



BUILD MORE THAN MUSCLE

For More Than A Workout. For A Better Us.
YMCA AT GOTHENBURG HEALTH SPRING 2017 PROGRAMS



Introduction to Photography

Learn the basics of photography from local professional, Ryan Trullinger, owner of Tru-Image Photography. Ryan will be teach basic photography skills using a camera that has manual capabilities. Ryan's interests are varied, but he specializes in outdoor photography and is excited to share his expertise with the community.

A free meet and greet is scheduled for 7 p.m. Thursday, April 13, at the Chamber, 1001 Lake Ave., to learn more about the class.

Class date, time and fee: TBD

Trimble SketchUp

This class will introduce participants to the fascinating world of 3D architecture and design. Ryan Trullinger will give basics instructions on creating masterpieces using Trimble SketchUp.

Class Date and Fee: TBD. Ages 15 and older.

Let's Go Fishing

Boys and girls ages 6-12

This new program teaching children all aspects of fishing from the basics to identifying fish that live in Lake Helen. Class ends with a fishing derby on May 25. All materials provided, including bait.

Dates: 9-11:30 a.m. Monday, May 22, to Thursday, May 25.

Location: Lake Helen

Register: By May 12

NEW! Fitness Programs at the YMCA Wellness Center Starting in May:

Personal Training By appointment. Fee: Varies by appointment. Ages 13+

Group Exercise: Adult Dance Group Exercise and Family Dance Group Exercise, Pilates, Yoga, Senior Yoga, Low impact group exercise using a chair, Circuit Training, Refit. All classes included in your YMCA membership

Adult Mileage Club Challenge: 5/8-6/9, Ages: 16+ Challenge yourself to meet your mileage goals walking, running or biking. Fee: \$15 M.

June Programs

Tour de Gothenburg: A great way to enjoy family time, get together with and meet new friends in the community!

- Join a family 2-mile bike ride through Gothenburg led by Lisa Strand. Meet at the YMCA Wellness Center with your bike.
- Join an adult 5-mile bike ride through Gothenburg led by Lisa Strand. Meet at the YMCA Wellness Center with your bike.

Also Coming Soon

Summer Day Camps

Soccer Clinics

Adult Co-ed Flag Football

Youth Flag Football

Nerf Wars

Quilting (fall sessions)

Tiny Tumblers, ages 3-5

Theater Camp, ages 6-14

Day Trips to Camp Comeca (bus included)