

# Yukon-Kuskokwim Fitness Center

Safety. Wellness. Community

## Facility Hours

Effective September 2<sup>nd</sup>, 2017

Monday-Friday: 5:30am-9:00pm

Saturday, Sunday: 10:00am-9:00pm

Pool Closes at 8:30pm all days.

*Help us keep  
the pool clean!*



### Wear it right

Wear clean, non-cotton swimwear. Cotton fibers can clog pool filters.



### Wear it tight

Not completely toilet trained? Please use a swim diaper with a tight-fitting cover to contain accidents.



### Be healthy

Please don't swim if you are ill or have open wounds or sores.



### Be tidy

Remove shoes BEFORE entering locker rooms or pool area to keep dirt out of the showers and pool area. NO glass is allowed in locker rooms or pool area.



### Show up

Shower with soap to remove dirt, oils and other contaminants before entering the pool or spa.

Thank you for helping keep our pool safe and enjoyable for everyone!



**march is  
national  
nutrition  
month®**

#NationalNutritionMonth

## March 2020

Facility Updates: p. 1

Sport Club: p. 2

Group Fitness Schedule: p. 3

Heart Health: p. 4-5

Staff/Member Highlight: p. 6-7

Studio & Pool Schedules: p. 8

**HELLO.** My name is Peter.

**HELLO.** My name is \_\_\_\_\_

**HELLO.** My name is James.

**HELLO.** My name is Dennis.

**HELLO.** My name is \_\_\_\_\_

**HELLO.** My name is Alton.

**Our member recognition campaign is all about sharing YOUR fitness success.**

Share your story! Tell others what the YK Fitness Center means to you. What's your motivation? Let others know what brings you to the YK Fitness Center! Who's your health and fitness hero? Nominate them!

Visit [ykfitness.org](http://ykfitness.org) or Contact [ykfc@cityofbethel.net](mailto:ykfc@cityofbethel.net).

Enter for yourself, your family or nominate someone who inspires you



**NOW HIRING CERTIFIED LIFEGUARDS!**



FREE Training At the YK Fitness Center

**March 9-13, 12-7:30pm**

### Candidates must:

- Be at least 15 years old.
- Pass pre-course testing.
- Attend all classes.
- Complete Red Cross Registration (\$40)

Visit [ykfitness.org](http://ykfitness.org) to view a video of the pretest

Email questions to [stacey.reardon@hfit.com](mailto:stacey.reardon@hfit.com) or call 543-0390

Register online at [ykfitness.org](http://ykfitness.org), at the YKFC desk or call 543-0390

Get certified and get a job!



**EAT RIGHT**



**BITE BY BITE**

## Now Hiring:

Lifeguards: [Full](#), [Part](#) Time

[Head Lifeguard & Swim Instructor](#)

[Facility Attendant](#)

Click the positions above or visit our [employment page](#) to view open positions and to apply





## Sports Club 2019/20 Academic School Year

The YKFC Sports Club is an activity program for youth ages 5-13 years.

**March-** *Thursday March 5<sup>th</sup>, Friday March 6<sup>th</sup>  
Monday March 9<sup>th</sup> through Friday March 13<sup>th</sup>*

**Schedule:**



- **Morning Session 8am-12:30pm**
- **Afternoon Session 1:00pm-5:30pm**



Participants may sign up for mornings, afternoons or both. Participants registered for both morning and afternoon sessions stay at the facility between sessions and should bring lunch.

**Activities:** during both morning and afternoon sessions participants will engage in:

- **Swim Time**
- **Sports Time**
- **Relaxation Time**
- **Knowledge Time**

**Fees:** All participants must be registered members of 4H Alaska and show their 4H card at registration

\$30 per session/per participant (morning and afternoon are separate sessions)

Discounts available for full week registration, see pricing page for specifics.

Session	Date/s of Camp	Full Day/Full Week	Mornings Only	Afternoons Only
March '19 (Single Days)	03/05 and 03/06		\$30	\$30
March '19 (Full Week)	03/09-03/13	\$230	\$135	\$135



Thanks to a generous donor, the Lifesavers Fund has partial and full scholarships available to help youth participate in the YK Fitness Center Sport Club! Youth must be between the ages of 5 and 13 and registered members of 4-H Alaska.

**Deadline: Feb. 26 at 9 pm.** You can apply online [ykdeltalifesavers.org](http://ykdeltalifesavers.org), email [michelle@bcsfoundation.org](mailto:michelle@bcsfoundation.org) for an electronic application or pick up a paper application at the YK Fitness Center. Completed paper forms can be returned to the drop box located at the YK Fitness Center counter.



# Yukon-Kuskokwim Fitness Center

## March 2020 Group Fitness

Anti-Gravity	<u>Anti-Gravity</u> - Class on Mar. 11 and Mar. 25. Wednesdays 6:30-7:30pm in the YKFC Fitness Studio <i>With Kevin</i>	Member Fee- <del>\$9</del> Non-Member Fee- <del>\$13</del>
Bootcamp	<u>Bootcamp</u> -Class on Mar. 9, and Mar. 23, and Mar. 30. Mondays 6:30-7:30pm in the YKFC Fitness Studio  <u>Bootcamp</u> -Class on Mar. 6, Mar. 13, and Mar. 27. Fridays 6:00-7:00am in the YKFC Fitness Studio <i>With Kevin</i>	Member Fee- <del>\$14</del> Non-Member Fee- <del>\$20</del>  Member Fee- <del>\$14</del> Non-Member Fee- <del>\$20</del>
Cardio Boxing	<u>Cardio Boxing</u> -Class on Class on Mar. 2, Mar. 9, Mar. 16, and Mar. 30. Mondays 7:45-8:45pm in the YKFC Fitness Studio <i>With Gabby</i>	Member Fee- <del>\$18</del> Non-Member Fee- <del>\$26</del>
Introduction to Weightlifting	<u>Intro to Weightlifting</u> -Class on Mar. 7, Mar. 14, Mar. 21, and Mar. 28. Saturdays 10:30-11:30am in the YKFC Cardio/Weight Room. <i>With James</i>	Member Fee- <del>\$18</del> Non-Member Fee- <del>\$26</del>
Beginners Yoga	<u>Yoga</u> - Class on Mar. 5, Mar. 12, Mar. 19, and Mar. 26. Thursdays 6:00-7:00pm in the YKFC Fitness Studio <i>With Carey</i>	Member Fee- <del>\$18</del> Non-Member Fee- <del>\$26</del>
Sunday Yoga	<u>Yoga</u> - Class on Mar. 1, Mar. 8, Mar. 15, Mar. 22, and Mar. 29. Sundays 1:00-2:00pm in the YKFC Fitness Studio <i>With Janessa</i>	Member Fee- <del>\$23</del> Non-Member Fee- <del>\$33</del>
Master's Swim	<u>Master's Swim</u> -Class on Mar. 3, Mar. 5, Mar. 10, Mar. 12, Mar. 17, Mar. 19, Mar. 24, Mar. 26, and Mar. 31. Tues./Thurs. 6:00-7:00am in the YKFC Pool <i>With Renee</i>	Member Fee- <del>\$41</del> Non-Member Fee- <del>\$59</del>
Water Aerobics	<u>Water Aerobics</u> - Class on Mar. 2, Mar. 9, Mar. 16, and Mar. 23, and Mar. 30. Mondays 10:00-11:00am in YKFC Pool  <u>Water Aerobics</u> - Class on Mar. 4, Mar. 11, Mar. 18, and Mar. 25. Wednesdays 10:00-11:00am in YKFC Pool  <u>Water Aerobics</u> - Class on Mar. 6, Mar. 13, Mar. 20, and Mar. 27. Fridays 10:00-11:00am in YKFC Pool <i>With Stacey</i>	Member Fee- <del>\$23</del> Non-Member Fee- <del>\$33</del>  Member Fee- <del>\$18</del> Non-Member Fee- <del>\$26</del>  Member Fee- <del>\$18</del> Non-Member Fee- <del>\$26</del>
Zumba	<u>Zumba</u> -Class on Mar. 3, Mar. 17, and Mar. 24, and Mar. 31. Tuesdays 6:30-7:30pm in the YKFC Fitness Studio <i>With Anna Rose</i>	Member Fee- <del>\$18</del> Non-Member Fee- <del>\$26</del>

**Group Fitness** Participants may:

- Register at the beginning of the session (best value).
- Purchase a fitness pass-for 10 classes.
- Pay a drop-in fee.

2/28/2020



# Yukon-Kuskokwim Fitness Center

## Spring 2020 Instructional Programs

(March 16<sup>th</sup>-May 10<sup>th</sup>)  
 (See class details for specific dates)

<p><b>Adult-MMA for Public Safety and Self-Defense</b></p> <p><i>Class that will teach Mixed Martial Arts catered to public safety and law enforcement preparation.</i></p> <p><b>Ages 18+</b></p>	<p><b>Adult-MMA for Public Safety</b> (8-week session 1x a week)  <i>Sundays- 5:00-6:30pm in the YKFC Exercise Room</i>  <i>Class on Sunday Mar. 22, Mar. 29, Apr. 5, Apr. 12, Apr. 19, Apr. 26, May 3, and May 10.</i></p> <p><i>With Jon</i></p>	<p><i>Member Fee-\$65</i>  <i>Non-Member Fee-\$93</i></p>
<p><b>Anti-Bullying and Self-Defense</b></p> <p><i>Stop the Bullying! Get in Shape, learn your self-worth, and Be prepared!</i></p> <p><b>Ages 7+</b></p>	<p><b>Anti-Bullying and Self-Defense</b> (8-week session 1x a week)  <i>Saturdays- 4:00-5:30pm in the YKFC Exercise Room</i>  <i>Class on Saturday Mar. 21, Mar. 28, Apr. 4, Apr. 11, Apr. 18, Apr. 25, May 2, and May 9.</i></p> <p><i>With Warren</i></p>	<p><i>Member Fee-\$65</i>  <i>Non-Member Fee-\$93</i></p>
<p><b>Youth Boxing</b></p> <p><i>Classes that will Teach Fundamentals of Boxing.</i></p> <p><b>Ages 6-9 and 10+</b></p>	<p><b>6-9 yr. Youth Boxing</b> (8-week session 1x a week)  <i>Tuesdays 4:45-5:30pm in the YKFC Exercise Room</i>  <i>Class on Tuesday Mar. 17, Mar. 31, Apr. 7, Apr. 14, Apr. 21, and May 5.</i></p> <p><b>10+ Youth Boxing</b> (8-week session 1x a week)  <i>Tuesdays 5:35-6:20pm in the YKFC Exercise Room</i>  <i>Class on Tuesday Mar. 17, Mar. 31, Apr. 7, Apr. 14, Apr. 21, and May 5.</i></p> <p><i>With Gabby</i></p>	<p><i>Member Fee-\$22</i>  <i>Non-Member Fee-\$31</i></p> <p><i>Member Fee-\$22</i>  <i>Non-Member Fee-\$31</i></p>
<p><b>Youth-MMA for Public Safety and Self-Defense</b></p> <p><i>Class that will teach Mixed Martial Arts catered to public safety and law enforcement preparation.</i></p> <p><b>Ages 8+</b></p>	<p><b>Youth-MMA for Public Safety</b> (8-week session 1x a week)  <i>Sundays- 3:30-5:00pm in the YKFC Exercise Room</i>  <i>Class on Sunday Mar. 22, Mar. 29, Apr. 5, Apr. 12, Apr. 19, Apr. 26, May 3, and May 10.</i></p> <p><i>With Jon</i></p>	<p><i>Member Fee-\$65</i>  <i>Non-Member Fee-\$93</i></p>
<p><b>Rhythm and Movement Dance Class</b></p> <p><i>Class that will Teach Variation of dance methods.</i></p> <p><b>Ages 6+</b></p>	<p><b>Rhythm &amp; Movement</b> (8-week session 1x a week)  <i>Wednesdays 4:00-5:00pm in the YKFC Fitness Studio</i>  <i>Class on Wednesdays Mar. 18, Mar. 25, Apr. 1, Apr. 8, Apr. 15, Apr. 22, Apr. 29, and May 6.</i></p> <p><i>With Zoe</i></p>	<p><i>Member Fee-\$38</i>  <i>Non-Member Fee-\$54</i></p>
<p><b>Women's Empowerment and Self-Defense</b></p> <p><i>Be prepared, get healthy, and learn to defend yourself.</i></p> <p><b>Ages 12+</b></p>	<p><b>Women's Empowerment</b> (8-week session 1x a week)  <i>Saturdays- 5:30-7:00pm in the YKFC Exercise Room</i>  <i>Class on Saturday Mar. 21, Mar. 28, Apr. 4, Apr. 11, Apr. 18, Apr. 25, May 2, and May 9.</i></p> <p><i>With Warren</i></p>	<p><i>Member Fee-\$65</i>  <i>Non-Member Fee-\$93</i></p>





# Spring 2020

## Classes meet March 15<sup>th</sup> – May 10<sup>th</sup>

SWIM LESSONS				Rates	
AGE*	CLASS	Day/Time**	REQUIREMENTS/PRE-REQUISITES	Mem	Non Mem
4-5 years	Preschool 1	Mondays 5:30-6:00p With Elizabeth	Swimmers entering this class must be at least 4 years old on the first day of class.	\$37	\$53
	Preschool 2	Mondays 6:05-6:35p With Elizabeth	Swimmers entering this level must be at least 4 years old on the first day of class, should be willing to put their face in the water fully submerge their head and be willing to float on their back with <u>ears in the water</u> with minimal assistance.		
	Preschool 3	Thursday 5:30-6:00p With Ali	Swimmers entering this level must be at least 4 years old on the first day of class, should be comfortable putting their face in the water and fully submerging <u>without</u> assistance. Swimmers should be able to float with minimal assistance on their front with their face in the water and on their back with their ears in the water and should be ready to attempt these skills without assistance.		
6+ years	Level 1	Tuesdays 5:15-6pm With Stacey	Swimmers entering this class must be at least 6 years old on the first day of class. No previous swimming needed.	\$43	\$62
	Level 2	Thursday 6:05-6:50p With Ali	Swimmers entering this level should be comfortable putting their face in the water and fully submerging underwater without assistance. Swimmers should be able to float with minimal assistance on front with face in the water and on back with ears in the water and be ready to attempt these skills without support.		
	Level 3	Sundays 4-4:45p With Chris	Swimmers entering this level should be comfortable under the water, be able to float on front and back without support for 10-15 seconds, be able to swim 5-10 yards on front and on back and be ready to begin attempting skills in deep water. Swimmers entering this class must be at least 6 years old on the first day of class.		
	Level 4	Sundays 4:50-5:35p With Chris	Swimmers entering this level should be able to swim 15-20 yards each of Front Crawl with side breathing, Backstroke, Elementary Backstroke, and 5-10 yards of Breaststroke or Sidestroke. They should also be comfortable in deep water and able to tread or float in deep water for 1 minute.		
	Level 5	Wednesdays 6-6:45p With Alyssa	Swimmers entering this level should be able to comfortably swim 25 yards each of Front Crawl with side breathing, Backstroke and Elementary Backstroke. They should be able to swim 15-25 yards each of Breaststroke, Sidestroke and Butterfly, be very comfortable in deep water and able to tread water for 2 minutes.		
	Nequarpak Swim Club	Mondays 6-7p With Alyssa	This class is for swimmers familiar with the 4 competitive swim strokes and interested in learning about competition swimming. Swimmers entering this class should be able to complete at least 50 yards of freestyle, 50 yards of backstroke and 25 yards of either breast stroke or butterfly without stopping. They should be comfortable in deep water.	\$50	\$75
16 +	Adult Beginner	Tuesdays 6-7pm With Stacey <b>3/17-4/7 Only</b>	Learn basic swimming and water safety skills. No previous swimming experience needed.	\$27	\$38
	Adult Intermediate	Tuesdays 6-7pm With Stacey <b>4/14-5/5 Only</b>	Swimmers entering this class should be familiar with the basic swim strokes and ready to develop/improve swim technique and endurance.		

**\*Participants must meet minimum age requirements by first day of class. See class descriptions for more details.**

**The YK Delta Lifesavers provides scholarships for students to participate in swim lessons.  
Contact Bev Hoffman at 545-4499 or Kathy Hanson at 545-0909 to apply.**



Updated 2/28/20



# SIMPLE STEPS FOR A HEALTHFUL LIFESTYLE

Good nutrition doesn't have to be restrictive or overwhelming. Small goals and changes can have a cumulative healthful effect, and every little bit (or bite!) of nutrition is a step in the right direction.

Learn more at [eatright.org](http://eatright.org)!



**Eat a variety of nutritious foods every day.**



**Plan your meals each week.**



**Learn skills to create tasty meals.**



**Consult a Registered Dietitian Nutritionist (RDN).**

Include healthful foods from all food groups.

Hydrate healthfully.

Learn how to read Nutrition Facts Panels.

Practice portion control.

Take time to enjoy your food.

Use a grocery list to shop for healthful foods.

Be menu-savvy when dining out.

Choose healthful recipes to make during the week.

Enjoy healthful eating at school and at work.

Plan healthful eating while traveling.

Keep healthful ingredients on hand.

Practice proper home food safety.

Share meals together as a family when possible.

Reduce food waste.

Try new flavors and foods.

Ask your doctor for a referral to an RDN.

Receive personalized nutrition advice to meet your goals.

Meet with RDNs in a variety of settings throughout the community.

Find an RDN who is specialized to serve your unique needs.

Thrive through the transformative power of food and nutrition.

**EAT RIGHT  
BITE BY BITE**



National Nutrition Month®  
March 2020

**eat right.** Academy of Nutrition and Dietetics



# Meet our All-Star Member:

# HELLO.

My name is Finley.

## Meet Finley

Finley started visiting YK Fitness Center when it was too cold to play outside. Her mom tells her that playing in the pool will help her be ready for swimming lessons when she's old enough. Plus, the more time she spends in the pool, the more confident she'll be boating this summer.

Finley really loves the YK Fitness lifeguards – they help keep her safe, always wave to her, and they make her laugh!



## Want to be like Finley?

Visit us seven days a week. We offer swimming, fitness and recreation programs to the entire Bethel community – everyone is welcome.



**Yukon-Kuskokwim Fitness Center**  
267 Akiachak Drive  
[www.ykfitness.org](http://www.ykfitness.org)

**Hours:**  
Monday - Friday, 5:30 a.m. to 9:00 p.m.  
Saturday & Sunday, 10:00 a.m. to 9:00 p.m.

Professionally managed by HealthFitness, the leading provider of employee health solutions. Promotional material. | © 2020 Health Fitness Corporation





### March 2020 Pool Schedule

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
5:30-6:00a	6 Lap	6 Lap	6 Lap	6 Lap	6 Lap	<b>CLOSED</b>	<b>CLOSED</b>
6:00-6:30a	6 Lap	3 Lap/ 3 Masters	6 Lap	3 Lap/ 3 Masters	6 Lap		
6:30-7:00a	6 Lap		6 Lap		6 Lap		
7:00-7:30a	6 Lap	6 Lap	6 Lap	6 Lap			
7:30-8:00a	6 Lap	6 Lap	6 Lap	6 Lap			
8:00-9:00a	6 Lap	6 Lap	6 Lap	6 Lap			
9:00-10:00a	6 Lap	6 Lap	6 Lap	6 Lap			
10:00-11:00a	2 Lap/4 WX	4 Lap/2 Rec	2 Lap/4 WX	4 Lap/2 Rec	2 Lap/4 WX	6 Lap	6 Lap
11:00a-12:00p	3 Lap/3 Rec	3 Lap/3 Rec	3 Lap/3 Rec	3 Lap/3 Rec	3 Lap/3 Rec	6 Lap	6 Lap
12:00-1:00p	3 Lap/3 Rec	3 Lap/3 Rec	2 Lap/4 GJE Swim Class 12:45-1:45p	3 Lap/3 Rec	3 Lap/3 Rec	6 Lap	6 Lap
1:00-2:00p	3 Lap/3 Rec	3 Lap/3 Rec		3 Lap/3 Rec	3 Lap/3 Rec	3 Lap/3 Rec	3 Lap/3 Rec
2:00-2:30p	3 Lap/3 Rec	3 Lap/3 Rec	3 Lap/3 Rec	3 Lap/3 Rec	3 Lap/3 Rec	3 Lap/3 Rec	3 Lap/3 Rec
2:30-3:00p	3 Lap/3 Rec	3 Lap/3 Rec	3 Lap/3 Rec	3 Lap/3 Rec	3 Lap/3 Rec	3 Lap/3 Rec	3 Lap/3 Rec
3:00-3:30p	3 Lap/3 Rec	3 Lap/3 Rec	3 Lap/3 Rec	3 Lap/3 Rec	3 Lap/3 Rec	3 Lap/3 Rec	3 Lap/3 Rec
3:30-4:00p	3 Lap/3 Rec	3 Lap/3 Rec	3 Lap/3 Rec	3 Lap/3 Rec	3 Lap/3 Rec	3 Lap/3 Rec	3 Lap/3 Rec
4:00-4:30p	3 Lap/3 Rec	3 Lap/3 Rec	3 Lap/3 Rec	3 Lap/3 Rec	3 Lap/3 Rec	3 Lap/3 Rec	2 Lap/ 2 Rec/ 2 class
4:30-5:00p	3 Lap/3 Rec	3 Lap/3 Rec	3 Lap/3 Rec	3 Lap/3 Rec	3 Lap/3 Rec	3 Lap/3 Rec	
5:00-5:30p	3 Lap/3 Rec	3 Lap/3 Rec	3 Lap/3 Rec	3 Lap/3 Rec	3 Lap/3 Rec	3 Lap/3 Rec	
5:30-6:00p	3 Lap/3 Rec	3 Lap/3 Rec	3 Lap/3 Rec	3 Lap/3 Rec	3 Lap/3 Rec	3 Lap/3 Rec	3 Lap/3 Rec
6:00-6:30p	3 Lap/3 Rec	2 Lap/ 2 Rec/ 2 class	2 Lap/ 2 Rec/ 2 class	3 Lap/3 Rec	3 Lap/3 Rec	3 Lap/3 Rec	3 Lap/3 Rec
6:30-7:00p	3 Lap/3 Rec		3 Lap/3 Rec	3 Lap/3 Rec	3 Lap/3 Rec	3 Lap/3 Rec	3 Lap/3 Rec
7:00-7:30p	3 Lap/3 Rec		3 Lap/3 Rec	3 Lap/3 Rec	3 Lap/3 Rec	3 Lap/3 Rec	3 Lap/3 Rec
7:30-8:00p	3 Lap/3 Rec		3 Lap/3 Rec	3 Lap/3 Rec	Water Polo/ Rec Swim	3 Lap/3 Rec	3 Lap/3 Rec
8:00-8:30p	3 Lap/3 Rec	3 Lap/3 Rec	3 Lap/3 Rec	3 Lap/3 Rec		3 Lap/3 Rec	
8:30-9:00p	<b>Closed</b>						

Lap swimmers are expected to share lanes and circle swim when multiple swimmers are present.

Schedule subject to change without notice



### March 2020 Studio Schedule

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
5:30-6:00a						<b>Closed</b>	
6:00-7:00a					Bootcamp		
7:00-8:00a							
8:00-9:00a							
9:00-10:00a							
10:00-11:00a							
11:00a-12:00p							
12:00-1:00p							
1:00-2:00p							YOGA
2:00-3:00p							
3:00-3:30p							
3:30-4:00p							Youth MMA for Public Safety & Defense
4:00-4:30p							
4:30-5:00p		Youth Boxing 4:45-6:20p	Rhythm & Movement			Anit-Bullying & Self Defense	Adult MMA for Public Safety & Defense
5:00-5:30p							
5:30-6:00p							
6:00-6:30p						Women's Empowerment & Self Defense	
6:30-7:00p	Bootcamp	Zumba	AntiGravity	Yoga			
7:00-7:30p							
7:30-8:00p	Cardio Boxing 7:45-8:45p						
8:00-8:30p							
8:30-9:00p							

Check the Weekly Schedule for class occurrences on specific dates.

Schedule subject to change without notice

