



*Family*wellness

JUNE - AUGUST 2025

SUMMER PROGRAM GUIDE

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Registration

Register for any of our summer 2025 program offerings starting April 1 for members, or April 8 for non-members.

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



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.

Reservation Childcare

Need to get stuff done? Drop off your kids in the Family Wellness Childcare for some time without your little helpers! The purpose of Family Wellness' Reservation Care is to provide your children with a safe and fun environment where they can engage in interactive and imaginary play while under close supervision of the Childcare staff! Reservation Care is offered Monday - Thursday from 8:00AM - 7:00PM and Fridays 12:00 - 3:00PM! **Cost is \$25/family for members and \$45/family for non-members and is for a maximum duration of 3 hours.**

Childcare Events

Parent's Night Out

Fridays | June 6, July 11, August 1 | 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 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 | June 19, July 17, August 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. Registration required.

Free for members and non-members

For more information, contact Jessi, Childcare & Youth Programs Manager at jessica.kasprzak@sanfordhealth.org, 701-234-7450.



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.

Summer Swim School Schedule

Cost for summer lessons is **\$50 for members** and **\$100 for non-members**. All summer classes are 30 minutes long. Check **www.familywellnessfargo.org/swim-school** for up-to-date detailed class offering information

Session Dates:

Evening Session 1: 1 night/week for 5 weeks

- Mondays 4:30 – 6:00PM | June 2 - June 30
- Tuesdays 4:30 - 7:00PM | May 27 – June 24
- Thursdays 4:30 – 7:00PM | May 29 – June 26

Evening Session 2: 1 night/week for 5 weeks

- Mondays 4:30 – 6:00PM | July 7 – Aug 4
- Tuesdays 4:30 – 7:00PM | July 8 – Aug 5
- Thursdays 4:30 – 7:00PM | July 10 – Aug 7

Day Sessions: 5 days a week | 9:00 - 10:30AM & 11:00 - 11:30AM

- | | |
|----------------------------|-------------------------------|
| • Session A June 2 - 6 | • Session F July 14 - 18 |
| • Session B June 9 - 13 | • Session G July 21 - 25 |
| • Session C June 16 - 20 | • Session H July 28 - Aug 1 |
| • Session D June 23 - 27 | • Session I Aug 4 - 8 |
| • Session E July 7 - 11 | • Session J Aug 11 -15 |

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

FITNESS PROGRAMS

Youth Fitness Programs

Youth Healthy Lifestyle Training

Sign up for 8 week sessions at your convenience | Ages 8 - 17

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.

\$140 members | \$200 non-members

Youth Athletic Development Program

4 week sessions starting June 3, July 8, August 5 | Tuesdays & Thursdays | 9:00 - 10:00AM | Ages 10 - 15

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.

\$60 members | \$110 non-members

Teen Fitness Orientation

2nd & 4th Tuesday of every month | 3:00 - 3:45PM | Ages 12 - 14

Get to know how to properly use all our machines and cardio equipment with one of our 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

Golf Fitness Workshop

Wednesday, June 11 | 6:00 - 7:00PM

Join us for this FREE workshop with a TPI Fitness 2 Certified Coach. We will cover benefits of golf fitness and how it can improve performance and help with injury prevention.

FREE for members & non-members

Training for Seniors

4 week sessions starting the first Tuesday of the month | 10:00 - 10:45AM | Ages 50+

An opportunity for older individuals to train in a group setting that focuses on mobility, flexibility, and balance to assist in feeling better and staying healthy. Limited to 10 participants.

\$60 members | \$110 non-members

Barbell Basics for Women

Thursdays | August 7 - 21 | 5:30 - 7:00PM | Ages 18+

This workshop is designed for women who have an interest in strength training or who have limited experience in strength training and want to learn how to properly use a barbell.

\$75 members | \$125 non-members

Golf Fitness Small Group Training

Tuesdays & Thursdays | 6:30 - 7:15AM | Ages 16+

Perform workouts in group setting that consist of golf specific exercises aimed to improve performance by targeting limitations and weaknesses throughout the body.

\$25/session members | \$30/session non-members

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

WELLNESS PROGRAMS

Member Events

Coffee Social

Thursdays | June 19, July 17, August 21 | 9:00AM - 11:00AM

Join us in the multipurpose room/lobby to enjoy a warm cup of coffee and chats.

Free for members

Dive-In Movie Nights

Fridays | May 30, July 25 | 6:45 - 8:30PM

We're bringing the big screen to aquatics! Grab your floaties and join us for a relaxing movie night with a twist. We will be premiering a new family-freindly movie each month.

Free for members | Day pass for non-members

Wellness Programs

Sanford Physical Therapy Screenings

2nd Tuesday of every month | 9:00 - 11:00AM

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. Limited individual 15-minute time slots.

FREE for members

Inbody Assessments

1st Tuesday of every month 4:00 - 6:00PM | 3rd Thursday of every month 9:00 - 11:00AM | Ages 15+

The InBody Scan measures body composition by giving a breakdown in muscle mass, body fat, and water weight. Sign up for an assessment and get a consultation on your results from one of our certified personal trainers.

\$10 members | \$20 non-members

SANFORD
HEALTH

NeuroFit

Mondays | 3:00 - 3:45PM

Designed to help those with neurological conditions increase their fitness and improve quality of life. The class is centered around Parkinson's Disease, but is also helpful for other conditions, such as MS or brain traumas that have led to some physical impairment. Email matthew.bauman@sanfordhealth.org to see if you are a good fit for the program.

FREE for participants - thanks to the Ottertail Foundation

Group Fitness Launches

BODYPUMP® Launch #133

Saturday | August 2 | 7:45 - 8:45AM | Ages 15+

Get ready to lift, sweat, and feel the burn with the latest Les Mills BODYPUMP® release! This 60-minute, barbell-based workout is designed to challenge all your major muscle groups using the best weight-room exercises like squats, presses, lifts, and curls.

Free for members | Day pass for non-members

RPM® Launch #106

Saturday | August 9 | 9:00 - 10:00AM | Ages 15+

Join us for the latest Les Mills RPM® release—an exhilarating indoor cycling workout designed to push your limits while keeping pace with the pack. This cardio-intensive ride will take you through climbs, sprints, and intervals, all set to fresh beats and new choreography that will keep you motivated.

Free for members | Day pass for non-members

BODYCOMBAT® Launch #103

Saturday | August 16 | 10:30 - 11:30AM | Ages 15+

Get ready to punch, kick, and sweat your way through the newest release of BODYCOMBAT®! This high-energy, martial arts-inspired workout is totally non-contact and designed to push your cardio fitness to the next level.

Free for members | Day pass for non-members

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+.

Group Fitness Events

Woof-A-Palooza | Outdoor Dance Party Supply Drive

Saturday, June 14 | 9:15 - 10:45AM | Ages 15+ (Ages 12 - 14 with a guardian)

Come wag your tail with us in our outdoor courtyard! We will have many of your favorite dance instructors showcased at this event. We ask that you bring new or gently used pet supplies that we will donate to 4 Luv of Dog Rescue. Blankets, toys, cleaning supplies, and dog/cat food & treats are some of the items that are always in high demand at the shelter.

FREE for members and non-members with a donation

Yoga on the Vine

Tuesday, June 24 | 5:30 - 8:00PM | Ages 21+

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 combined with educational wine tasting and some local artists and makers displaying some of their beautiful work for purchase. Cost includes yoga class, meal and wine tasting.

\$55 members | \$65 non-members

Meditation Around Town

Thursdays | June 12, July 10, August 14 | 6:30PM | Ages 15+

Meditation Around Town is a free, monthly meditation that is offered to the public and will be held in a different location around the Fargo-Moorhead area each month! The meditations will be led by local people who enjoy quieting the mind and exploring the inner self. No meditation experience is necessary! Please bring a mat, chair, cushion or towel to sit on.

FREE and open to the community

Dance United

Monday, July 28 | 6:30 - 8:00PM | Fargo Parks Sports Complex

We invite you to a great event that supports children in our community through a fun night of dance! This event unites the largest fitness facilities in the Fargo-Moorhead area for a great cause - the United Way School Supply Drive. Featured dance instructors from Courts Plus, Family Wellness, and the YMCA of Cass and Clay Counties!

FREE for members and non-members with a donation

MELT METHOD for Arthritis

Saturday, June 7 | 12:30 - 2:30PM | Ages 15+

Discover how the MELT Method can help relieve joint pain, improve mobility, and reduce inflammation in this specialized workshop designed for individuals with arthritis. MELT is a gentle self-care technique that uses soft rollers and balls to rehydrate connective tissue, ease tension, and restore natural movement - helping you feel better and move with less pain.

\$40 members | \$55 non-members

For more information, contact Karla, Group Fitness Manager at 701-234-6097, karla.hensrud-wagner@sanfordhealth.org.



LEAGUES & SAFETY EDUCATION

Leagues

Summer Pickleball League

Wednesdays | June 4 - July 30 | 8:30 - 10:30AM | Ages 18+

Join us for our Doubles Ladder Pickleball League! Games will be scheduled between 8:30 - 10:30AM. No need to find a partner as each week you will be paired with other individuals with similar skill level. You will play with a different partner each game and based on individual results you will be placed accordingly for the following week. This will be a great opportunity for all levels as you will be paired with others of similar skill. Spots will be limited to 32.

\$12/person members | \$25/person non-members | Registration deadline: June 2

Pickleball Prep Program

Wednesdays | June 11 - July 23 | 7:45 - 8:15AM | Ages 18+

Learn training and warm-up methods aimed to increase performance and prevent injuries associated with the sport of pickleball. This will show specific exercises and drills that can be used to help ensure you are ready to go the next time you hit the court. Limited to 8 individuals.

\$25 members | \$40 non-members

Safety Education

Red Cross CPR/First Aid/AED Combo Class

Thursdays | June 12, July 10, August 14 | 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 | June 14, July 12, August 2 | 8:00AM - 4:00PM | 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.

\$90 members | \$120 non-members

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



HEALTHY COOKING

Adult Healthy Cooking Classes

Sourdough 101

Tuesday, June 3 | 5:30 - 7:30PM | Ages 16+

Learn the basics of sourdough and go home with your own starter. In this class, you'll taste homemade sourdough, get a demo on mixing up a loaf, mix your own starter and go home with care instructions, and practice using sourdough discard in easy recipes that you can whip up quickly.

\$15 members | \$25 non-members

Summer Salads

Thursday, June 12 | 5:30 - 7:30PM | Ages 16+

We've rounded up our best summer salads to help you embrace this season of fresh produce abundance.

\$15 members | \$25 non-members

Vegetable Sides

Tuesday, July 8 | 5:30 - 7:30PM | Ages 16+

Looking for a healthy vegetable side dish to serve with your next meal? These side dishes are quick and easy to make with simple ingredients that are downright delicious.

\$15 members | \$25 non-members

Pasta Making

Tuesday, August 19 | 5:30 - 7:00PM | Ages 16+

Learn the basics of handmade pasta that doesn't require any special equipment or long drying times during this hands-on class. Participants will mix the dough, shape the pasta, and taste what they've made with two classic Italian sauces.

\$15 members | \$25 non-members

Kids Healthy Cooking Classes

Let's Taco 'bout a Party

Monday, June 16 | 5:30 - 7:30PM | Ages 7-15

In this hands-on session, young chefs will learn to create their own delicious tacos with a variety of fresh fillings and toppings.

\$15 members | \$25 non-members

Smoothie Bowls

Wednesday, June 25 | 5:30 - 7:30PM | Ages 7-15

Whats better than a smoothie?... A smoothie bowl! In this class you will create a beloved classic and the latest trend.

\$15 members | \$25 non-members

Patriotic Fruit Pizza

Wednesday, July 2 | 5:30 - 7:30PM | Ages 7-15

Fruit pizza is always a favorite summertime dessert. We will practice dicing fruits, mixing the "sauce" and creating the crust in this healthier version of fruit pizza.

\$15 members | \$25 non-members

Salsa Night

Monday, July 21 | 5:30 - 7:30PM | Ages 7-15

Come join us for a night of Salsa making! We will be making fresh Salsa with a variety of veggies and condiments.

\$15 members | \$25 non-members

Banana Bread Basics

Monday, August 4 | 5:30 - 7:30PM | Ages 7-15

In this fun and interactive session, participants will learn how to bake their very own delicious, moist banana bread from scratch.

\$15 members | \$25 non-members

For more information about Healthy Cooking Classes, visit www.familywellnessfargo.org/healthy-cooking

PERSONAL TRAINING



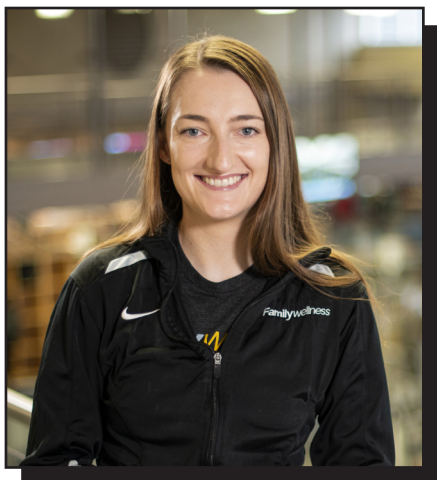
CHARLOTTE
PERSONAL TRAINER



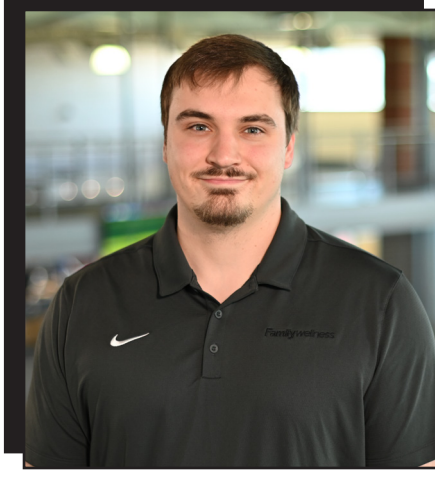
ABS
PERSONAL TRAINER



GARY
PERSONAL TRAINER



PAIGE
PERSONAL TRAINER



AUSTIN
PERSONAL TRAINER



LAMAY
PERSONAL TRAINER



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/personal-training OR contact Matt, Fitness & Wellness Programs Manager at 701-234-7643, matthew.bauman@sanfordhealth.org.



NONPROFIT EFFORTS

Family Wellness is a nonprofit organization whose mission is to inspire healthy lifestyles by connecting people in a fun environment. Our new annual campaign, Ignite Wellness, drives this mission through inclusive wellness programming for all ages, educational resources to boost health literacy, and community outreach initiatives that make wellness services accessible to everyone.

Impact in 2024:

- **Funded.** Secured a \$25,000 grant from The Ottertail Foundation to sustain and expand the Neurofit Parkinson's Program into 2025.
- **Empowered.** Provided 20+ individuals with small group training sessions to enhance movement for those with Parkinson's, MS, and stroke recovery.
- **Educated.** Trained 25+ kids ages 7-12 through the Youth Healthy Lifestyles Program, teaching foundational exercise techniques in a fun, engaging environment.
- **Assisted.** Awarded camp scholarships to 7 children, making summer camp accessible to those in need.
- **Connected.** Partnered with Sanford Health to provide Medical Support and Family Support Memberships to 21 individuals in 2024.

Upcoming Fundraising Events

Family Wellness is all about promoting inclusivity, vibrant connections, and healthy lifestyles in a supportive environment. Get fired up for our NEW annual campaign, Ignite Wellness – Sparking Change, Building Community! Explore our lineup of annual campaign events that are pivotal in helping us achieve our goals each year: See our upcoming fundraising events below or donate anytime at www.familywellnessfargo.org.

Kids Healthy Cooking Competition

Saturday, May 10 | 9:00AM

Calling all Jr. Chefs... we invite you to participate in our 5th Annual Kids Healthy Cooking Competition! All children in 4th or 5th grade that attend school in North Dakota and Western Minnesota are eligible to participate by submitting a healthy and tasty original recipe. Every participant will receive a prize from our Jr. Chef sponsors worth over \$100!

Free to participate - apply online at www.familywellnessfargo.org/fundraising-events

Food & Fitness FUN-Raiser

Wednesday, June 11 | The Plaza at The Lights | 5:00 - 8:00PM

Save the date for our Annual Food & Fitness FUN-Raiser! Bring the whole family out for a night of FUN and celebrate community wellness with us! Enjoy local food trucks, inflatables, games, music and MORE; all while supporting our mission of inspiring healthy lifestyles by connecting people in a fun environment.

FREE and open to the community!

For more information or available sponsorship opportunities contact Brea, Development Manager at 701-234-5996, brea.egeland@sanfordhealth.org.



Follow us on social media for the latest facility updates!



@familywellnessfargo

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Familywellness

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