










Kandiyohi County Area Family YMCA - March 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
Register for ALL Winter/Spring Programs At the Y or Online www.kandiyymca.org			Private Swim Lessons available for all ages Contact Sarah at sarahj@kandiyymca.org	1	2	3  Join us
4	5 Water Aerobics Classes Monday - Friday at 8:30 AM	6 Adult Pickleball Tuesdays & Thursdays at 7AM & Noon	7	8	9 Home School PE 8:15 AM	10 
11 Daylight Savings Begins 	12 Free Wi - Fi at the Y 	13	14	15 Friend Day All adult members may bring 1 guest (valid ID required)	16 Potluck "Breakfast for Lunch" Noon Life Guard Training	17  Session 2 Begins
18	19 Silver Sneakers Fitness Class Mondays, Tuesday s& Thursdays at 1 PM	20	21 Adult Floor Hockey Mondays, Wednesdays, & Fridays at Noon	22	23	24
25 	Spring Break/School's Out					31  NO CELL PHONE USAGE IN YMCA RESTROOMS AND LOCKER ROOMS
March is National Sleep Awareness Month, For more tips and information visit whathealth.com .		Looking Ahead to April: Easter Sunday - Y Closed, April 1 Home School Phy Ed, April 13 Healthy Kids Day, April 26			School's Out, April 2 Lifeguard Training Session 3, April 13	



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!