

*Family*wellness

# WINTER/SPRING 2024 PROGRAM GUIDE

JANUARY - MAY



@familywellnessfargo

# TABLE OF CONTENTS

## Company Background

Company Story .....	3
Mission.....	3
Registration .....	3

## Youth Programs

Childcare & Family Events .....	4
Youth Programs .....	5
Youth Camps .....	5

## Swim School

Swim School .....	7
Level & Class Descriptions .....	8
Swim School Schedule.....	8

## Healthy Cooking

Healthy Cooking Classes - Kids & Adult .....	9
--	---

## Adult Programs

Fitness Programs - Youth & Adult .....	10
Group Fitness .....	11
Wellness Programs .....	12
Safety Education .....	12
Leagues & Tournaments .....	12
Personal Training .....	13

**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.





## 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/spring 2024 program offerings starting November 6 for members, or November 13 for non-members.**

**Register at [www.familywellnessfargo.org](http://www.familywellnessfargo.org), at the Front Desk or call 701-234-2400.**

***Please visit [familywellnessfargo.org](http://familywellnessfargo.org) for the most up-to-date facility guidelines and announcements. All programs and events are subject to change.***



## CHILDCARE 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 9, February 6, March 5, April 9, May 7 | 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 12, February 9, March 8, April 12, May 10 | 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 | January 18, February 15, March 21, April 18, May 16 | 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**

**For more information, visit [www.familywellnessfargo.org/youth-family/childcare](http://www.familywellnessfargo.org/youth-family/childcare) OR contact Jessi, Childcare & Youth Programs Manager at 701-234-7450, [jessica.kasprzak@sanfordhealth.org](mailto:jessica.kasprzak@sanfordhealth.org).**



# YOUTH PROGRAMS

## Youth Activities Series

### Sports Sampler

**Ages 3-5 | January 8, February 5, March 4, April 8, May 6 | 4:30 - 5:00PM**

**Ages 6-11 | January 8, February 5, March 4, April 8, May 6 | 5:05 - 5:35PM**

Sports Sampler is packed with a variety of fun sports for kids. Participants will learn and play a different sport each week. This program will focus on teamwork, sportsmanship, and having fun! Come join the team at Family Wellness!

**Free members | \$10 non-members**

### Kids Fitness

**Ages 3-5 | January 22, February 12, March 11, April 15, May 13 | 4:30 - 5:00PM**

**Ages 6-11 | January 22, February 12, March 11, April 15, May 13 | 5:05 - 5:35PM**

This program will teach your child about the different ways to be active and will provide a fun, engaging environment for all children to experience the excitement of movement.

**Free members | \$10 non-members**

### Games Galore

**Ages 3-5 | January 29, February 26, March 18, April 22, May 20 | 4:30 - 5:00PM**

**Ages 6-11 | January 29, February 26, March 18, April 22, May 20 | 5:05 - 5:35PM**

Games Galore series will allow your child to explore age appropriate games and activities. Participants will learn and play a variety of gym games while interacting with peers and instructors in a positive and encouraging environment.

**Free members | \$10 non-members**

## Winter/Spring 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.

### Martin Luther King Day Camp

**January 15 | 9:00AM - 4:00PM**

Join us on Martin Luther King Day! There will be a variety of activities planned such as gym time, crafts, and swimming.

**\$40 Members | \$50 Nonmembers**

### President's Day Camp

**February 19 | 9:00AM - 4:00PM**

Come hang out at Family Wellness on President's Day! There will be a variety of activities planned such as gym time, crafts, and swimming.

**\$40 Members | \$50 Nonmembers**

**For more information, visit [www.familywellnessfargo.org/programs/youth-family](http://www.familywellnessfargo.org/programs/youth-family) OR contact Jessi, Childcare & Youth Programs Manager at 701-234-7450, [jessica.kasprzak@sanfordhealth.org](mailto:jessica.kasprzak@sanfordhealth.org).**



# SUMMER CAMPS

**Registration for Summer Camps opens February 1!** Family Wellness offers week long camps from May 29 – August 16 for children ages 5-11. From cooking and crafts to sports and outdoor time, our summer camps offer a unique experience for your campers! Before and after care available for additional fee.

**Hello Summer Camp: May 29 - May 31** | Let's get summer started! This 3-day camp will kick off summer with fun crafts, outdoor activities, and games.  
**\$120 members | \$150 non-members**

**Baking Buddies Camp: June 3 - 7** | Grab a buddy, and let's get baking! Campers will learn baking skills and try new flavors all while having fun with friends. From cookies to ice cream and healthier options in between.  
**\$205 members | \$235 non-members**

**Camp Explorers: June 10 - 14** | Have a kiddo that loves to explore? This camp is a perfect fit! Campers will be busy practicing safe exploring indoors and outdoors along with crafts, games, and swimming!  
**\$205 members | \$235 non-members**

**Camp Imagination: June 17 - 21** | Let's get crafting! Join us for a week filled with arts & crafts that will get your creativity flowing. Every day, campers will get to create something new using a variety of supplies including recycled materials.  
**\$205 members | \$235 non-members**

**Summer Sizzle Camp: June 24 - 28** | Summer is Sizzlin'! Summer Camp Sizzle will be filled with outdoor fun, water games, and plenty of pool time. Join us for the fun!  
**\$205 Members | \$235 non-members**

**Game On! Camp: July 8 - 12** | Get your game on! At this camp campers will experience all aspects of sportsmanship in a positive and encouraging environment with new and old sports. Let's work together to create a fun, sports-filled week.  
**\$205 members | \$235 non-members**

**Kids in the Kitchen Camp: July 15 - 19** | It's time to get cooking! Join us for a week filled with cooking lessons and recipes. Campers will learn proper knife skills, try new foods, and so much more!  
**\$205 members | \$235 non-members**

**Adventure Ready Camp: July 22 - 26** | Let's go on an adventure! What plants, animals, and bugs can we find?!  
**\$205 members | \$235 non-members**

**Under the Sea Camp: July 29 - August 2** | How many sea creatures do you know?? Let's explore them together! This camp is filled with water themed activities and fun in the sun!  
**\$205 members | \$235 non-members**

**Water Wonders Camp: August 5 - 9** | Time to make a splash! Let's hop in the pool and enjoy a fun filled week at Family Wellness! Join us for the fun!  
**\$205 members | \$235 non-members**

**Movin' & Groovin' Camp: August 12 - 16** | Summer is almost over. BUMMER! Let's celebrate the final week of camp with games, fun, and an end of the summer party. We will make sure to include all of the summer favorites again this week!  
**\$205 members | \$235 non-members**

**Swim School Add-On** | Register for Summer Camp and swimming lessons all in one! Now offering an add-on option to purchase lessons during our daytime Swim School sessions each week that camp is offered. **Additional charge of \$50/session for members and \$100/session for non-members.**

**Financial Assistance is available. For more information, contact Jessi, Childcare & Youth Programs Manager at 701-234-7450, [jessica.kasprzak@sanfordhealth.org](mailto:jessica.kasprzak@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 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. **Cost for lessons is \$60 for members and \$120 for non-members.**

### 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.**

### 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.**

### Modified Swim Lessons

These one-on-one lessons are for swimmers with specific 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](mailto: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.

## 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 8 - February 17 (6 weeks)

- Member online registration opens November 13
- Non-member online registration opens November 20

#### Spring Session 1: February 19 - April 6 (6 weeks)

- Member online registration opens January 15
- Non-member online registration opens January 22
- *No classes March 11 - 16 (spring break)*

#### Spring Session 2: April 8 - May 18 (6 weeks)

- Member online registration opens February 26
- Non-member online registration opens March 4

### Classes Offered:

#### Mondays 4:00 - 6:00PM | Tuesdays & Thursdays 4:00 - 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](http://www.familywellnessfargo.org/youth-family/swim-school) for up-to-date detailed class offering information.

**Questions? Please contact Aquatics Department at [Aquatics-FamWellness@SanfordHealth.org](mailto:Aquatics-FamWellness@SanfordHealth.org) to arrange private, semi-private or adaptive lessons.**





# HEALTHY COOKING

## Adult Healthy Cooking Classes

### Thai Cuisine

**Tuesday, January 23 | 5:00 - 7:00PM | Ages 16+**  
Join us for an evening filled with flavor and fun!  
**\$15 members | \$25 non-members**

### Couples Date Night

**Tuesday, February 13 | 5:00 - 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**

### Greek Cuisine

**Tuesday, March 5 | 5:00 - 7:00PM | Ages 16+**  
Explore the flavors within classic Greek recipes!  
**\$15 members | \$25 non-members**

### Plant Based

**Tuesday, April 9 | 5:00 - 7:00PM | Ages 16+**  
Join us for a delicious, crowd-pleasing plant based meal.  
**\$15 members | \$25 non-members**

### Indian Cuisine

**Tuesday, May 7 | 5:00 - 7:00PM | Ages 16+**  
Learn to make a warm, comforting and traditional dish that showcases the flavors of Indian cuisine.  
**\$15 members | \$25 non-members**

## Kids Healthy Cooking Classes

### Sauce like a Boss

**Tuesday, January 9 | 5:00 - 6:00PM | Ages 7-11**  
Are you ready to up your cooking game? Join us for a night of various sauce making.  
**\$15 members | \$25 non-members**

### Build your own Burrito Bowls

**Tuesday, January 16 | 5:00 - 6:00PM | Ages 12-15**  
Come make this Chipotle-inspired bowl topped with all the fixings (plus the guac with no extra charge!)  
**\$15 members | \$25 non-members**

### Cupids Cupcakes

**Tuesday, February 6 | 5:00 - 6:00PM | Ages 7-11**  
In this class your young chef will create irresistible cupcake confectionery sweet enough to melt cupid's heart.  
**\$15 members | \$25 non-members**

### Crepes

**Tuesday, February 20 | 5:00 - 6:00PM | Ages 12-15**  
Come make this simple yet delicious recipe that will be your new brunch fav!  
**\$15 members | \$25 non-members**

### Shamrock Shakes

**Tuesday, March 12 | 5:00 - 6:00PM | Ages 7-11**  
In this class your young chef will give a seasonal favorite a healthy twist!  
**\$15 members | \$25 non-members**

### Homemade Pizza

**Tuesday, March 19 | 5:00 - 6:00PM | Ages 12-15**  
Mama Mia! Let's make some pizza!  
**\$15 members | \$25 non-members**

### Pizza Pockets

**Tuesday, April 16 | 5:00 - 6:00PM | Ages 7-11**  
Come learn how to make this easy, portable, and delicious remake of a childhood classic.  
**\$15 members | \$25 non-members**

### Chicken Enchiladas

**Tuesday, April 23 | 5:00 - 6:00PM | Ages 12-15**  
This homemade classic is an all time family favorite.  
**\$15 members | \$25 non-members**

### Cookie Cake

**Tuesday, May 14 | 5:00 - 6:00PM | Ages 7-11**  
Join us for a fun evening of cookie cake making and decorating!  
**\$15 members | \$25 non-members**

### Mini Blueberry Tarts

**Tuesday, May 21 | 5:00 - 6:00PM | Ages 12-15**  
Join us in making these easy yet delicious mini desserts!  
**\$15 members | \$25 non-members**

**For more information about Healthy Cooking Classes, visit [www.familywellnessfargo.org/wellness/healthy-cooking](http://www.familywellnessfargo.org/wellness/healthy-cooking) OR contact Tori, Community Cooking Coordinator at 701-234-8162, [tori.lee@sanfordhealth.org](mailto:tori.lee@sanfordhealth.org).**



Familywellness

# FITNESS PROGRAMS

## Youth Fitness Programs

### Youth Healthy Lifestyle Training

**Sign up for 8 week sessions at your convenience | Ages 8-14**

1 on 1 training teaching the fundamentals of exercise and ways to make it fun and enjoyable for kids. Includes 1 healthy cooking class as well as a parent questions and answer on youth fitness. Kids will also be provided a packet of ways to stay active and healthy after the program.

**\$140 members | \$200 non-members**

### High School Athletic Development Program

**4 week sessions starting January 9, February 6, March 5, April 2 | 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 | \$60 non-members**

### Teen Fitness Orientation

**2<sup>nd</sup> & 4<sup>th</sup> Tuesday of every month | 4:00 - 4:45PM | Ages 12 - 14**

Get to know how to properly use all our machines and cardio equipment by going through 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 | January 2 - February 8 | 12:00 - 1:00PM | Ages 16+**

**Session 2 | Tuesdays & Thursdays | February 13 - March 21 | 12:00 - 1:00PM | Ages 16+**

Join us for these 6-week 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](mailto: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 | January 6, February 10, March 2, April 6  
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 | January 13, February 17, March 9, April 13  
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 the proper form.

**Free for members | Day pass for non-members**

## Workshops & Events

### Cycling for Supplies

**Saturday, February 10 | 9:00 - 11:00AM**

Family Wellness and Ben Franklin Middle School have come together to raise supplies for Ben Franklin Middle Schools Liz's Closet. Stay and cycle for 5 minutes or the whole 2 hours. Can't cycle or attend the event? You do not have to ride to donate!

**FREE with a donation**

### Health & Vitality Movement Series

**Saturdays | January 6 - March 16 | 10:00 - 11:00AM**

Health & Vitality Movement Series is an 8-week program meeting certain Saturdays for 1-hour to learn breathing habits, ease tension and stress, achieve optimal strength, better alignment, dynamic support, & more efficient movement patterns with each week bringing new information and knowledge.

**\$85 members | \$100 non-members**

### Intro to Yoga for Bone Health

**Fridays | February 9 - March 1 | 10:30 - 11:30AM**

Bone health is vitally important at any age. Join Lori Hill, certified Yoga for Osteoporosis teacher to learn how to safely perform yoga poses to improve bone health.

**\$45 members | \$60 non-members**

### Intro to MELT Method Restore the Core and Pelvic Floor

**Fridays | March 8 - 29 | 10:30 - 11:30AM**

Whether you're dealing with pelvic or SI joint dysfunction, incontinence or prolapse, this class will help you reestablish the connection to the deep intrinsic muscles of the pelvic floor and reintegrate the timing of the hips.

**\$45 members | \$60 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 combines the practical tools of the 12-Step Program with the ancient wisdom of yoga. Y12SR is a 12-step based discussion and yoga practice that is open to anyone and everyone dealing with their own addictive behavior or affected by the addictive behavior of others. **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](http://www.familywellnessfargo.org/fitness/group-fitness) OR contact Karla, Group Fitness Manager at 701-234-6097, [karla.hensrud-wagner@sanfordhealth.org](mailto:karla.hensrud-wagner@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 | January 25, February 22, March 21, April 25, May 23 | 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 at 701-234-5996, [karsyn.wendt@sanfordhealth.org](mailto:karsyn.wendt@sanfordhealth.org).*

---

## Safety Education

### Red Cross CPR/First Aid/AED Combo Class

**Thursdays | January 11, February 8, March 7, April 11, May 9 | 6:00 - 8:00PM | Ages 15+**

**Fridays | January 19, February 16, March 15, April 19, May 17 | 6:00 - 8:00PM | Ages 15+**

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

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.

**\$65 members | \$105 non-members**

### Babysitter Training

**Saturdays | January 6, February 10, March 2, April 6, May 4 | 8:00AM - 5:00PM | Ages 11+**

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.

**\$85 members | \$115 non-members**

*For more information, contact the Aquatics Department at [Aquatics-FamWellness@SanfordHealth.org](mailto:Aquatics-FamWellness@SanfordHealth.org)*

---

## Sanford Physical Therapy Screenings

### Physical Therapy Screenings

**2<sup>nd</sup> Tuesday of every month - January 9, February 13, March 12, April 9, May 14 | 9:00 - 11:00AM**

**4<sup>th</sup> Thursday of every month - January 25, February 22, March 28, April 25, May 23 | 4:30 - 6:30PM**

Family Wellness is partnering with Sanford Physical Therapy to bring screenings to our members! 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 at 701-234-7643, [matthew.bauman@sanfordhealth.org](mailto:matthew.bauman@sanfordhealth.org).*

**SANFORD**  
HEALTH

---

## Leagues & Tournaments

### Pickleball League

**Mondays | January 8 - February 26 | 9:00 - 10:00AM & 9:45 - 10:30AM**

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

**\$20/team members | \$75/team non-members | Registration deadline: January 1**

*For more information, contact Matt at 701-234-7643, [matthew.bauman@sanfordhealth.org](mailto:matthew.bauman@sanfordhealth.org).*



## PERSONAL TRAINING



**MATT**



**NICK**



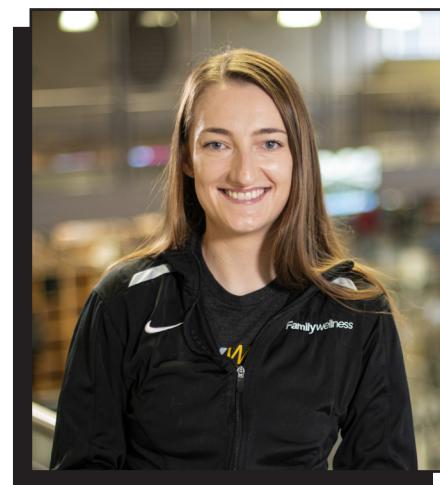
**CHARLOTTE**



**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](http://www.familywellnessfargo.org/fitness/personal-training) OR contact Matt, Fitness & Wellness Programs Manager at 701-234-7643, [matthew.bauman@sanfordhealth.org](mailto: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](http://familywellnessfargo.org)



**Family**wellness

A PARTNERSHIP BETWEEN **SANFORD**   
HEALTH