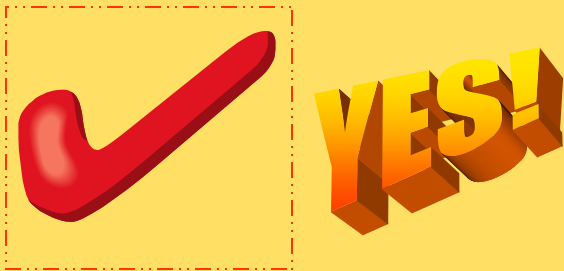


**WOULD YOU LIKE TO
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THIS WEEK
at your
Y M C A



THIS WEEK

For the week of March 11 - 17

Good Morning Members,

March is Spring Break and the Y is offering Students and Young Adults a 21 Day Spring Break Special! All Youth and Young Adult Memberships are 50% Off First Month between March 6 and 27 with No Joiner Fee! That's 21 days to save money on all Youth and Young Adult Memberships. Take advantage of Member Benefits like 24 hour access and towel service for all adult members, Free Group Exercise Classes, Adult Sports, Healthy Lifestyle programs and more. No matter your age make the Y your Spring Break Destination!

This week at the Y Session 3 [Lifeguard Training](#) begins and this Saturday is the return of the [YMCA Pickleball Classic](#). Pairs can still register until 3PM on Thursday, Don't miss it! Also mark your calendars now for the [JR Achievement Dance](#) for all 4th and 5th graders from Willmar schools and Don't forget [Spring Break/School's Out Program](#) the final week of March!

[Registration](#) for Youth Spring Soccer is open now! Brand New YMCA Youth Soccer focuses on three primary objectives: Fun, Fundamentals and Character Development. YMCA staff and volunteer coaches teach the fundamental skills of soccer along with values like teamwork, sportsmanship and our core values of **Caring, Honesty, Respect** and **Responsibility**. Program kicks off on April 6th and is for kids age 3 to 3rd Grade. Contact [Nicholas](#) for full details or to [register](#) today! Let your Kids get their Kicks at the Y!

Here's a family heart healthy option! The [Heart and Sole Running Club](#) is open now for kids age 9 - 14 that want to be part of a run for fun group, make new friends, train for the Foot Lake 4 and get into the sport of running. Club spends 8 weeks focusing on fun, fundamentals, and character development while training for the [Foot Lake 4](#) held on June 22nd and participates in the race as a group. Parents are encouraged to [sign up](#) and share in the experience too!

A spring session of [Babysitter Training](#) is now open for [registration](#). Babysitter Training is designed to teach students age 11-15 years the responsibilities involved in being a good babysitter. Participants will learn basic care such as feeding and diaper changing, how to have fun with kids but stay in control, how to handle scrapes and life threatening emergencies. Contact [Sarah](#) for more information.

[Swim Lessons](#) sessions now running in 4 week blocks with an option for Tuesday/Thursday evening or Saturday morning sessions. Sessions through May are open now. [Lifeguard Training Sessions](#) running through June are also open for registration!

This Saturday the [YMCA PICKLE BALL TOURNAMENT](#) is back! This Round Robin Tournament will be played at the Kandiyohi County Area Family YMCA Gymnasium Saturday, March 16th with Men's, Women's, and Mixed Doubles. [Registration](#) is limited and Deadline is Thursday, March 14th at 3PM so get your partner and [register now!](#)

It's not too early to register for the [Memorial Day/Law Day 5K!](#) This race, in it's 17th year out at Robbins Island, is a great start to your summer running and is part of the [Glacial Lakes Championship Running Series](#). Register by April 27th to get the early bird rate and save money!

March is Minnesota Food Share Month! The effects of hunger for an individual or family can range from poor health and slowed recovery from injury or illness to poor performance at school or work. During March the annual statewide [Food Share Campaign](#) promotes the collection of food and funds to stock the state's food shelves. Here at home the [Kandiyohi County Food Shelf](#) and [Lakeland Broadcasting](#) are once again partnered in [Radio for Relief](#), an annual food drive to benefit those who suffer from hunger right in our own community. [The YMCA](#) believes strongly in giving back to our community to make it a better place for all. We will have a bin in the lobby to collect food shelf donations now through March 23rd and ask all members who can to please make a donation to support our friends and neighbors in need. Let's rock Radio for Relief with a huge YMCA donation!

JOIN US AND HELP TRANSFORM LIVES!

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