



Kandiyohi County Area Family YMCA - October 2017

**The Refridge  
Reminder**

1000 Lakeland Drive SE, Willmar  
(320) 222-9622



**Labor Day-Memorial Day**

Monday-Thursday 5:15am-9:00pm  
Friday 5:15am-8:30pm  
Saturday 7:30am-8:30pm  
Sunday 11:00am-5:00pm

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Register for ALL Fall Programs At the Y or Online <a href="http://www.kandiyymca.org">www.kandiyymca.org</a></p>		<p>When people experience the Y, they know – and feel – that they belong to a charitable cause that transforms lives and strengthens community through youth development, healthy living and social responsibility. <b>JOIN US, AND HELP TRANSFORM LIVES!</b></p>				
<p><b>NO JOINER FEE ALL MONTH OF OCTOBER!</b></p>			<p>4 Shallow Water Plyometric Begins 1PM</p>	5	<p>6 Water Aerobics Classes Monday - Friday at 8:30 AM</p>	<p>7 Farmer's Market Finale 6:30 AM - Noon Saturday Morning Aqua Stars Session 1 Begins 10:00 AM</p>
<p>8  Join us</p>	9	10	<p>11 Adult Floor Hockey Mondays, Wednesdays, &amp; Fridays at Noon</p>	12	<p>13 Home School PE 8:15 AM</p>	14
<p>15 </p>	16	<p>17 Swim Lessons PM Session 2 Begins 5:30 PM</p>	18	<p>19 Friend Day (valid ID required)</p>	<p>20 Potluck "Wild Game Feed"</p>	<p>21 Mentors Needed Contact Leah Thorpe Mentor@kandiyymca.org</p>
<p>22 NO CELL PHONE USAGE IN YMCA RESTROOMS AND LOCKER ROOMS</p>	<p>23 Silver Sneakers Fitness Class Mondays, Tuesday s&amp; Thursdays at 1 PM</p>	24	25	<p>26 Adult Pickleball Tuesdays &amp; Thursdays at 7AM &amp; Noon</p>	27	<p>28 Adult Indoor Soccer Begins 8AM</p>
<p>29 Free Wi - Fi at the Y </p>	30	<p>31 </p>	<p>Looking Ahead to November: Zumba Kids - Nov 4 Kettlebell Basics - Nov 7 Home School Phy Ed - Nov 10 Holiday Survivor Club - Nov 13 Potluck - Nov 17 School's Out - Nov 22 Turkey Leg 5K - Nov 23 Swimming Lessons Session 3 - Nov 28</p>			

Would you like to receive this calendar and other updates by email? We'd love to include you! Please send an email to: [deanm@kandiyymca.org](mailto:deanm@kandiyymca.org) requesting to be added to the list. Thank you!