



Kandiyohi County Area Family YMCA - February 2019

**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><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></p>			<p>Register for ALL Winter/Spring Programs At the Y or Online www.kandiyymca.org</p>		1	2
<p>3</p>  <p>Join us</p>	<p>4</p> <p>Water Aerobics Classes Monday - Friday at 8:30 AM</p>	<p>5</p> <p>Youth Tumbling & Gymnastics Begins 5:15 PM Swimming Lessons Begin 5:15 PM Yoga Sculpt in The Gym Begins 5:15 PM</p>	<p>6</p> <p>Adult Floor Hockey Mondays, Wednesdays, & Fridays at Noon</p>	<p>7</p>	<p>8</p> <p>Home School PE 8:15 AM Parent's Night Out 5:30 PM</p>	<p>9</p>
<p>10</p> 	<p>11</p>	<p>12</p> <p>4 on 4 Adult Indoor Soccer League Meeting 7 PM</p>	<p>13</p>	<p>14</p> 	<p>15</p> <p>Potluck Noon School's Out</p>	<p>16</p>
<p>17</p> <p>4 on 4 Adult Indoor Soccer League Begins 2 PM</p>	<p>18</p> <p>School's Out</p>	<p>19</p> <p>Adult Pickleball Tuesdays & Thursdays at 7AM & Noon</p>	<p>20</p> <p>Free Wi - Fi at the Y</p> 	<p>21</p> <p>Friend Day All adult members may bring 1 guest (valid ID required)</p>	<p>22</p>	<p>23</p> <p>NO CELL PHONE USAGE IN YMCA RESTROOMS AND LOCKER ROOMS</p> 
<p>24</p>	<p>25</p>	<p>26</p> <p>Active Older Adult Program Tuesdays at 10 AM</p>	<p>27</p>	<p>28</p> <p>Silver Sneakers Fitness Class Tuesday & Thursdays at 1 PM</p>	<p>Private Swim Lessons available for all ages Contact Sarah at sarahj@kandiyymca.org</p>	

Looking Ahead to March:
 Youth Basketball Family Day - Mar 2 Swim Lesson Session 3 - Mar 5
 Youth Tumbling & Gymnastics - Mar 5 Home School Phy Ed - Mar 8
 Parent's Night Out - Mar 8 Couch to 5k - Mar 13
 Lifeguard Training Session 3, March 15 - 17 School's Out, March 25 - 29



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 requesting to be added to the list. Thank you!