



UPPER MIDWEST ALLIANCE OF YMCAS &
YMCA PROFESSIONAL NETWORK (YPN) PRESENT:

LEVEL UP YOUR SUCCESS

FUN

GAMES

PROFESSIONAL GROWTH



2024 FALL CONFERENCE & YPN STAFF RALLY

OCTOBER 3-4, 2024 🎮 EAU CLAIRE, WI

Join us for an unforgettable fall conference at Eau Claire's ultimate destination for fun and relaxation! This year, we're hosting our conference at the Metropolis Resort, which includes a waterpark, trampoline park, arcade center, and more - offering the perfect blend of business and leisure. Dive into engaging sessions, Peer Community groups, and insightful discussions in a refreshing and dynamic environment. When it's time to unwind, enjoy the thrills of the water slides (bring the fam!), the challenge of arcade games, and MORE. Don't miss out on this unique opportunity to connect, collaborate, and LEVEL UP YOUR SUCCESS!



[Event Registration through
September 16 at 5:00 pm.](#)

[Event Website click here](#)



THURSDAY, OCTOBER 3 LEADERSHIP CONFERENCE

Metropolis Resort | \$45/person

Keynote: Pam Liebe

5 Gears: How to be Both Present & Productive



- CEOs / C-Suite
- Association Leadership
- Board Members
- Sponsors



Breakout Sessions

- Artificial Intelligence
- Adopting an Active Lifestyle: Empowering Y Staff to Foster Long-Term Success
- High Octane Brain: 5 Science Based Steps to Sharpen Your Memory and Reduce the risk of Alzheimer's
- The Naked Truth - Locker Room Planning & Design Considerations for Today's YMCAs
- Becoming the Leader Your Team Deserves

Session descriptions on our [website!](#)

Y-USA TRAININGS



Links available with event registration confirmation.

PROJECT MANAGEMENT: October 2
9:00-5:00 pm, \$85

ALLYSHIP IN ACTION: October 2
11:00-4:30 pm, \$75

**LIVESTRONG at the YMCA
INSTRUCTOR TRAINER:** October 2 & 3
9:00-5:00 pm both days, \$145

FRIDAY, OCTOBER 4 YPN STAFF RALLY

Florian Gardens & Metropolis Resort
\$40/person

Keynote: Kristin Bock

Tune into Your Cues: How to Avoid Cue-lessness



- CEOs / C-Suite
- Association Leadership
- Program & Management Staff
- Sponsors



Breakout Sessions

- Cultivating Charisma
- Artificial Intelligence
- High Octane Brain & Train: Cognitive Fitness as the Next Frontier of Wellness
- Accelerating Revenue & Improving Retention - Do We Need a Sales Culture?
- The Importance of Putting Yourself First
- Tour the Eau Claire South YMCA

Session descriptions on our [website!](#)

See Kristin's Video
Message to Us!



HOTEL ACCOMMODATIONS



METROPOLIS RESORT

- On-site accommodations
- Click [HERE](#) for booking link by end of day 8/31/24
- Rooms \$119 or \$209/night + \$21.99 resort deposit upon booking
- Rooms available Wednesday and Thursday

HOLIDAY INN SOUTH

- Located 3 miles from Metropolis
- Click [HERE](#) for booking link by end of day 9/2/24
- Rooms \$119.95/night
- Rooms available Wednesday and Thursday

THURSDAY SOCIAL



METROPOLIS FUN

Thursday evening hang out at the Metropolis and partake in their water park, trampoline park, arcade, bumper cars, laser tag, rock climbing wall, and (if the weather is nice) mini golf and a bonfire.

DOWNTOWN EAU CLAIRE

Jump on a coach bus and head to downtown Eau Claire to check out downtown establishments, parks & shops of your choice.



SCAN ME