



**EXPLORE | CONNECT | DISCOVER**

**MORE**

**AT DUNELAND FAMILY YMCA**

215 ROOSEVELT STREET  
CHESTERTON, IN 46304

[WWW.DUNELANDYMCA.ORG](http://WWW.DUNELANDYMCA.ORG)

P 219 | 926 | 4204

DUNELAND FAMILY YMCA

# EARLY LEARNING ACADEMY

ENRICHING KIDS,  
INSIDE AND OUT

Kayla Lee, Early Childhood Coordinator  
klee@dunelandymca.org  
219-921-0183

Enrollment now open for Fall! Full and half day options available. Our highly-certified staff create an environment rich in creativity and fun to foster an early love for learning in even our smallest students.

This year, we are honored to be an On My Way Pre-K site, recognized by the State for achieving the highest standards in academic achievements and professional development of staff.

We currently have openings in our 1 year - 5 year old classrooms, full and half day options available. Contact Kayla for a tour or to register your child.



**COMING SOON!**  
FORCHETTI FAMILY YMCA  
CENTER FOR EARLY LEARNING

# OUT OF SCHOOL LEARNING

YOUR PARTNER IN EDUCATION

Sally Gabric, Program Director  
sgabric@dunelandymca.org | 219-921-0183

6:00 AM - 6:00 PM



Conveniently located on site at all 5 elementary schools, Duneland Y's Out of School Learning is available before and after school to provide a safe space where kids can continue to learn and grow under the caring supervision of our trained staff. Available onsite at the Duneland Y for E-learning days, school breaks, and throughout the summer, we're here for you when school is out! Check out some of our popular clubs below.

Register early- spots are limited!

Early Childhood and STEM  
programs made possible  
in part by:



## SCI-5 | SEPT. 19 - OCT. 17

5 weeks packed full of science games, STEM activities, and nature experiments! Sci-5 encourages critical thinking and problem solving in a fun learning environment. Space is limited!

Thursdays | 5:30 - 6:30 PM  
Duneland Family YMCA  
\$55 (Includes a t-shirt!)

## LEGO QUEST FEB. 7 - MAR. 21

We provide the LEGOs, you provide the imagination! Kids in 1<sup>st</sup> - 5<sup>th</sup> grade learn about team building, critical thinking, problem solving, and more!

Thursdays | 5:30 - 6:30 PM  
Duneland Family YMCA  
\$55 (Includes a t-shirt!)

## SAFE SITTER

Safe Sitter provides life skills, safety skills, and child care training to all youth to build a safer community.

Participants will work in small groups to learn:  
-Safety Skills while Babysitting  
-First Aid and Rescue Skills  
-Business Skills (interview tips, how to set fees, greet employers, and more!)

The Duneland Family YMCA is the only location in Porter County that proudly teaches Safe Sitter to students in grades 6 - 8.

October 25, 9:30 AM - 3:30 PM  
\$75 (Scholarships available)  
Nut-Free, Sack Lunch Required

# MEMBERSHIP SPECIAL!

Spooky deals are going on at the Y! Join the Y in October and we will slash the first month's membership fee. Just pay the joiners fee and get the first month free!

# MEMBERSHIP



## CONNECT IN MORE WAYS THAN ONE.

Carla Patino-Davis, Membership Director  
cpatino-davis@dunelandymca.org | 219-926-4204

## PARENT'S NIGHT OUT

Upcoming dates:  
9/13, 10/11, 11/8, 12/13

Enjoy an evening out on the town and know that your kids are safe and having fun at the YMCA! Kids ages 8 weeks - 11 years enjoy gym time, games, arts and crafts, and more under the supervision of our trained staff. Pizza and a movie will end the night! Register in advance to reserve your spot by calling the Duneland Y.

Members \$ 15/ Child  
Nonmembers \$20/Child

## BUILDING RENTALS

Looking for a place to host a party? The YMCA has options for all ages! Tables and chairs are provided (food, decorations, or cake are provided by you). The YMCA asks that parties are booked a minimum of two weeks in advance to allow for proper staffing and setup arrangements. We provide the space, and you bring the FUN! Please contact Carla Patino-Davis to make party arrangements.

\$100 deposit required (returned after event).

## FAMILY FIT & FUN NIGHT

Join us for a fun night of family fitness at the Duneland Y. We will have family Zumba, Yoga, and more options for you to exercise as a family. Enjoy snacks, bounce house, face painting, and games while you get to see a sample of the fun programs offered at the Duneland Y. Registration not required. Free and open to the community!

October 18<sup>TH</sup> | 6:30-7:30 p.m.

# HEALTHY LIVING

## EXPLORE WELLNESS IN MORE WAYS THAN ONE.

Ashley Lafata, Healthy Living Director  
alafata@dunelandymca.org | 219-926-4204

## FITNESS FRIDAYS

Join certified group exercise instructors every Friday through October from 12 -1 p.m. through October for a free fitness class at Thomas Centennial Park. Classes include BodyPump, Yoga, Zumba, Pilates, TurboKick, Bootcamp and more! Free & open to the community, ages 14+. Bring a water bottle and yoga mat.

## TRANSFORMATION TUESDAYS

Join us every Tuesday through October from 12-1:00 p.m. at the Coffee Creek amphitheater for 30 min. of an instructor led gentle stretch followed by a 30 min. learning session while you eat your sack lunch (bring your own). Topics will include benefits of gentle stretch & yoga, meal prepping 101, nutrition, & more! Free and open to the community. Ages 14+. Bring a Yoga mat or towel & water bottle.

## SPORTS TRAINING

CONTACT ASHLEY FOR PRIVATE & GROUP TRAINING RATES

Tailored specifically to the sport of your choosing, this training program combines strength & conditioning exercises and plyometric training. Workouts include the use of specialized equipment such as free weights, medicine balls, strength bands, & BOSU balls, focusing on 4 main components:

1. Athletic strength training
2. Speed and agility development
3. Core stability and balance training
4. Injury prevention and recovery techniques

## LIVESTRONG

NEW 12-WEEK SESSION BEGINS SEPTEMBER 30!

Now accepting participants for Fall! LIVESTRONG at the YMCA helps cancer survivors begin the journey toward recovery. The program focuses on YOU, not the disease. This cancer-survivor program is no cost to participant and includes a 3-month membership to help maximize effectiveness! Contact Ashley to schedule an intake appointment and start your journey to wellness. Program meets on Mondays and Wednesdays from 1:15 - 2:15.

## BODYPUMP

NEW LAUNCH PARTY COMING OCTOBER 23!

Bodypump is a workout like no other and now's your chance to see what it's all about! Meet the instructors, learn the science behind the effectiveness of bodypump, take a class, and join others who are ready to take control of their lives. Bodypump is for all fitness levels! The launch party is free and open to the community and will be offered at two convenient times: 8:30 - 10:30 a.m. and 6:30 - 8:30 p.m. on October 23.

# YOUTH SPORTS

Alyssa White  
Sports & Aquatics Coordinator  
awhite@dunelandymca.org  
219-926-4204

## PROGRAM | AGES

Fall Soccer   3 Yrs. – 5 <sup>th</sup> Gr. ....	August 5 – September 1	\$40   \$80
Cross Country   4 – 12 Yrs. ....	September 23 – October 20	\$40   \$80
Youth Volleyball   8 – 10 Yrs. ....	September 23 – October 20	\$40   \$80
Youth Basketball   3 Yrs. – 5 <sup>th</sup> Gr. ....	September 23 – October 20	
Gymnastics   18 Mo. – 12 Yrs. ....	August 25 – September 9	
	September 23 – October 28	
Pre-K .....		\$30   \$60
School Age .....		\$45   \$90
Music In Motion   0 – 5 Yrs. ....	August 25 – September 13	
	September 23 – November 1	
		\$30   \$60

## REGISTRATION / COST- MEMBER | PUBLIC

## MEN'S 5 ON 5 BASKETBALL LEAGUE

At St. Pat's Fieldhouse

Join our 5 on 5 Men's Basketball League. Sign up with friends, coworkers and family to create your own team. Games will consist of two 20-minute running clock halves. Teams are guaranteed 6 regular season games as well as one game in a seeded playoff tournament. Sunday Night League. Cost \$400.00 per team.

Register: Sept. 30 – Nov. 3  
Season: Nov. 3 – Dec. 22

COMING SOON!

## ADULT VOLLEYBALL LEAGUE

STAY TUNED FOR MORE DETAILS!

# SPECIAL EVENTS:

## DANCING LIKE THE STARS, 2019

Join us on this memorable evening as local Celebrity Dancers compete to raise funds to support the Y mission and provide programming and membership subsidy. The impressive 2019 lineup includes Paul Boyter, McColly Real Estate; Tiffany Bozovich, Bozovich Wellness Centers; Jill Catherman, Duneland YMCA; Joe Christian, Chesterton Police Dept. & Arrested Sounds; Jason Harris, JLH Appraisals; Elizabeth Marks, Lakeside Wealth Management; Brent Martinson, Duneland School Corporation; and Kevin Murray, Val's Famous Pizza & Grinders. They're all asking for your support as they dance to help ensure a brighter future for those in our community in need of Y program assistance, and they're all IN IT TO WIN IT! Guests are encouraged to add fun to the evening by dressing the part in their favorite British rock star style.

Visit [www.dunelandymca.org](http://www.dunelandymca.org) to purchase tickets, cast votes or donate an item. For more information or to receive details about marketing opportunities, contact Jane Delligatti at the Y – 926-4204 or [jdelligatti@dunelandymca.org](mailto:jdelligatti@dunelandymca.org).



## BALLROOM DANCE

Learn exciting, new patterns in trending dances like Salsa, Swing, and Tango, while developing your movement and technique. These classes are designed to teach you how to dance (or dance better) in a way that is fun and easy. Not only will you develop your skill on the dance floor, but you'll have a blast doing it! Class meets on Tuesdays from 7-8 p.m. through September 3.

Register online or stop by the Y Welcome Center!  
Members, \$10/ Class  
Public, \$12/ Class

## GIRLS ON THE RUN

Coaches Jill Catherman and Liz Watts lead a 10-week program developed to help girls recognize their inner strength and celebrate what makes them unique- strengthening them from the inside out. Girls will meet twice a week on Mondays and Wednesdays and will be mentally and physically prepared to end the season with a celebratory 5K!

Registration opens August 12  
Season begins week of September 2.



## SPOOKTACULAR TRIVIA

The Duneland Y will host a trivia competition on Friday, October 12 from 5-9 p.m. at the Spa Special Events Center in Porter. Play individually or on a team with friends or co-workers. Wear your spookiest Halloween costumes! The evening includes fun trivia topics, costume contest, 50/50 raffle and cash prizes for winning teams. Refreshments and a cash bar provided. Register online! Questions? Contact Jane at [jdelligatti@dunelandymca.org](mailto:jdelligatti@dunelandymca.org)

Ages 16+,  
\$200/ Table of 8 or \$25/ Person