

Yukon-Kuskokwim Fitness Center

Safety. Wellness. Community

Facility Hours

Effective September 2nd, 2017

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

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

Pool Closes at 8:30pm all days.

2019/2020 Holiday Schedule:

Thanksgiving:

Thurs.-11/28, Closed

Fri.-11/29, 2:00p-9:00p

Christmas

Tues.-12/24, 5:30a-5:30p

Wed.-12/25, Closed

Thurs. 12/26, 2:00p-9:00p

New Year's:

Tues.-12/31, 5:30a-5:30p

Wed.-01/01, 2:00p-9:00p

Sport Club is offered on most school break days see page 2 for details.



JOIN US FOR OUR SPOOKTACULAR

HALLOWEEN AVERSARY

at the YK Fitness Center

Saturday, November 2nd 4:30pm-8:30pm

Fun, Games and Crafts from 4:30-7pm,

Costume Parade at 5:30pm

Spooky Swim from 6:30-8:30pm

Family Friendly Event; NO Drugs or Alcohol Allowed

For more info call (907) 543-0390 or visit www.ykfitness.org

Free entry for Games, Crafts, and Costume Parade
Some Games may require tickets: \$1 each
Spooky Swim requires pool admission. YK Lifesavers are sponsoring 1/2 Price admission



We still need a few volunteers to run games and have fun.

Contact shadi.rabi@hfit.com or

call 543-0390.

November 2019

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Y/K DELTA LIFESAVERS
26th ANNUAL



CHRISTMAS COOKIE EXTRAVAGANZA
SUNDAY, DECEMBER 15 2pm

YK Fitness Center

The Lifesavers are looking for Christmas cookie bakers. Contact: Bev Hoffman @ 543-3239 to donate 2-4-6 dozen of your favorite Christmas cookies. Quyanana.

Help us Grow! Donate online at www.bcsfoundation.org, click on Donate Online & select YK Delta Lifesaver Fund.

Y/K Delta Lifesavers Mission Statement
To raise funds for the operation & maintenance costs of a community multipurpose gym and swimming pool facility, to seek funds for the construction of such a facility, to sponsor healthy activities for families with a strong emphasis on youth, to create awareness for positive parenting & the need for positive mentors/role models for area youth, to establish a volunteer force to enhance and assist youth and family programs already in place.

Happy Birthday to The YK Fitness Center!

Friday, November 15th from 5:30-8:30pm

Help us celebrate 5 years of operation.

Free admission

Raffles

Swag

Snacks

Fun

Now Hiring Certified LIFEGUARDS!+

FREE Training At the YK Fitness Center

Fridays, Nov 15th & 22nd, 5:00-9p,
Sundays, Nov 17th & 24th, 11a-8p

Pre Course Test (completed on first day of class):

- ✓ Swim 300 yards of Freestyle and Breast Stroke without stopping
- ✓ Tread Water 2 mins with legs only
- ✓ Swim 20 yards, Retrieve 10lb brick, swim with both hands on brick 20 yards in 1:40.

Visit ykfitness.org to view a video of the pretest

To be eligible Candidates must:

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

Email questions to stacey.reardon@hfit.com or call 543-0390

Register online at ykfitness.org, at the YKFC desk or call 543-0390

Get certified and get a job!



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.

November- Friday November 22nd

December- Friday December 13th
Monday December 23rd, Tuesday December 24th,
Friday December 27
Monday December 30th, Tuesday December 31st,
Thursday January 2nd, Friday January 3rd

March- Thursday March 5th, Friday March 6th
Monday March 9th through Friday March 13th

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.



Yukon-Kuskokwim Fitness Center

November 2019 Group Fitness

Anti-Gravity	<u>Anti-Gravity</u> - Class on Nov. 6, Nov. 13, and Nov. 20. Wednesdays 6:30-7:30pm in the YKFC Fitness Studio <i>With Kevin</i>	Member Fee- \$13 Non-Member Fee- \$20
Bootcamp	<u>Bootcamp</u> -Class on Nov. 4, Nov. 11, and Nov. 18. Mondays 6:30-7:30pm in the YKFC Fitness Studio <u>Bootcamp</u> -Class on Nov. 1, Nov. 8, and Nov. 15 Fridays 6:00-7:00am in the YKFC Fitness Studio <i>With Kevin</i>	Member Fee- \$13 Non-Member Fee- \$20 Member Fee- \$13 Non-Member Fee- \$20
Cardio Boxing	<u>Cardio Boxing</u> -Class on Nov. 11, Nov. 18, and Nov. 25. Mondays 7:45-8:45pm in the YKFC Fitness Studio <i>With Gabby</i>	Member Fee- \$13 Non-Member Fee- \$20
Cycling/Recovery	<u>Cycling/Recovery</u> - Nov. 7, Nov. 14, and Nov. 21. Thursdays 6:45-7:45pm in the YKFC Fitness Studio Cycling for first 40 minutes- Recovery for last 20 min. <i>With Rose/Kevin</i>	Member Fee- \$13 Non-Member Fee- \$20
Hatha Yoga	<u>Hatha Yoga</u> - Nov. 7, Nov. 14, and Nov. 21. Thursdays 5:30-6:30pm in the YKFC Fitness Studio <i>With Carey</i>	Member Fee- \$13 Non-Member Fee- \$20
Yoga	<u>Yoga</u> - Nov. 3, Nov. 10, Nov. 17, and Nov. 24. Sundays 1:00-2:00pm in the YKFC Fitness Studio <i>With Janessa</i>	Member Fee- \$17 Non-Member Fee- \$26
Master's Swim	<u>Master's Swim</u> -Class on Nov. 5, Nov. 7, Nov. 12, Nov. 14, Nov. 19, Nov. 21, and Nov. 26. Tues./Thurs. 6:00-7:00am in the YKFC Pool <i>With Renee</i>	Member Fee- \$30 Non-Member Fee- \$46
Water Aerobics	<u>Water Aerobics</u> - Nov. 4, Nov. 11, Nov. 18, and Nov. 25. Mondays 10:00-11:00am in YKFC Pool <u>Water Aerobics</u> - Nov. 6, Nov. 13, Nov. 20, and Nov. 27. Wednesdays 10:00-11:00am in YKFC Pool <u>Water Aerobics</u> - Nov. 1, Nov. 8, Nov. 15, and Nov. 22. Fridays 10:00-11:00am in YKFC Pool <i>With Stacey</i>	Member Fee- \$17 Non-Member Fee- \$26 Member Fee- \$17 Non-Member Fee- \$26 Member Fee- \$17 Non-Member Fee- \$26
Zumba	<u>Zumba</u> -Class on Nov. 5, Nov. 12, and Nov. 19. Tuesdays 6:30-7:30pm in the YKFC Fitness Studio <i>With Anna Rose</i>	Member Fee- \$13 Non-Member Fee- \$20



Yukon-Kuskokwim Fitness Center

Fall II, 2019 Instructional Programs

Oct. 19-Dec. 20th

(8 Week Session, See class details for specific dates)

<p>Anti-Bullying and Self-Defense</p> <p><i>Stop the Bullying! Get in Shape, learn your self-worth, and Be prepared!</i></p> <p>Ages 7+</p>	<p><u>Anti-Bullying and Self-Defense</u> (8-week session 1x a week) Saturdays- 4:00-5:30pm in the YKFC Exercise Room Class on Saturday October 19, October 26, November 9, November 16 November 23, November 30, December 7, and December 14. <i>With Warren</i></p>	<p><i>Member Fee-\$41 Non-Member Fee-\$62</i></p>
<p>Youth Boxing</p> <p><i>Class that will Teach Fundamentals of Boxing.</i></p> <p>Ages 6+</p>	<p><u>Youth Boxing</u> (6-week session 1x a week) Tuesdays 5:15-6:00pm in the YKFC Exercise Room Class on Tuesday October 29, November 5, November 12, November 19, November 26, December 3, December 10, and December 17. <i>With Gabby</i></p>	<p><i>Member Fee-\$41 Non-Member Fee-\$62</i></p>
<p>Women's Empowerment and Self-Defense</p> <p><i>Be prepared, get healthy, and learn to defend yourself.</i></p> <p>Ages 12+</p>	<p><u>Women's Empowerment</u> (8-week session 1x a week) Saturdays- 5:30-7:00pm in the YKFC Exercise Room Class on Saturday October 19, October 26, November 9, November 16, November 23, November 30, December 7, and December 14. <i>With Warren</i></p>	<p><i>Member Fee-\$41 Non-Member Fee-\$62</i></p>
<p>Parent & Toddler Move It</p> <p>Toddlers age 18-36 months <i>Each toddler must be accompanied by an adult who will participate with them</i></p>	<p>Saturdays, 3:00-4:00pm October 5th - October 26th</p>	<p>FREE</p>
<p>smartfitgirls™</p> <p>Open to Girls Ages 11-14 years</p>	<p><u>Dates:</u> September 16th – November 20th <u>Days:</u> Mondays and Wednesdays <u>Times:</u> 5-7pm</p>	<p>FREE</p>

Instructional Programs

Instructional classes offer progressive development of skills and techniques and require registration at the beginning of the session. Drop in is not available for these classes.





Swim Lessons: Fall 2, 2019



Classes Meet October 21 st – December 19 th (unless otherwise listed) Registration Begins October 1 st				Rates	
AGE*	CLASS	Day/Time**	REQUIREMENTS/PRE-REQUISITES	Member	Non Mem
4-5 years	Preschool 1	Wednesdays 5:30-6:00p With Elizabeth Ends Dec 11	Swimmers entering this class must be at least 4 years old on the first day of class. Swimmers not fully toilet trained must wear swim diaper with a tight fitting cover over the diaper.	\$35	\$53
	Preschool 2	Wednesdays 6:05-6:35p With Elizabeth Ends Dec 11	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 and/or fully submerge their head with minimal assistance. They should also be willing to float on their back with ears in the water with support. Swimmers not fully toilet trained must wear swim diaper with a tight fitting cover over the diaper.		
6+ years	Level 2	Thursday 6:50-7:35p With Ali Skip 11/28	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. Swimmers entering this class must be at least 6 years old on the first day of class.	\$41	\$62
	Level 3	Sundays 11:30-12:15p 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 12:20-1:05p 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	Mondays 6:30-7:15p With Sarah Ends Dec 9	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.		
16+	Adult Basic	Mondays 7:15-8:15p With Sarah Ends Dec 9	Learn basic swimming and water safety skills. No previous swimming experience needed. Class will progress through swim skills based on participant skill and interest level.	\$50	\$75
Advanced Swimmers see our Masters Swim Class on the Group Fitness Schedule					

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



November 2019

Meet Our All-Star Member: Stanley Corp

1. What initially brought you to the fitness center.

A. I initially came here to work out and drink coffee with my friends.

2. What do you like about the fitness center?

A. I like the friendly atmosphere.

3. What motivates you to continue visiting the fitness center?

A. Continue meeting with my friends for coffee each morning.

4. What is one fun fact that not many people know about you?

A. I like History. I have been to the northern most border in the USA and the southernmost border in the USA. I enjoy wood working and food preservation (canning and sausage making). I won a State Championship in high school while playing football in Michigan.

5. How do you like your eggs?

A. Over easy.



6. What is your favorite vacation?

A. Visiting my home in Michigan.

7. If you could have any superpower, what would it be?

A. To improve my health whenever I wanted.



November 2019 Pool Schedule

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
5:30-6:00a	6 Lap	6 Lap	6 Lap	6 Lap	6 Lap	CLOSED	CLOSED
6:00-6:30a	6 Lap	3 Lap/ 3 Masters	6 Lap	3 Lap/ 3 Masters	6 Lap		
6:30-7:00a	2 Lap/ 4 BRHS	2 Masters/4 BRHS	2 Lap/ 4 BRHS	2 Masters/4 BRHS	2 Lap/ 4 BRHS		
7:00-7:30a							
7:30-8:00a	6 Lap	6 Lap	6 Lap	6 Lap	6 Lap		
8:00-9:00a	6 Lap	6 Lap	6 Lap	6 Lap	6 Lap		
9:00-10:00a	6 Lap	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	4 Lap/ 2 Class
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	
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	2 Lap/4 JR High Swim Class 2:45-3:45p				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
3:30-4:00p					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	3 Lap/3 Rec
4:30-5:00p	2 Lap/2 Rec/2 BRHS				3 Lap/3 Rec	3 Lap/3 Rec	
5:00-5:30p					3 Lap/3 Rec	3 Lap/3 Rec	
5:30-6:00p	2 Lap/ 2 Rec/ 2 class	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	3 Lap/3 Rec	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	Water Polo/ Rec Swim	3 Lap/3 Rec	3 Lap/3 Rec
7:30-8:00p	3 Lap/3 Rec	3 Lap/3 Rec	3 Lap/3 Rec	3 Lap/3 Rec		3 Lap/3 Rec	3 Lap/3 Rec
8:00-8:30p	3 Lap/3 Rec	3 Lap/3 Rec	3 Lap/3 Rec	3 Lap/3 Rec		3 Lap/3 Rec	3 Lap/3 Rec
8:30-9:00p	Closed						

Lap swimmers are expected to share lanes and circle swim when multiple swimmers are present.
Swim Team Practices end November 8th

Schedule subject to change without notice

November 2019 Studio Schedule

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
5:30-6:00a						Closed	Closed
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							
4:00-4:30p							
4:30-5:00p						Anit-Bullying & Self Defense	
5:00-5:30p		Youth Boxing 5:15-6:00p	Smart Fit Girls				
5:30-6:00p	Smart Fit Girls			Smart Fit Girls	Hatha Yoga		Women's Empowerment & Self Defense
6:00-6:30p							
6:30-7:00p	Bootcamp	Zumba	AntiGravity	Cycling 645-745p			
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

