

Newsletter

Mason City Family YMCA May 2026



Meet Our Operations Director

Carla Miller has been the operations Director at the Mason City Family YMCA Since October 2025.

Carla and her husband have 2 children and 2 grandchildren that they enjoy spending time with.

What aspect of working at the YMCA makes you proud to work here: Carla enjoys the "community" aspect of the Y. Everyone is so welcoming and friendly.

What is the best piece of advice you have ever received: "The person you are destined to become is the person you decide to be" Ralph Waldo Emerson

NEW STAFF

Trenton Jensen - Life Guard

Adessa Newhoff - Youth Counselor

Robert Simmons - Manager on Duty

REMINDER

The pools will be closed beginning May 11th for approximately 4 weeks to install the new air handling unit.

THANK YOU FOR YOUR PATIENCE AND UNDERSTANDING

WORK PARTIES

Each Thursday, volunteers come together between 8:30am - Noon to do volunteer clean up and handyman tasks that need to be completed around the building. Feel free to join us



Choosing the Mason City Family YMCA isn't just about joining a gym—it's about joining a community-centered organization with a broader mission.

Here's what tends to set us apart:

1. Community focus, not just fitness

The YMCA is built around strengthening communities. That means our youth programs, family activities, senior programs, and people from all backgrounds and abilities.

2. Wide range of programs

Beyond fitness equipment, the Mason City Family YMCA offers swimming/water safety lessons, youth sports, childcare, summer camps, group classes, and even educational programs. It's more of a "one-stop hub" than a single-purpose facility.

3. Accessibility and inclusivity

The Mason City Family YMCA offers income-based memberships or financial assistance, so cost is less of a barrier.

4. Family-friendly environment

Kid Zone Childcare Services while parents/guardians work out, family swim times, open gym times, and activities designed for all ages. We cater to the entire household.

5. Focus on overall well-being

The Mason City Family YMCA emphasizes mental, social, and emotional health alongside physical fitness—through group activities, volunteer opportunities, and community events.

6. Values-driven mission

Our roots are in promoting youth development, healthy living, and social responsibility. For some people, that sense of purpose and belonging makes the experience feel more meaningful.

Choosing the Mason City Family YMCA means joining a welcoming community that supports your health, personal growth, and well-being through inclusive programs, affordable access, and opportunities for all ages to thrive.

THANK YOU FOR BEING A PART OF OUR "Y" FAMILY! WE VALUE AND APPRECIATE YOU!

MAY 1-10 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) Mary Ann Ray
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			10:30am-2:00pm	Open Rec Swim 3 Lap Lanes
12:00-2:00pm	Open Rec Swim 3 Lap Lanes	11:00am-5:15pm	Open Rec Swim 3 Lap Lanes	12:00-1:00pm	Open Rec Swim 3 Lap Lanes	1:00-2:30pm	Aqua Aerobics (3) Jacque Petersen	2:00-3:30pm	Aqua Aerobics (3) Jacque Petersen
2:00-3:30pm	Aqua Aerobics (3) Jacque Petersen			2:30-5:15pm	Open Rec Swim (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)
		6:15-8:30pm	Open Rec Swim (3)	6:15-8:30pm	Open Rec Swim (3)	6:15-8:30pm	Open Rec Swim (3)		
SATURDAY					SUNDAY				
7:00-10:00am		Open Lap Swim 6 Lanes			11:00am-1:00pm ADULT ONLY HOURS				
10:00am-11:00am		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****

MAY 1-10 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	6:45-8:30pm Open Swim	5:45-8:30pm Open Swim	
SATURDAY			SUNDAY	
7:00am-4:30pm Open Swim			11:00am-1:00pm ADULT ONLY	
			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

May 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 H.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
		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	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 Body Sculpt *all Judy DeRock		5:30- 6:30pm Body Sculpt *all Judy DeRock	
5:45- 6:45pm Bootcamp *high Taylor May		5:45- 6:45pm Bootcamp *high Taylor May		
6:45- 7:45pm Taekwondo *all Mrs. Eckler/Mr. Franklin			6:45- 7:45pm Taekwondo *all Mrs. Eckler/Mr. Franklin	4:30- 5:30pm Cardio Kickboxing(N) Billie Esser

SATURDAY
Mommy and me(TTumblers) 11:00-11:45AM TinyTumblers 12:00-1:00pm

EXTRA INFORMATION
 *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

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

Sponsor each Mile of Mandi's Run Across Iowa 276 MILES

$\$.10$ a mile = \$27.60

$\$.25$ a mile = \$69

$\$.50$ a mile = \$138

$\$1.00$ a mile = \$276

$\$1.50$ a mile = \$414

$\$2.00$ a mile = 552

$\$2.50$ a mile = \$590

$\$5.00$ = \$1380



Mandi is supporting the Mason City Family YMCA with this run!

LET'S SUPPORT MANDI!

MASON CITY YMCA Disc Golf Fundraiser



Schedule

8 AM Check-In
9 AM Player Meeting
9:45 AM Tee-Off

**Top 40% paid out
in each division
via Paypal**

SATURDAY, MAY 2

- › Tournament Cost: \$25
- › Location: East Park, Mason City
- › Divisions: Pro › Amateur › Female
- › 1 Round (18 Holes)

**ENTRY
BREAK-
DOWN:**

- › \$10 Player Payout
- › \$12 Course Fundraiser
- › \$3 Ace Pot

- › Hit an ace during the round, WIN POT!
- › No ace? All players get ONE throw after the round. Closest to pin wins it all!

**SIGN UP at
discgolfscene.com**

Search for:
YMCA Disc Golf Course Fundraiser



MASON CITY FAMILY YMCA

641-422-5993
dgoodin@masoncityYMCA.org



THE MASON CITY FAMILY
YMCA PRESENTS

5V5 CO-ED

SUMMER
SOCCER

LEAGUE



> Thursdays
**MAY 28 -
SEPT 3**
> 7 - 9 PM



FREE for Members ^{Ages 16+}
Non-Members \$65

**EVERY
THURSDAY
NIGHT
FOR THE
SUMMER**

CALL (641)422-5999
OR SCAN QR CODE TO

REGISTER





MAY 4 WEEK BASKETBALL CAMP

for ages K - 8

ELEVATE YOUR GAME!

MASTER NEW SKILLS

WITH COACHES:

Jaeda Whitner

Malek Wesley



MAY 4 - 29

MONDAYS & FRIDAYS

Ages K- 4thGrade > 5 - 6:30 PM

Ages 5th - 8th Grade > 6:30 - 8 PM

>> Developmental skill camp

>> Individual & team based skills

>> Games & prizes!

>>> \$15 for Y Members
>>> \$25 for Non-members

Register with QR Code or
Call us (641) 422-5999

jwhitner@masoncityymca.org



MASON CITY FAMILY YMCA

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

**SUPPORTING THE
MASON CITY FAMILY YMCA**

History & High Tea Fashion Show

**STEP BACK IN TIME FOR AN ELEGANT AFTERNOON
OF FASHION, HISTORY, AND HIGH TEA.**



**Enjoy delightful
High Tea while
experiencing
a fashion show
featuring
historical styles
through the decades.**



**\$30 per
ticket
available at
the Mason
City Family
YMCA**

June 28, 2026 at 3:00pm

Music Man Square
**308 S. PENNSYLVANIA AVE
MASON CITY, IOWA**