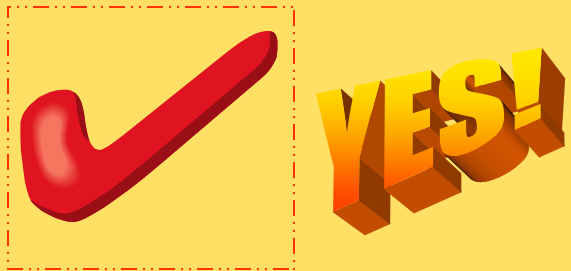


**WOULD YOU LIKE TO
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THIS WEEK
at your
Y M C A



THIS WEEK

For the week of September 18 - 24

Good Morning Members,

Don't Forget! Tomorrow, Tuesday, September 19th from 9 AM - 3 PM the Y is hosting the **Annual Red Cross Fall Blood Drive**. Visit redcross.org to make a donation appointment or contact [Becky](#) at the YMCA (222-9622) to volunteer to assist with registration or in the canteen. Whatever your reason to give, the need is constant and your contribution is important for a healthy and reliable blood supply and you'll feel good knowing you've helped change a life.

Other events at the Y this week include **Friend Day** on Thursday and **Potluck** on Friday. On Thursday all adult guests may bring one free guest with a valid ID and on Friday at noon everyone is invited to our monthly Potluck, the theme this month is "**End of Summer Grill Out**". Sign up at the front desk to bring a dish and see what others are bringing as we gather to say good bye to summer.

The [Fall Program Guide](#) is out, programs are open for [registration](#) and several such as [After School Swim Lessons](#), [Home School PE](#), [Racquetball](#) and [Pickleball League](#) have start dates this week so [sign up today!](#) Find more information in this newsletter or on our [website](#) which now has a whole new look and feel, check it out!

[School Age Child Care](#) is a great program for kids to **ENGAGE BEYOND THE SCHOOL DAY!** With so many demands on today's families, parents need all the support they can get. That's why child care at the Y is about more than looking after kids. It's about nurturing their development by providing a safe place to learn foundational skills, develop trusting relationships and build self-reliance through the Y's values of caring, honesty, respect, and responsibility. With program options, transportation provided, financial assistance available and add on options for swim lessons you can relax knowing your kids are getting their daily dose of FUN, Homework Assistance, Character Development, Enrichment, and Fitness all geared to provide you with evenings as a family. Contact [Ryan](#) for more information or [register](#) today!

Fall [Pickleball](#) and [Racquetball Leagues](#) both begin play tonight. There will be league meeting prior to play for Pickleball. [Adult Indoor Soccer](#) is also open! Players meet every Saturday morning from 8 - 11 AM in the main gym beginning October 28th - December 30th. Contact [Ryan](#) for more information and kick start your indoor sports season at the Y!

[Buff Women](#), [Kettlebell Basics](#) and [Shallow Water Plyometric](#) are all back for fall sessions! Anyone new to toning, strength training, wanting more instruction in the variety of exercises and machines or seeking small group specialty classes - these programs are for you! Increase muscle tone and strength with guided instruction, add variety to your workouts and learn proper techniques all while meeting new people and having fun! [Register](#) now!

The [Fall Group Ex Schedule](#) is in effect and has several new classes and a few time changes. Are you and early riser? Then check out our **NEW BODY BUILD** on Tuesday mornings at 5:30! Learn functional movements and techniques that translate into body sculpting workouts you can reproduce on your own.

[September is Childhood Obesity Awareness Month](#). One in 3 children in the United States are overweight or obese. Childhood obesity puts kids at risk for health problems that were once seen only in adults, like type 2 diabetes, high blood pressure, and heart disease. The good news? Childhood obesity can be prevented. Keep Kids active at the Y with programs like [Home School Phy Ed](#), [Youth Football](#), [Swim Lessons](#), and [Zumba Kids](#).

The Y has a great Fall line up of programming ready to go for your kids with [registration](#) now open for [Youth Football](#), [Fall Swim Lessons](#), [After School Swim Lessons](#), [Zumba Kids](#), [Home School Phy Ed](#), [School's Out](#) and [School Age Child Care](#). More information can be found on all of these great programs [online](#) or by calling the Y at 222-9622.

Dean Madsen
Associate Executive Director
deanm@kandiyymca.org
www.kandiyymca.org