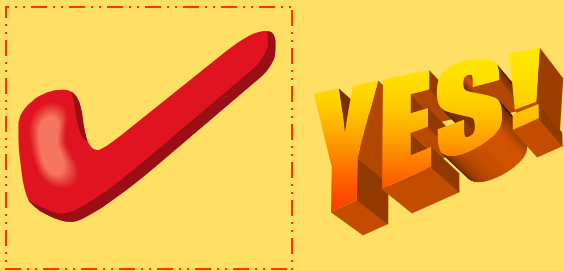


**WOULD YOU LIKE TO
RECEIVE AN
ELECTRONIC COPY OF
THE Y'S WEEKLY
NEWSLETTER?**



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



THIS WEEK
at your
Y M C A



THIS WEEK

For the week of September 17 - 23

Good Morning Members,

Annual Area Facility Shutdown Schedule is in the final week. The Upstairs Wellness Center, Walking Track and Studio B will be closed Monday - Wednesday (No Classes in Studio B), the Social Center and Downstairs Meeting Rooms will be closed Thursday and Friday and the Childwatch and Kid's Gym will be closed Friday and Saturday. All areas of the Y will be open again next week!

Don't forget **Friend Day** again this Thursday and every Thursday during September. All adult members may bring 1 guest free with a valid ID. Other events this week include the beginning of [Fall Swim Lessons](#), [Pickleball](#) and [Racquetball](#) Leagues, [High Performance Sports Agility Training](#) with the [Willmar Warhawks](#) and [Lifeguard Training](#).

Get ready for [Welcome Week](#) at the Y all next week! Welcoming week celebrates the growing movement of inclusive communities that fully embrace New Americans and their contributions to the social fabric of our country. Our hope during [Welcome Week](#) at the Y is to bring together immigrants and U.S. born residents to promote cross-cultural understanding and raise awareness of the benefits of welcoming everyone! All week long there will be opportunities for Tours and Refreshments, **Themed Group Exercise Classes**, Art Exhibits featuring local diverse artists, a **Youth Silent Art Auction** benefiting the **Y Partners Program** which gives back to local families and youth in need in the form of membership and program scholarship opportunities, **3 Free Welcoming Days**, [A Red Cross Blood Drive](#) with Health Expo, [Salvation Army Coat Drive](#), Family Dance Expo, Family Swim Time, and the return of monthly potluck themed "**Share Your Culture**". Join the Y During Welcome Week and we will waive the Joiner Fee!

[The Y's School's Out Program](#) and the [Before and after School Age Child Care Program](#) are here to help with your busy schedule. With the Before and After School Program you can relax knowing your kids are getting their daily dose of FUN, Homework Assistance, Character Development, Enrichment, Fitness and Programming Options geared to provide evenings as a family. Bus Transportation is included and features STEM based programming, Art enrichment activities, and Fitness and Swim Lesson add on options. When School's Out the Y has dedicated staff to lead games, crafts, swimming and much more. [School's Out](#) runs from 7:45am-5:45pm and is open to all elementary aged youth. Give your family a great start this fall with the Kandiyohi County Area Family YMCA. Contact [Ryan](#) for more information or to [register](#) today!

[Registration for Fall Swim Lessons](#) is open and there is still room in later sessions. They fill quickly so register today! [Sarah](#) is happy to assist you with your program and [registration](#) questions. First sessions are starting today!

We are excited to announce the debut of our youth pilot program with the [Willmar Warhawks](#) called [High Performance Sports Agility Training](#) which is open for [registration](#) now and begins this Wednesday. All participants receive a t-shirt and a ticket to the Warhawks game on October 31st! Call [Ryan](#) for more information on this athletic program designed to benefit youth in any sport or to register today.

Fall [Pickleball](#) and [Racquetball](#) League play begins today but plenty of room to register if you haven't done so yet! Open times are available for both games all year round as well! Contact [Ryan](#) for more information and register today!

[Core Strength](#) begins on October 5th! This **NEW** program is a great for anyone new to toning and strength training or those specifically looking to find new ways to focus on your core. Focus is on simple mat and floor exercises that target, tone and strengthen core muscle groups. Gain core strength while building knowledge of core building floor exercises. Contact [Leslie](#) for more information or to [register](#) today!

Warm someone up inside and out this year when you donate a coat to the [Salvation Army Coat Drive](#). The [Salvation Army](#) in Willmar, Minnesota is currently collecting coats, hats, boots, scarves, mittens, snow pants, and all cold weather outerwear. The Kandiyohi County Area Family YMCA is a proud participant in the effort to strengthen our community and ensure that everyone is properly prepared to brave the Minnesota weather. We are happy to announce that we will be a drop site this year. A drop bin is located in the lobby now through October 5th! Start looking through your closets and help keep your neighbors warm this upcoming season!

JOIN US AND HELP TRANSFORM LIVES!

Dean Madsen
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