

# YMCA Programs

## **CIC Contact:**

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## **Camps:**

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## **Child Care:**

Mary Britts

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## **Center for Youth Voice**

Amy Anderson

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612 330 3045

- Targeted towards junior high students and teenagers
- Programs include:
  - [MN Civic Youth](#)
  - [Youth in Government](#)
  - [Model United Nations](#)
  - [Students Voting](#)
  - [Student Election Judge Network](#)
  - [Youth Day at the Capital](#)
- Most programs are in or run through schools
- Most programs are a substantial commitment

## **12 Bursts Program:**

12bursts.org

- Encourages 60 minutes of exercise each day by incorporating 12 five-minute bursts of activity, or ‘the Daily Dozen.’

## **Sports:**

East Metro - Brian Davis

[brian.davis@ymcamn.org](mailto:brian.davis@ymcamn.org)

Northeast Metro - Felipe Aceituno

[felipe.aceituno@ymcamn.org](mailto:felipe.aceituno@ymcamn.org)

Southwest Metro - Ryan Klingaman

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West Metro - Tommy Wasyluk

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South Metro - Eric Sherden

[eric.sherden@ymcamn.org](mailto:eric.sherden@ymcamn.org)

**Cycle Health :**

[Cyclehealth.org](http://Cyclehealth.org)

Betsy Grams

[betsy.grams@ymcamn.org](mailto:betsy.grams@ymcamn.org)

- \*AVAILABLE DURING COVID-19 PANDEMIC
- Motivating youth to get outside, be active, and get their families involved
- 4 large adventure races every year
  - Fall: focus on resilience and grit
  - Winter outdoor
  - Spring mountain climbing event to simulate Everest
  - Triathlon in summer
- Accommodations for transportation, training, gear, and entry fees
- If already involved in the YMCA then just go through the YMCA portal

**Registration/Membership:**

Branch-by-branch

- Financial assistance available (ask for exceptions!)