

*Family*wellness

FALL 2023

SEPTEMBER - DECEMBER

PROGRAM GUIDE



@familywellnessfargo



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 fall 2023 program offerings starting July 3 for members, or July 10 for non-members.

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

Please visit familywellnessfargo.org for the most up-to-date facility guidelines and announcements. All programs and events are subject to change.

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Join our team! If you are passionate about living a healthy lifestyle, and want to inspire others to have fun while bettering themselves, then Family Wellness is a home for you. Plus, as an employee you receive a FREE MEMBERSHIP!

Currently hiring these positions: Childcare Staff, Healthy Cooking Instructor, Group Fitness Instructors (All formats), Swimming Lesson Instructor/Lifeguard.



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 | September 5, October 3, November 14, December 5 | 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 | September 8, October 6, November 17, December 8 | 4:45 - 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 Thursday 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 | September 21, October 12, November 16, December 21 | 8:30 - 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

Spooktacular Event

Monday, October 30 | 5:00 - 7:00PM

Family Wellness invites your family to get together for an exciting night, jam packed with Halloween FUN! Young, old, and everyone in between is encouraged to participate. Enjoy a healthy festive snack, Halloween themed games, prizes, and much more! **FREE for members and non-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 PROGRAMS

Youth Activities Series

Soccer

Ages 3-5 | September 11, October 9, November 13, December 11 | 4:30 - 5:00PM

Ages 6-11 | September 11, October 9, November 13, December 11 | 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 3-5 | September 18, October 16, November 20, December 18 | 4:30 - 5:00PM

Ages 6-11 | September 18, October 16, November 20, December 18 | 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 3-5 | September 25, October 23, November 27 | 4:30 - 5:00PM

Ages 6-11 | September 25, October 23, November 27 | 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

Kids Fitness

Ages 3-5 | October 2, November 6, December 4 | 4:30 - 5:00PM

Ages 6-11 | October 2, November 6, December 4 | 5:05 - 5:35PM

Join us once a month to try out a new fitness class for kids! From Yoga stretches to organized gym games, 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

Youth Camps

Family Wellness features a variety of school's out camps for ages 5-11. These camps are designed to promote activity and fun. All camps run 9:00AM - 4:00PM. Before care (7:30am-9:00am) and after care (4:00-5:30pm) are available if needed for \$6 each. Financial assistance is available.

Veteran's Day Camp

November 10 | 9:00AM - 4:00PM

Join us on Veteran's Day and help us honor military veterans! There will be a variety of activities planned such as gym time, crafts, and swimming.

\$40 Members | \$45 Nonmembers

Camp Gobble Till You Wobble

November 22 | 9:00AM - 4:00PM

Bring your kids to Family Wellness for some Thanksgiving fun! There will be a variety of activities planned such as gym time, crafts, and swimming.

\$40 Members | \$45 Nonmembers

Camp Snow Day

December 27 - 29 | 9:00AM - 4:00PM

At Family Wellness we love to spread the Christmas cheer! There will be a variety of activities planned such as gym time, crafts, and swimming.

\$120 Members | \$135 Nonmembers

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



FALL 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 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. **Registration for Fall Swim School opens July 3 for members and July 10 for non-members. Cost for fall lessons is \$60 for members and \$120 for non-members.**

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 Department at Aquatics-FamWellness@SanfordHealth.org 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.

Adult and Teen Non-Swimmers

Individuals aged 13 and over with limited or no swimming experience may register for private lessons at half the regular cost. These lessons are tailored to each individual's needs and progress at a comfortable speed for the participant. Contact Aquatics Department for more information.

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

Fall Swim School Schedule

Session Dates:

Fall Session 1: September 11 - October 21 (6 weeks)

Fall Session 2: October 23 - December 9 (6 weeks)

- No classes October 31
- No classes November 20, November 23 and November 25

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.
- Registration opens July 3 for members and July 10 for non-members

Questions? Please contact Aquatics Department at Aquatics-FamWellness@SanfordHealth.org to arrange private, semi-private or adaptive lessons.



HEALTHY COOKING

Adult Healthy Cooking Classes

Exploring Thai Flavors

Tuesday, September 5 | 5:00 - 7:00PM | Ages 16+

Join us for an evening filled with flavor and fun!

\$15 members | \$25 non-members

Butternut Squash Hash

Tuesday, October 24 | 5:00 - 7:00PM | Ages 16+

Let's explore the wonderful world of squash!

\$15 members | \$25 non-members

Homemade Pumpkin Butter and Bread

Tuesday, November 21 | 5:00 - 7:00PM | Ages 16+

What says "hello fall" better than homemade pumpkin butter and fresh bread!

\$15 members | \$25 non-members

Junior Chef Series

Tuesdays | December 5 - 19 | 5:30 - 6:30PM | Ages 7-9

These lessons will advance basic kitchen skills and present knowledge around the cook top, oven, and small appliances.

\$75 members | \$115 non-members

Master Chef Series

Tuesdays | December 5 - 19 | 6:45 - 7:45PM | Ages 10-12

With basic skills and technique in place, these lessons will challenge the child to finesse their skills and work towards independence. Knife skills will be advanced and independence at the cook top highlighted. Working with the oven and small appliances continue to be enforced.

\$75 members | \$115 non-members

Kids Healthy Cooking Classes

Homemade Pizzas

Tuesday, September 12 | 5:00 - 7:00PM | Ages 8-15

Mama Mia! Let's make some pizza!

\$15 members | \$25 non-members

Spiderweb Taco Dip

Tuesday, October 17 | 5:00 - 7:00PM | Ages 8-15

Learn how to make a Halloween themed Mexican 7 layer dip! We will slice veggies, shred cheese and spread sauces in layers to create this appetizer/light meal.

\$15 members | \$25 non-members

Caramel Apples

Tuesday, November 7 | 5:00 - 7:00PM | Ages 8-15

Fall is the perfect time to make this sweet, crunchy, and tart treat when apples are ripe and ready! Join us as we learn to make this tasty fall snack.

\$15 members | \$25 non-members

Family Healthy Cooking Classes

Taste of Greece

Tuesday, September 19 | 5:00 - 7:00PM | All ages

Summer may be over but we can still take a flavor vacation to GREECE!

\$75 members | \$115 non-members

Jack-o-lantern stuffed peppers

Tuesday, October 10 | 5:00 - 7:00PM | All ages

BOO! Let's carve some "pumpkins"

\$75 members | \$115 non-members

Cookies, Crisps, and Crumbles

Tuesday, November 14 | 5:00 - 7:00PM | All ages

Join us this evening for nutritious takes on all the festive fall favorites! Cookies, crisps, and crumbles to meet everybody's tastes!

\$75 members | \$115 non-members

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



FITNESS PROGRAMS

Youth Fitness Programs

Youth Healthy Lifestyle Training

4 week sessions starting September 5, October 3, November 7 | Ages 8-14

Sessions on Tuesdays & Thursdays at 4:00, 4:30, 5:00, 5:30 (8 sessions total)

Get 1-on-1 coaching during these sessions that will focus on developing a healthy foundation while learning the basics of youth fitness and the importance of an active lifestyle. One healthy cooking class included!

\$140 members | \$200 non-members

High School Athletic Development Program

4 week sessions starting September 5, October 3, November 7 | Ages 14-18

Sessions on Tuesdays & Thursdays 6:30 - 7:30AM (8 sessions total)

Train in a small group setting while concentrating on the foundational movement patterns of squatting, pushing, pulling, and hinging with the goal of developing great technique and progressing when ability and form allow. This program will help you become a more efficient mover that includes better mobility, stability and flexibility which will help reduce injuries and increase performance. We will also teach the importance of sports nutrition in young athletes.

\$40 members

Teen Fitness Orientation

2nd & 4th Tuesday of every month | 3:00 - 3:30PM | Ages 12 - 14

Get to know how to properly use all our machines and cardio equipment by going on an orientation with one of our certified personal trainers. By completing this orientation all kids 12-14 years old will be able to use this equipment without the supervision of a guardian.

FREE for members

Adult Fitness Programs

Adult Boot Camp

Session 1 | Tuesdays & Thursdays | September 5 - October 12 | 12:00 - 1:00PM | Ages 16+

Session 2 | Mondays & Wednesdays | October 16 - November 22 | 12:00 - 1:00PM | Ages 16+

Join us for these training sessions designed for all fitness levels to ensure each individual enjoys a safe but yet effective workout. Our trainers have created a fast paced, high energy program that includes a variety of workouts to keep it fresh and exciting while in a fun group setting to maximize training results!

\$175 members | \$250 non-members

For more information, contact Matt, Fitness & Wellness Programs Manager at 701-234-7643, matthew.bauman@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 | September 9, October 7, November 4
10:45AM - 11:45AM**

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 | September 16, October 14, November 11
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 | September 16, November 18
12:30 - 2:30PM**

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.

\$30 members | \$45 non-members

MELT Fundamentals Workshop

Saturdays | October 21, December 16 | 12:30 - 2:30PM

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.

\$30 members | \$45 non-members

Y12SR Meeting/Yoga Class offering

Meetings held every Monday | 12:00 - 2:00PM

Held at Soul Solutions | 1801 38th St S, Fargo, ND

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).

FloatNFit

Sundays | October 22 - December 17 | 12:00PM

Take working out to a whole new level! FloatNFIT specialty courses are a total body strength conditioning, aerobic workout using floating fitmats on the water. This interval-based class combines body weight exercise with intervals, designed to tone your body, improve your endurance, and challenge your balance, whilst clearing your mind.

Registration required prior to class.

Free for members | Day pass for non-members

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.

LEAGUES & TOURNAMENTS

Pickleball League

Mondays | September 11 - October 20 | 9:00 - 10:00AM

Grab a partner and join us for our Pickle Ball League!

\$20/team members | \$75/team non-members | Registration deadline: September 4

Basketball League

Thursdays | Starting December 7 | 6:00 - 10:00PM

Adult 5 on 5 basketball league. Teams will play league games and an end of the year tournament. There is a group of licensed officials for each game. Pick up your roster and a set of rules from the front desk or online. To receive the member price, team must have one member on the roster.

\$600/team members | \$750/team non-members | Registration deadline: November 30

For more information, contact Matt, Fitness & Wellness Programs Manager at 701-234-7643, matthew.bauman@sanfordhealth.org.

WELLNESS PROGRAMS

Active Older Adult Programs

Walk This Way

Thursdays | 1:30 - 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 | September 21, October 26, November 30, December 21 | 10:00AM - 12:00PM

Join us in the multipurpose room/lobby 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.

Safety Education

Red Cross CPR/First Aid/AED Combo Class

Wednesdays | September 13, October 11, November 8, December 13 | 6:00 - 8:00PM | Ages 15+

This is a blended learning class with some coursework completed online in advance.

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.

\$70 members | \$110 non-members

Babysitter Training

Saturdays | October 7, November 4, December 2 | 8:00AM - 5:00PM | Ages 11+

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 an instructor.

\$90 members | \$120 non-members

For more information, contact the Aquatics Department at Aquatics-FamWellness@SanfordHealth.org

Sanford Physical Therapy Screenings

Physical Therapy Screenings

2nd Tuesday of every month - September 12, October 10, November 14, December 12 | 9:00 - 11:00AM

4th Thursday of every month - September 28, October 26, December 28 | 4:30 - 6:30PM

Family Wellness is partnering with Sanford Physical Therapy to bring screenings to our members! Do you have a question or concern regarding one of your joints? Would you like to meet one on one with a Physical Therapist to screen your orthopedic issue? The therapist will give you guidance on next steps to improve your ability to move well. Our trainers will be on hand to assist with any future training needs. Limited individual 15-minute time slots. Register at the front desk!

Free for members

For more information, contact Matt, Fitness & Wellness Programs Manager at 701-234-7643, matthew.bauman@sanfordhealth.org.

SANFORD
HEALTH

PERSONAL TRAINING



MATT



NICK



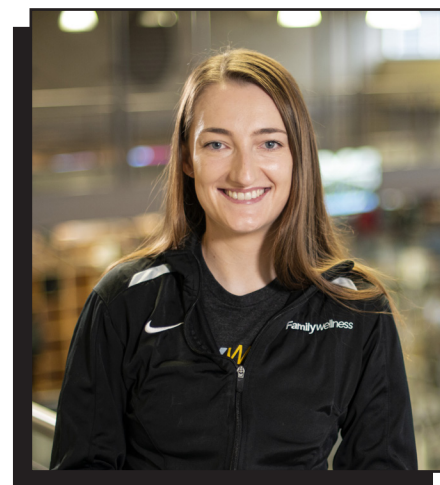
CHARLOTTE



ABS



GARY



PAIGE



SPECIALTIES INCLUDE

Athletes & Sports Performance, Boot Camps, Cancer Survivors, Functional Fitness, 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 Matt, Fitness & Wellness Programs Manager at 701-234-7643, matthew.bauman@sanfordhealth.org.



Familywellness

INSPIRE WELLNESS INITIATIVE

The Inspire Wellness Initiative is a community impact fund developed by Family Wellness to help people cook well, move well, and live well for life. Funds raised through the Inspire Wellness Initiative Annual Campaign allow Family Wellness to support need based wellness programming to children, adults and families in our community. Our goal is to educate and motivate life-long healthy habits to help create healthy futures.

Inspire Wellness Initiative Impact in 2022



- **25,000 served** in membership and programs



- **Over 3,700 local elementary students impacted** through our Healthy Cooking in the Classroom program where they learned life-long cooking skills through hands-on cooking instruction.



- Gave over **\$800 in Summer Camp scholarships** to allow all children the opportunity to build friendships and learn the importance of physical activity in a non-competitive setting.



- **Walk this Way program served 12 individuals with memory loss or other special needs** and expanded to include free educational sessions through a partnership with the Alzheimer's Association.

Your membership can have a mission at Family Wellness

Join our mission to inspire healthy lifestyles and make a lasting impact! You can improve lives in our community with a gift to the Inspire Wellness Initiative. Donate online, at the front desk, or through an upcoming Inspire Wellness event. All gifts of \$25 or more to the Inspire Wellness Initiative from a member are recognized with a Family Wellness Gold Membership Card which signifies your commitment to inspiring healthy lifestyles in our community.

2960 Seter Parkway Fargo, ND 58104
701-234-2400 | familywellnessfargo.org



Familywellness

A PARTNERSHIP BETWEEN **SANFORD** **HEALTH** 