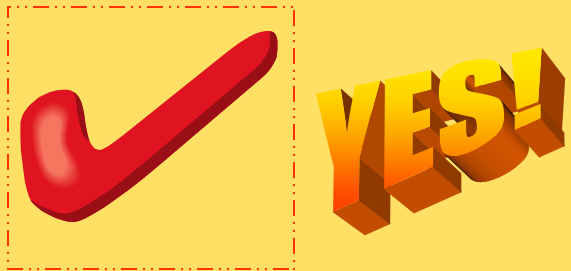


**WOULD YOU LIKE TO
RECEIVE AN
ELECTRONIC COPY OF
THE Y'S WEEKLY
NEWSLETTER?**



**SEND YOUR EMAIL
ADDRESS TO:
deanm@kandiymca.org**



THIS WEEK
at your
Y M C A



THIS WEEK

For the week of May 21 - 27

Good Morning Members,

Attention all college students home for the summer! The Y has a great [Summer Membership Special](#) available now! Click for details or ask at the front desk and stay fit while staying connected this summer at the Y!

Don't forget the **16th Annual Memorial Day/Law Day 5K** this Saturday, May 26th at Robbins Island! [Registration](#) is open through Wednesday and [Race Day Registration](#) opens at the Beach Shelter at 7:30 AM on Saturday morning. There will be a Kids Fun Run for children of all registered 5K runners at 8:30 AM and the 5K will start at 9:00 AM at the **Flags of Honor!** This is a great way to kick off your holiday weekend and fun for the whole family! Complimentary ticket to Dad's Belgian Waffle feed going on at the [Willmar Community Center](#) for all registered runners too!

The Y will be closed Monday, May 28th in observance of Memorial Day. Please enjoy the holiday, stay safe, thank a veteran and never forget those who have sacrificed so much for all the freedom we enjoy so much in this great country!

NEW Family Fitness opportunity! Children ages 5 - 13 can work out with a parent while gaining strength, confidence, friendship, knowledge, and determination working out as a family. [Lil Learners Boot Camp](#) will be held one Saturday a month during June, July and August. [Registration](#) is open now! Contact [Leslie](#) for more information.

[Registration for Summer Day Camp](#) is starting to fill in! Awaken summer imagination and reserve a spot for your kids today! New program innovation this year will include option for transporting your active youth to WCER Baseball and Soccer. Once again breakfast and lunch are included and Camp will be filled with fun activities and trips each week. Contact [Ryan](#) for complete program information or to [register](#) today. Don't forget Meet the Counselor event on May 31st from 5:30 - 6:30 PM.

[Summer Swim Lessons](#) are open for [registration](#) as well as [Summer Lifeguard Training](#) and [Waterfront Lifeguard Training](#). Please note the **change** to the [Swim Lesson](#) curriculum designed to enhance the swim lesson experience and make it easier to understand the evaluation and progression process. [Sarah](#) is happy to assist you with your program and registration questions.

[Registration](#) for the [Memorial Day/Law Day 5K](#) is open through May 23rd! Race Day Registration will open at the Robbins Island Beach Shelter at 7:30 AM on Saturday, May 26th! Hosted by the [Kandiyohi County Area Family YMCA](#) and the 12th District Bar Association, Part of the [Glacial Lakes Championship Running Series](#) and timed by [Pickle Events](#), and you get a free ticket to Dad's Belgian Waffle Event! More information can be found [online](#) or by contacting [Leslie!](#)

[May Group Exercise Schedule](#) and the [Saturday Summer Rotation Schedule](#) are available now! Check them out to plan your group exercise times!

[Why do we campaign?](#) We see many stories and we also see the faces. Kids, teens, adults with special needs, seniors on a fixed income. They all benefit from YMCA membership and programs. We give to make sure that people who cannot afford the full fees have the same opportunity to enjoy and benefit from the Y. We raise funds (and donate) to make the Y a place for all...no matter what their ability or income level. And with nearly 50 people out there raising funds, that's a special thing. Thank you for all you do for others!

JOIN US AND HELP TRANSFORM LIVES!

Dean Madsen
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