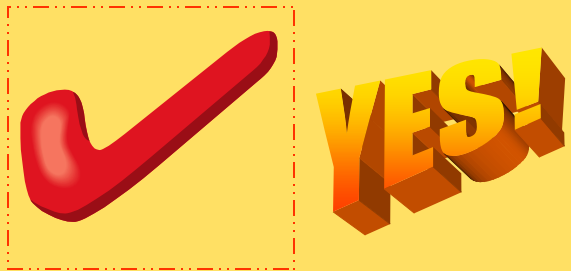


**WOULD YOU LIKE TO
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NEWSLETTER?**



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THIS WEEK
at your
Y M C A



THIS WEEK

For the week of December 17 - 23

Good Morning Members,

Sorry I missed you all last week but it is that time of year to remind everyone to wash hands, disinfect equipment after use and stay home if not feeling well to keep cold and flu viruses from spreading around the Y and our community. Thank you!

The Men's Locker Room is scheduled to be closed through Thursday December 20th. It is progressing well however and may be ready to open early! Please use the Family Locker Rooms during the closure. Thank you!

It's the 12 Days of Fitness! Members pick up a punch card at the front desk, visit the Y 12 times between the 12th and 31st to receive a FREE GIFT. Prospective members are eligible for a FREE Guest Pass between the 12th and 24th to try the Y and if you join you will receive \$12 off your December membership and we will waive the joiner fee. Now is the time to give yourself and your loved ones the gift of health at the Y!

College Students home for the holidays be sure to check out the **Holiday College Special!** 31 consecutive days for just \$26! Contact **Becky** for more information.

Don't forget "**Holiday Bonanza**" Potluck tomorrow, December 18th from 9:30 - 11:30 AM. Sign up at the Welcome Center to see what favorite holiday treats others are bringing and add your own. Thursday the 20th is "**Friend Day**", a great day to introduce and connect a friend to the Y during the **12 Days of Fitness**. We also want to remind you of our **Upcoming Holiday Hours**; December 24th open 5:15 AM - 12:30 PM, December 25th **Closed - Merry Christmas**, December 31st open 5:15 AM - 4:00 PM, January 1st **Closed - Happy New Year!**

Gymnastics is now being offered at the Y to help your youth Achieve a Healthy Balance. Registration is open and filling fast! Sessions for 3 age groups from 3 -11 years old run once a week in 4 week blocks beginning in January. **Home School Phy Ed** will be seeing some NEW Features for 2019 starting with semester **registration** replacing the monthly system, added session time up to 1.5 hours, and improved curriculum. You can contact **Nicholas** for full program details or to **register** now!

It's basketball season and **registration** for **Youth Basketball** and **Intramural Basketball** are open now! NEW Program features for Youth Basketball this season include addition of Lil' Basketball for 3 - 5 years of age, added dedicated practice time, reusable multi-sport jersey, and team building skills assessment. Intramural Basketball League is open to students grades 9 - 12 who are NOT involved in their school's basketball program and play is on Monday nights from January 14 - March 4. Ends with a March Madness Tourney on March 11th and 18th. League meeting January 8th at 7PM. Contact **Nicholas** for more information!

In an effort to make **Swim Lessons** more convenient we are reformatting our system of delivery and now sessions will start monthly and run in 4 week blocks. You still have your option of Tuesday/Thursday evening or Saturday morning sessions. A full slate of **Life Guard Training Sessions** beginning in December and running through June are also open for registration! Get trained to save lives and make a difference at your community pools and lakes and begin a great job at the YMCA! Contact **Sarah** for more information or to **register** now!

Parent's Night Out is back at the Y! Enjoy some free time, while your children enjoy activities with friends supervised by trained staff. Always the 2nd Friday of the month beginning in January from 5:30 - 8:30 pm. Contact **Troy** for more information or **register** now!

Winter Racquetball League is open for registration and members may reserve courts for open or league play up to one week in advance. We also have nets for open **Wallyball** if you have a group of friends looking to try something different. Please reserve court time for Wallyball as nets need to be put up.

Kettlebell Basics and **Body Toning Time** are both open for registration. 2 great programs to get your new year started out right! Contact **Leslie** for more information!

As 2019 approaches the YMCA is preparing for changes in its membership structure and new programming. By now all members should've received their annual membership letter, if you have not you can pick one up at the Welcome Center and take the opportunity to update your mailing address at the same time. The new options will allow the Y to be more inclusive and serve a wider audience.

In 2019, new membership options such as new young adult, senior and senior couple memberships have been added. College student memberships will become Young Adult memberships and Family memberships will change to Household memberships. All adult members 18 and older will now have access to the YMCA 24/7 facility and towel service and household memberships will now include up to 2 hours of free child watch per visit.

January is an exciting time at the Y, not just for New Year's resolutions and Health and Wellness, but also for kids and families. Stop in today to register for programs or sign up for membership.

JOIN US AND HELP TRANSFORM LIVES!

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