Aid/AED Combo Class

Wednesdays | January 11, February 8, March 8, April 12, May 10 | 6:00 - 10:00PM

Fridays | January 20, February 17, March 17, April 21, May 19 | 5:00 - 9:00PM

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+
\$70 members | \$110 non-members

Babysitter Training

Saturdays | January 7, February 11, March 4, April 1, May 13 | 8:00AM - 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+.
\$90 members | \$120 non-members

For more information, contact Todd, Aquatics Manager at 701-234-6960, todd.peters@sanfordhealth.org.

Active Older Adult Programs

Walk This Way

Thursdays | 1:30PM - 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.

Free for members and non-members

Coffee Social

Thursdays | January 19, February 16, March 16, April 20, May 25 | 10:00AM - 12:00PM

Join us in the multipurpose room to enjoy a warm cup of coffee and chats!

Free for members

For more information, contact Karsyn, Community Wellness & Development Coordinator at 701-234-5996, karsyn.wendt@sanfordhealth.org.

HEALTHY COOKING

Adult Healthy Cooking Classes

Soups ‘n Such

Thursday, January 5 | 6:00PM - 7:00PM | Ages 16+

Join us for an evening of winter’s best comfort foods... soups!! This cold weather class will focus on basic knife skills and knife safety, but will leave you feeling full and warm.

\$15 members | \$25 non-members

Date Night Delights

Tuesday, February 14 | 6:00PM - 7:00PM | Ages 16+

Calling all couples! Join us for a romantic evening cooking and preparing a meal for you and your special someone.

\$15 members | \$25 non-members

Dinner in Dublin

Tuesday, March 14 | 6:00PM - 7:00PM | Ages 16+

Join us for an evening of a traditional Irish dinner staple. This dish will leave you dreaming for a vacation to Ireland.

\$15 members | \$25 non-members

Thai Cooking

Tuesday, April 11 | 6:00PM - 7:00PM | Ages 16+

Join us for an evening filled with flavor and fun!

\$15 members | \$25 non-members

Kids Healthy Cooking Classes

Brr’tastic Blizzards

Tuesday, January 17 | 6:00PM - 7:00PM | Ages 12-15

You scream, we scream, we all scream “nice” cream! Join us for some blizzarding fun!

\$15 members | \$25 non-members

Cupids Cupcakes

Tuesday, February 7 | 6:00PM - 7:00PM | Ages 8-11

In this class your young chef will create irresistible cupcake confectionery sweet enough to melt cupid’s heart.

\$15 members | \$25 non-members

Shamrock Shakes

Tuesday, March 7 | 6:00PM - 7:00PM | Ages 12-15

In this class your young chef will give a seasonal favorite a healthy twist!

\$15 members | \$25 non-members

Cooking up Giggles for April Fools

Saturday, April 1 | 6:00PM - 7:00PM | Ages 8-11

Calling all jokesters! Join us for a fun filled night of laughs and recipes you wouldn’t expect.

\$15 members | \$25 non-members

Family Healthy Cooking Classes

Winter Wonderland

Tuesday, January 10 | 6:00PM - 7:00PM | All ages

Nothing says winter like a warm cup of hot chocolate! Join us for an evening of hot cocoa cookies.

\$75 members | \$115 non-members

Valentine’s Day Brunch

Tuesday, February 21 | 6:00PM - 7:00PM | All ages

Join us for a night filled with your favorite brunch foods. From tasty flapjacks to incredibly fluffy eggs this is one night you won’t want to miss!

\$75 members | \$115 non-members

Cozy Casseroles

Tuesday, March 21 | 6:00PM - 7:00PM | All ages

Whether you call it a casserole or a hot dish, you won’t want to miss this midwestern staple!

\$75 members | \$115 non-members

Chicken Tika Masala

Tuesday, April 18 | 6:00PM - 7:00PM | All ages

Learn to make this warm, comforting and traditional dish along with a few sides that showcase the flavors of Indian cuisine.

\$75 members | \$115 non-members

For more information, visit www.familywellnessfargo.org/wellness/healthy-cooking OR contact Tori, Community Cooking Coordinator at 701-234-8162, tori.lee@sanfordhealth.org.



GROUP FITNESS

Group Fitness Classes

Fitness comes in all shapes and sizes, and whether you're new to exercise or are a workout regular, Family Wellness has something for you. Our group fitness schedule features classes every day of the week and include popular formats like BODYPUMP, Zumba, Cycling, Barre, Yoga, HIIT, and many others. All classes are free for members unless indicated on the schedule. All Group Fitness classes and events are for ages 15+.

Intro to Group Fitness Series

This series allows you to learn about specific classes. The first half of each intro class teaches you the technique, equipment and activity you will do for that class format. The second half will be a mini version of an actual class so you can experience what the exercises will be like.

Intro to BODYPUMP

**Saturdays | January 7, February 4, March 4, April 8
10:30AM - 11:30AM**

Never been to a BODYPUMP class? Maybe find it a bit intimidating? Intro classes focus on the fundamentals of each exercise, modifications, safety, cues, and the foundational techniques of BODYPUMP.

Free for members | Day pass for non-members

Intro to Cycling

**Saturdays | January 14, February 11, March 11, April 15
10:00AM - 11:00AM**

Never been to a Cycling Class? These basic classes deliver an introduction to the class and will assist participants, new to Cycling, to become familiar with the format as they perform the exercises while being taught to proper form.

Free for members | Day pass for non-members

Workshops & Events

Yoga Fundamentals Workshop

**Saturdays | January 14, February 11, March 11
9:30AM - 12:00PM**

Intro to Yoga workshops are a great way to focus on your poses, ask questions, develop your practice and make new friends. Teachers will help guide you, step-by-step, demonstrate poses, and make alignment adjustments, focusing on your practice for your body.

\$25 members | \$45 non-members

MELT Method Fundamentals Workshop

**Sundays | January 15, February 12, March 12
10:00AM - 11:30AM**

Come to a MELT 90 min intro workshop lead by Lori Hill and experience changes in how your body looks and feels. Learn simple self-treatments you can do at home to remain active, healthy, and pain-free for life. This all-levels workshop will use a specialized soft roller and small MELT Hand and Foot treatment Balls to stimulate the results of manual therapy.

\$25 members | \$45 non-members

Yoga For Addiction Recovery Workshop

Thursday, January 12 | 5:30PM - 7:30PM

In this workshop, we will look at how yoga can be designed to complement the work of the 12-step program in alleviating the pain and suffering that comes with addiction and relapse helping all people recovering from all manifestations of addiction. All are welcome.

\$25 members | \$35 non-members

Y12SR Meeting/Yoga Class offering

**Third Thursday of every month starting January 19
Held at Soul Solutions | 5:30PM - 7:30PM**

Y12SR (Yoga 12-Step Recovery) meetings to be held at Soul Solutions Recovery Center. They begin with a 12-Step Recovery meeting where participants are able to share experience, strength, and hope plus a yoga practice taught by a certified Y12SR leader that's aligned with the meeting theme and designed to help release the issues in our tissues. All A's and those that have loved one's in recovery welcome. **Suggested donation based class:**

\$12 (if you are able), \$6 (can't keep what you have without giving it away), \$0 (you are always more important than your money).

For more information, visit www.familywellnessfargo.org/fitness/group-fitness OR contact Karla, Group Fitness Manager at 701-234-6097, karla.hensrud-wagner@sanfordhealth.org.

PERSONAL TRAINING



NICK



CHARLOTTE



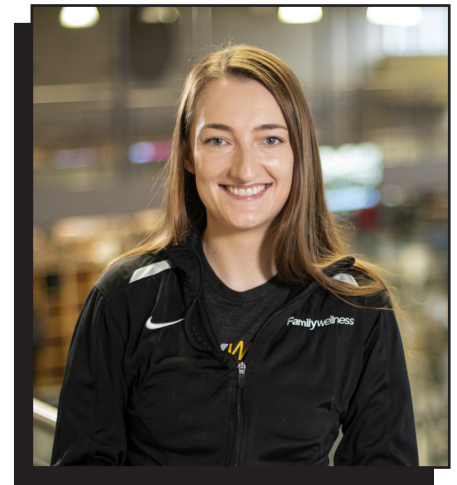
MOLLY



ABS



GARY



PAIGE



SPECIALTIES INCLUDE

Athletes & Sports Performance, Boot Camps, 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, TRX, Women's Fitness, Youth Fitness.

For more information and Personal Training rates, visit www.familywellnessfargo.org/fitness/personal-training OR contact Nick, Training Coordinator at 701-234-7653, nick.hegge@sanfordhealth.org.

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