

Newsletter

Mason City Family YMCA April 2026



Meet Our Accounting Director

Misti Miltenberger has been the Accounting Director at the Mason City Family YMCA for one year.

Misti has 8 grandchildren that she enjoys spending time with and supporting in their activities.

What aspect of working at the YMCA makes you proud to work here: It is great to work around so many people that truly care about one another and the community.

What is the best piece of advice you have ever received: "This too shall pass", Though life brings many challenges, they are temporary. We always find a way to get through them and look forward to better times.

NEW STAFF

Julia Parcher - Tiny Tots
Tumbling Instructor

THANK YOU

Thank you to all of the volunteers who have helped with clean up, and maintenance projects around the Y. Your efforts embody the spirit of what it means to really be the change you wish to see in the world. Thank you so much for your selfless and ongoing volunteer leadership.

LOST AND FOUND

All lost and found items at the Mason City Family YMCA are maintained for 30 days. Any unclaimed items are then donated to a local charity.

DID YOU KNOW

Summer Youth Camp registrations are now open online at www.masoncityymca.org



Here are 10 key ways to keep your brain healthy:



Get Moving: Regular aerobic exercise increases blood flow to the brain and supports the growth of new brain cells.

Eat a Brain-Healthy Diet: Consume foods rich in antioxidants, healthy fats, and nutrients, such as leafy greens, berries, nuts, and fish.

Challenge Your Mind: Keep your brain sharp by learning new skills, reading, solving puzzles, or playing strategic games.

Get Quality Sleep: Prioritize 7-9 hours of sleep to allow the brain to consolidate memories and clear out toxins.

Stay Socially Engaged: Maintain strong connections with friends and family, which can protect against cognitive decline and depression.

Manage Cardiovascular Health: Control blood pressure, cholesterol, and diabetes, as heart health is closely linked to brain health.

Protect Your Head: Prevent brain injuries by wearing seat belts and using helmets during sports or biking.

Manage Stress: Practice relaxation techniques like meditation, deep breathing, or yoga to reduce chronic stress.

Avoid Smoking and Limit Alcohol: Smoking damages blood vessels and increases cognitive decline risk.

Stay Hydrated: Ensure you drink enough water throughout the day, as dehydration can impair cognitive abilities.

From the Alzheimer's Association

Rock Solid For Tomorrow

For the past several years, our focus has been simple: fix what is broken. When systems failed, we repaired them. When deferred maintenance surfaced, we addressed it. That discipline kept our doors open and our mission moving.

Today, we are stepping into a stronger position. We are shifting from reactive repairs to risk-based prioritization.

We are identifying the systems that carry the highest operational risk and the greatest mission impact — and we are aligning our limited resources accordingly.

It is a future-focused strategy grounded in stewardship.

Two priorities rise to the top:

1. Replacing the 25-Year-Old Air Handling Unit

Our current unit has served faithfully for a quarter century. But it now presents significant risk to air quality, humidity control, structural integrity, and uninterrupted aquatic operations. By fully replacing the Air Handling Unit, we:

- Protect indoor air quality for children, seniors, and families
- Prevent structural corrosion and long-term facility damage
- Reduce emergency repair costs
- Build operational redundancy into a mission-critical space

This is not cosmetic. It is foundational.



2. Beginning the Transition from Aging Heat Pumps to Boilers

Our geothermal heat pumps are now 25 years old. While we continue to maintain them responsibly, the geothermal field itself will eventually reach the end of its useful life. Rather than waiting for catastrophic failure, we are beginning a phased transition to high-efficiency boilers.

This proactive step:

- Reduces system-wide vulnerability
- Creates heating redundancy
- Stabilizes long-term operating costs
- Positions us for the eventual failure of the geothermal field
- Protects aquatic programming from prolonged shutdown

In short, we are designing stability instead of reacting to crisis.

What the numbers look like:

- Air Handling Unit, \$900,000
- Industrial Boiler, \$500,000
- 6 Heat Pumps, \$420,000
- Pool Painting, \$40,000
- Gym Floor Resurface, \$20,000
- Basketball Hoop Cable Replacement, \$7,000
- Replace lights in the youth room and raquetball courts, \$16,000
- Parking Lot Resurfacing, \$77,400

Total Funds Needed: \$1,980,400

Additional needs that have not been researched:

- Painting the natatorium
- Painting exterior soffits

Pledged Funds To Date: \$775,000

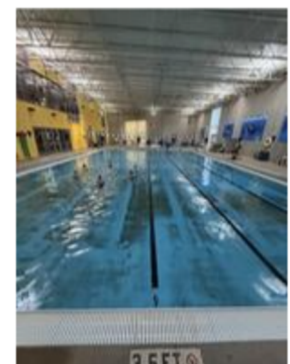
The Rock Solid for Tomorrow campaign is about building resilience.

We are stewarding a 133-year-old mission and making high-impact, high-risk decisions now so that children can learn to swim, seniors can stay strong, and families can gather without interruption for decades to come.

Thriving organizations don't wait for systems to fail. They prepare.

Consider standing with us as we move from a fix-it mindset to a future-focused strategy — building a YMCA that is not just operational today, but resilient tomorrow.

Together, we are creating a Rock Solid Tomorrow





April 30, 2026
6:30pm

FAMILY FUN FAIRY GARDEN

Bring your family and join us in creating a Family Fairy Garden that you will be able to enjoy all summer!

Register in person at
Mason City Family YMCA 1840 N. Monroe, Mason City
or online at
www.masoncityymca.org

Cost: \$15 for Y Members \$20 for Non-Y Members

Call us : +641-422-5996

www.masoncityymca.org

Mason City Family YMCA

PAGE TURNERS BOOK CLUB

In collaboration with **THREE
BELLS
BOOKS**



Book club is free! We can order the book for you,
through Three Bells Books at your cost.
Book prices are listed next to the book each month.

OFFERED at the Mason City Family YMCA BI-MONTHLY AT 10:00AM

April 1, 2026 - The Second Mrs. Astor by Shana Abe - Book Cost \$19.21

June 3rd, 2026 - It Happened on Sunday by Tracy Wolf - Book Cost \$19.25

August 5th, 2026 - The Jilted Countess by Loretta Elsworth - Book Cost \$22.32

October 7th, 2026 - Death by Cheesecake: A Golden Girls Cozy
Mystery by Rachel Ekstrom Courage - Book Cost \$18.18

December 2nd, 2026 - The Prayer Box by Lisa Wingate - Book Cost \$19.25

Register at the Mason City Family YMCA
1840 S. Monroe Ave, Mason City or call 641-422-5999



The run will begin May 13, 2026

BECOME A SPONSOR FOR MANDI!



THIS JOURNEY IS MORE THAN MILES - IT'S ABOUT:

- STRENGTHENING THE MASON CITY FAMILY YMCA
- SUPPORTING YOUTH AND FAMILIES
- PROMOTING HEALTH AND WELLNESS RAISING FUNDS FOR THE YMCA ENDOWMENT.
- CREATING LONG-TERM, SUSTAINABLE SUPPORT TO ENSURE IT CAN SERVE FUTURE GENERATIONS.

THIS RUN IS ABOUT ENDURANCE, LEGACY, AND BUILDING SOMETHING THAT LASTS FAR BEYOND THE FINISH LINE.



SUPPORT THE CAUSE!



MAKE EVERY MILE MATTER - SUPPORT MANDI'S JOURNEY AND SUPPORT THE MASON CITY FAMILY YMCA

APRIL LAP POOL SCHEDULE

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
5:00-7:30am	Open Lap Swim 6 Lanes	5:00-7:30am	Open Lap Swim 6 Lanes	5:00-7:30am	Open Lap Swim 6 Lanes	5:00-6:45am	Open Lap Swim 6 Lanes Aqua Athlete (3) Matt Anderegg	5:00-7:30am	Open Lap Swim 6 Lanes
8:00-8:45am	Aqua toning (3) Mary Ann Ray	7:30am-10:00am	Open Rec Swim 3 Lap Lanes	8:00-8:45am	Aqua toning (3) Mary Ann Ray	7:30am-10:00am	Open Rec Swim 3 Lap Lanes	8:00-8:45am	Aqua toning (3)
9:00-9:45am	Wet-N-Wild (3) Bev McGowen			9:00-9:45am	Wet-N-Wild (3) Bev McGowen			9:00-9:45am	Wet-N-Wild (2) Bev McGowen
9:45-10:30am	Wet-N-Wild (3) Bev McGowen	10:00-11:00am	Gentle Beginnings (3) Matt Anderegg	9:45-10:30am	Wet-N-Wild (3) Bev McGowen	10:00-11:00am	Gentle Beginnings (3) Matt Anderegg	9:45-10:30am	Wet-N-Wild (3) Bev McGowen
10:30-11:00am	Open Rec Swim (3)			10:30-11:00am	Open Rec Swim (3)				
11:00am-12:00pm	Aqua Joggers (3) Matt Anderegg			11:00am-12:00pm	Aqua Joggers (3) Matt Anderegg				
12:00-2:00pm	Open Rec Swim 3 Lap Lanes			12:00-1:00pm	Open Rec Swim 3 Lap Lanes			10:30am-2:00pm	Open Rec Swim 3 Lap Lanes
2:00-3:30pm	Aqua Aerobics (3) Jacque Petersen	11:00am-5:15pm	Open Rec Swim 3 Lap Lanes	1:00-2:30pm	Aqua Aerobics (3) Jacque Petersen	11:00am-5:15pm	Open Rec Swim 3 Lap Lanes	2:00-3:30pm	Aqua Aerobics (3) Jacque Petersen
				2:30-5:15pm	Open Rec Swim (3)				
				4:30-5:15pm	Swim Lessons (3)				
3:30-8:30pm	Open Rec Swim 3 Lap Lanes	5:15-6:15pm	Wet-N Wild (3) Diane Walrod	5:15-6:15pm	Wet-N Wild (3) Diane Walrod	5:15-6:15pm	Wet-N Wild (3) Diane Walrod	3:30-8:30pm	Open Rec Swim (3)
		6:00-8:30pm	Open Rec Swim 3 Lap Lanes	6:15-8:30pm	Open Rec Swim (3)	6:15-8:30pm	Open Rec Swim 3 Lap Lanes		
SATURDAY					SUNDAY				
7:00-10:00am		Open Lap Swim 6 Lanes			11:00am-1:00pm ADULT ONLY HOURS				
10:00-11:00am		Open Rec Swim 3 Lap Lanes							
11:05-11:50am		Swim Lessons (3)							
12:00-1:00		YMCA Swim Club (2)							
12:00-4:30pm		Open Rec Swim 3 Lap Lanes			1:00-5:30pm Open Rec Swim 3 Lap Lanes				

****The number in parenthesis is the available open lap lanes**** ****Pool Schedule is subject to change due to program needs****
****NO OPEN RECREATIONAL SWIMMING DURING SHADED TIMES****

APRIL THERAPY POOL SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:00-8:00am Open Swim	5:00-8:00am Open Swim	5:00-8:00am Open Swim	5:00-9:00am Open Swim	5:00-8:00am Open Swim
8:00-9:00am Rusty Hinges Joan Curtis	8:00-9:00am Rusty Hinges Bonni Fritz	8:00-9:00am Rusty Hinges Joan Curtis		8:00-9:00am Rusty Hinges Bonni Fritz
9:00-10:00am Rusty Hinges Joan Curtis		9:00-10:00am Rusty Hinges Joan Curtis		
10:00am-12:00pm Open Swim	9:00am-12:00pm Hospital Therapy Use Only	10:00am-12:00pm Open Swim	9:00am-12:00pm Hospital Therapy Use Only	9:00am-1:00pm Hospital Therapy Use Only
	12:00-1:00pm Rusty Hinges Jacque Petersen		12:00-1:00pm Rusty Hinges Jacque Petersen	
12:00-5:00pm Hospital Therapy Use Only	1:00-4:45pm Open Swim	12:00-5:00PM Hospital Therapy Use Only	1:00-4:45PM Open Swim	
5:00-6:00pm Rusty Hinges Diane Carlson	4:45-5:45pm Rusty Hinges Patricia Martin	5:00-6:00pm Rusty Hinges Diane Carlson	4:45-5:45pm Rusty Hinges Patricia Martin	1:00-8:30pm Open Swim
6:00-8:30pm Open Swim	5:45-8:30pm Open Swim	5:20-6:45pm Swim Lessons	5:45-8:30pm Open Swim	
	6:45-8:30pm Open Swim			
SATURDAY		SUNDAY		
7:00-9:00AM	Open Swim	11:00am-1:00pm ADULT ONLY		
9:00AM-11:00AM	Swim Lessons			
11:00AM-4:30PM	Open Swim	1:00-5:30PM Open Swim		

Parents with young children are welcome to use the Therapy Pool shallow end during class times.

Pool Schedule is subject to change due to program needs

NO OPEN RECREATIONAL SWIMMING DURING SHADED TIMES

APRIL Group Exercise Schedule

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
5:15 - 5:45am	Kettlebell *med Jenn Hummel			5:15 - 5:45am	Kettlebell *med Jenn Hummel			5:15 - 5:45am	Kettlebell *med Jenn Hummel
5:45- 6:30am	Cycling *all Jenn Hummel			5:45- 6:30am	Cycling *all Jenn Hummel			5:45- 6:30am	Cycling *all Jenn Hummel
		7-7:45 AM	Essential Movements*all Mackenzie Burtness			7-7:45 AM	Essential Movements*all Mackenzie Burtness	6:30- 7:30am	5K Fridays Joey Ringo
7:45- 8:15am	Total Stretch *all Mackenzie Burtness	7:30- 8:30am	Beginner Hatha Yoga*all Nora Hardy			7:45AM- 8:15AM	Mobility *all Mackenzie Burtness		
8:30- 9:00am	Core Builders *med Keri Mixdorf	8:30- 9:15am	Pilates *all Carol Keenan	8:30- 9:00am	Interval Cycling *all Keri Mixdorf	8:30- 9:15AM	Pilates *all Carol Keenan	8:30- 9:30am	Full Throttle *high Billie Esser
		9:00- 10:00am	Low and Slow Yoga*all Karen Regal			9:00- 10:00am	Low and Slow Yoga*all Karen Regal		
9:15- 10:15am	Circuit Cycling *high Keri Mixdorf	9:30- 10:15am	W.I.I.T *all Carol Keenan	9:15- 10:15am	Lift It *med Keri Mixdorf	9:30- 10:10am	Tabata *all Carol Keenan	9:45AM- 10:45 AM	Cardio Kickboxing Billie Esser
12:00- 1:00pm	Learn to Lift *all Mackenzie Burtness	10:30- 11:15am	Tai Chi *low Glen Hepker	10:30- 11:15am	Tai Chi *low Glen Hepker			10:30- 11:15am	Tai Chi *low Glen Hepker
				12:00- 1:00pm	Learn to Lift *all Mackenzie Burtness			12:00- 1:00pm	Learn to Lift *all Mackenzie Burtness
4:30- 5:30pm	Fitness4Kids* All Taylor May	4:30- 5:30pm	Cycling *all Judy DeRock			4:30- 5:30pm	Cycling *all Judy DeRock		
5:30- 6:30pm	Bootcamp *high Ryan Fournier	5:30- 6:30pm	Body Sculpt *all Judy DeRock	5:30- 6:30pm	Bootcamp *high Ryan Fournier	5:30- 6:30pm	Body Sculpt *all Judy DeRock		
6:45- 7:45pm	Taekwondo *all Mrs. Eckler/Mr. Franklin					6:45- 7:45pm	Taekwondo *all Mrs. Eckler/Mr. Franklin	4:00- 5:30pm	Cardio Kickboxing(N) Billie Esser
								6:00- 7:00pm	Tiny Tumblers Julia Parcher
SATURDAY					EXTRA INFORMATION				
Mommy and me(TTumblers) 11:00-11:45AM TinyTumblers 12:00-1:00pm Last Saturday of the month-Fill the Gym 9:30-11:00am					*Middle School Orientation is last Tuesday of the month Tween Night is the last Tuesday of the month				

Group Exercise Room A Cycling Room Pool
Group Exercise Room B Gym Court 3

*Intensity level
all = good for all activity levels

Class Descriptions

BEGINNER HATHA YOGA: T 7:30 - 8:30AM

Beginner Yoga includes most yoga styles. Specific asanas (yoga posture) and pranayama (breathing exercises), help bring peace to the mind and body.

Body Sculpt: T / TH 5:30 -6:15pm Free weights, resistance bands and body movement provide a full body workout. **Boot Camp PM: M / W / F**

5:30-6:30pm

Overall cardio, muscular strength, and endurance is improved with the use of weights, jump ropes, running, timers and other forms of circuit training.

Circuit Cycling: M 9:15 -10:15am

Circuitsof cycling at varying speeds & resistance levels along with using light weights on the bike and heavier weights off the bike.

COREBUILDERS: M 8:30 -9:00AM

Focusing on strengthening your core, increasing

overallmuscle strength, balance and posture.

CYCLING: M/W/F 5:45-6:30AM

OR T/TH 4:30-5:30PM

Mix up your cycling routine with low impact/high intensity workout, great for any fitness level.

ESSENTIALMOVEMENTS: T /TH 7:00-7:45AM

Warm up essential muscle groups to help advance to future classes. Focusing on balance work, stability, and stretching/flexibility.

FULLTHROTTLE: F 8:30 -9:30AM

A high intensityand challenging workout incorporating a mix of cardio, strength training, and agility exercises.

5KFRIDAYS: FRIDAY 6:30 -7:30AM

Join us for a relaxed, supportive group walk, run, or bike ride. Itis no required to complete the full 3 miles, just come out,get moving, andenjoy thecompany!

TaeKwonDo*all

Heather Eckler & Kole Franklin

M/TH: 6:45pm-7:45pm

Members: \$15/month

Program members: \$50/month

HIIT: T 9:45 -10:30AM

A type of workout that consists of short periods of intense exercise that gets your heart rate up quickly between intervals of less intense exercise or rest.

INTERVALCYCLING: W 8:30 -9:00AM

Fast-paced cycling class that consists of timed intervalsof basic cycling maneuvers.

KETTLEBELL:M / W / F 5:15 -5:45AM

Total bodyworkoutbuildingmusclestrengthand cardiovascular conditioning.

Learn to Lift: M/W/F12:00pm -1:00pm

Taught byaYMCAPersonalTraineroverth Noonhour, you will Learn lifts that work each muscle group.

LIFTIT: W 9:15 -10:15AM

Total body lifting, focuses on all main muscle groups while incorporating secondary muscles.

LOWANDSLOWYOGA: T/TH 9:00-10:00AM

Enjoy classic Yoga flows, series of poses, and meditation. Great for all ages and activity levels.

MOBILITY: TH7:45-8:15AM

All about flexibility, core strength and increasing range of motion.

TABATA: THURSDAY9:30-10:10AM

Tabata isform of high-intensityinterval training that alternate bursts of maximum effort with brief recovery periods. This approach maximizes calorie burn and boosts both aerobic and anaerobicfitness!

Tiny Tumblers: Fri.6:00-7:00pm Sat. 11:00-1:00pm

Tiny tumblers is a classwherelittles cancometoenjoy, have fun, and learn the basics of tumbling. on Saturdays were offering a mommy and me class so the parents can get involved as well! **Members \$5-Non Members \$10**

Age groups may vary please double check sheet.

Fitness 4 Kids: M 4:30-5:30PM

A Class formulated to help teach children starting Middle School and older how to properly lift, and to find fun in lifting! All AgesWelcome!

TAICHI: T / W / F 10:30 -11:15AM

Ancient form of Chinese exercise uses relaxed movements to develop a sense of balance and harmony between mind and body.

Members: \$20 Program Members: \$35

PILATES: T/TH : 8:30 -9:15AM

Full body workout that creates long, lean muscles witha strong core while learning the technique behind Pilates.

TOTALSTRETCH: M 7:45 -8:15AM

Experiencedynamicstretching; including fascia fitness, resistance stretching, mobility and balance.

Cardio Kickboxing: Friday 9:45-10:45/4:30-5:30pm

Enjoy aclass that brings the intensity!

Fullbody workout to increase your cardio and improve your kickboxing skills aswell.

5\$members-10\$nonmember

Registration:Members February23

Program Members-February24

Program Members:

Once a week classes-\$15

Twice a week classes-\$25

Three times a week classes-\$35

REGISTER ONLINE @
www.masoncityymca.org

Or Call us @ 641-422-5999

Payment due at time of registration.



FOREVERWELL®

Mason City Family YMCA

A monthly calendar of low impact fitness classes offered at the Mason City Family YMCA
 THE APRIL 1ST PAGETURNER'S BOOK IS "THE SECOND MRS. ASTOR" BY SHANA ABE

Blue are Aqua Classes
 Orange are held on the fitness floor

April 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
TOTAL STRETCH 7:45-8:15AM	ESSENTIAL MOVEMENTS 7:00-7:45AM	AQUA TONING 8-8:45AM	ESSENTIAL MOVEMENTS 7:00-7:45AM	AQUA TONING 8-8:45AM
AQUA TONING 8:00-8:45AM	BEGINNING HATHA YOGA 7:30-8:30AM	WET-N-WILD 9:45-10:30	MOBILITY 7:45-8:15	WET-N-WILD 9:00-9:45AM
RUSTY HINGES 8:00-9:00AM	LOW AND SLOW YOGA 9:00-10:00AM	TAI CHI 10:30-11:15AM	LOW AND SLOW YOGA 9:00-10:00AM	WET-N-WILD 9:45-10:30AM
WET-N-WILD 9:45-10:30	GENTLE BEGINNINGS 10:00-11:00AM	LEARN TO LIFT 12:00-1:00PM		TAI CHI 10:30-11:15AM
AI CHI 10:00-10:45AM	TAI CHI 10:30-11:15AM	AQUA AEROBICS 1:00-2:30PM	WET-N-WILD 5:15-6:15PM	LEARN TO LIFT 12:00-1:00PM
LEARN TO LIFT 12:00-1:00PM	WET-N-WILD 5:15-6:15PM	WET-N-WILD 5:15-6:15PM	BODY SCULPT 5:30-6:30PM	AQUA AEROBICS 2:00-3:30PM
AQUA AEROBICS 2:00-3:30PM	BODY SCULPT 5:30-6:30PM	- -	- -	- -

Class Descriptions

Ai Chi:

Ai Chi is a gentle, aquatic-based exercise and relaxation program performed in shoulder-deep warm water, combining deep breathing with slow, flowing, Tai Chi-inspired movements

Aqua Aerobics:

Low impact, full body workout that improves cardiovascular health, strength, flexibility, and balance.

Aqua Toning:

Low impact class focused on improving muscle tone, endurance and balance

Beginner Hatha Yoga:

Beginner Yoga includes most yoga styles. Specific asanas (yoga posture) and pranayama (breathing exercises), help bring peace to the mind and body.

Body Sculpt:

Free weights, resistance bands and body movement provide a full body workout.

Essential Movements:

Warm up essential muscle groups to help advance to future classes. Focusing on balance work, stability, and stretching/flexibility.

Gentle Beginnings:

Low impact class focused on improving muscle tone, endurance and balance

Learn to Lift:

Taught by a YMCA Personal Trainer over the noon hour, you will learn lifts that work each muscle group.

Low and Slow Yoga:

Enjoy classic Yoga flows, series of poses, and meditation. Great for all ages and activity levels.

Mobility:

All about flexibility, core strength and increasing range of motion.

Page Turner's Book Club:

Page Turner's book club is a community-focused group where members meet bi-monthly to discuss a shared, pre-read book, fostering deeper engagement with literature and social connection.

Rusty Hinges:

Held in the Therapy Pool this low impact class focuses on strength and balance.

Somatic Yoga:

A therapeutic blend of somatics and classic asana woven artfully together to nourish self-awareness, reset neuromuscular pathways and gain freedom in functional movement.

Tai Chi:

Ancient form of Chinese exercise uses relaxed movements to develop a sense of balance and harmony between mind and body.

Total Stretch:

Experience dynamic stretching; including fascia fitness, resistance stretching, mobility and balance.

Wet-N-Wild:

Low impact, full body workout that improves cardiovascular health, strength, flexibility, and balance.

COME LEARN

CALL OR STOP IN TO REGISTER TODAY



THINK FIRST, CLICK SECOND:
YOUR OTHER GRANDSON'S PRACTICAL
APPROACH TO RECOGNIZING SCAMS BEFORE
THEY HAPPEN.



Register today to join us
in learning tips to stay
technologically safe



TUESDAY, MAY 12TH, 2026
10:00AM



MASON CITY FAMILY YMCA
1840 S. MONROE AVE
MASON CITY, IOWA 50401



www.masoncityymca.org



Your
Other Grandson
Tech help with patience.



THE STU »»» 2026

Saturday, May 23

**4 mile run/walk starts 8 AM
at the Mason City Aquatic Center**



»» Registration \$30
t-shirt included!

»» 4/29 registration
increases to \$35
t-shirt included

»» 5/18 to DAY OF
\$35, no t-shirt

**Use QR
code to
register!**



www.runsignup.com

Questions? YMCA front desk: 641-422-5999 | thestu@masoncityYMCA.org