








Kandiyohi County Area Family YMCA - February 2018

**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><b>Dental Health Month, Remember to Brush 2x and Floss Daily!</b></p> 	<p>Register for ALL Winter/Spring Programs At the Y or Online <a href="http://www.kandiyymca.org">www.kandiyymca.org</a></p>		<p>Private Swim Lessons available for all ages Contact Sarah at <a href="mailto:sarahj@kandiyymca.org">sarahj@kandiyymca.org</a></p>	<p>1 Kettlebell Basics Begins 5:30 PM</p>	<p>2</p>	<p>3</p> 
<p>4</p>	<p>5 Water Aerobics Classes Monday - Friday at 8:30 AM</p>	<p>6 Adult Pickleball Tuesdays &amp; Thursdays at 7AM &amp; Noon</p>	<p>7 Adult Floor Hockey Mondays, Wednesdays, &amp; Fridays at Noon</p>		<p>9 Home School PE 8:15 AM JR Achievement Dance 5:30 PM</p>	<p>10</p>
<p>11</p>  <p>Join us</p>	<p>12 Silver Sneakers Fitness Class Mondays, Tuesday s&amp; Thursdays at 1 PM</p>	<p>13 Potluck "Valentine Treats" 9:30 AM</p>	<p>14</p>  <p>BE MY VALENTINE!</p>	<p>15 Friend Day All adult members may bring 1 guest (valid ID required)</p>	<p>16 School's Out</p>	<p>17</p>
<p>18</p> 	<p>19 School's Out</p>	<p>20 Women on Weights Begins 12:00 PM Session 2 Swim Lessons Begins 5:45</p>	<p>21 Free Wi - Fi at the Y</p> 	<p>22</p> 	<p>23</p>	<p>24 NO CELL PHONE USAGE IN YMCA RESTROOMS AND LOCKER ROOMS</p> 
<p>25</p>	<p>26</p>	<p>27</p>	<p>28</p>	<p><b><u>February is American Heart Association Heart Health Month. High Blood Pressure is the leading cause of heart attacks. Know your blood pressure, if it's high make control your goal!</u></b></p>		

**Looking Ahead to March:**  
Home School Phy Ed, March 9  
School's Out, March 26 - 30

**Lifeguard Training Session 2, March 16 - 18**  
**Session 3 Tues/Thurs Swim Lessons March 27**

