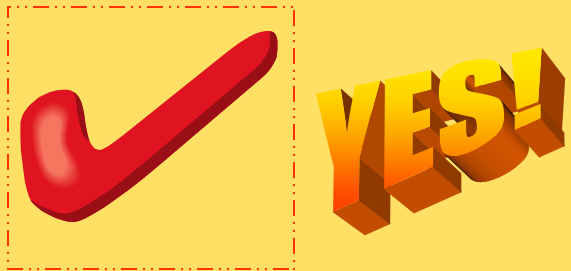


**WOULD YOU LIKE TO
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THE Y'S WEEKLY
NEWSLETTER?**



**SEND YOUR EMAIL
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deanm@kandiymca.org**



THIS WEEK
at your
Y M C A



THIS WEEK

For the week of June 19 - 25

Good Morning Members,

This week at the Y is week 3 of [Day Camp](#) and the theme is [Colorful Creations](#). Activities will include tie-dying, color tag, field trips to [Prairie Woods ELC](#) for rock climbing and trail hiking and the [Montevideo Pool](#) for a day of outdoor swimming as well as the annual Day Camp Color Run! [Registration](#) is open all summer long and you can pick your weeks or sign up for the whole summer! Contact [Ryan](#) for more information or to [register](#) today!

Mark your calendar now for the annual [YMCA Summer Red Cross Blood Drive, Wednesday July 5th from 9 AM - 2 PM](#) in the YMCA Gymnasium. 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.

Also don't forget that the Y will be closed in recognition of our nations Independence on [Tuesday, July 4th](#). We want to wish everyone a Safe and Happy 4th of July!

Are you or someone you know interested in working at the Y? Part-time positions are available in Child Watch, Lifeguard, Front Desk, Fitness Instructors, Swim Lesson Instructors, Maintenance and Building Supervisor. Make new connections, receive membership benefits and make some extra money with the Y!

Welcome home college students! The Y has a [Summer College Special](#) perfect for you and your friends to stay active and engaged! Whether your activity of choice is swimming, running, weightlifting, group exercise, floor hockey, racquetball or whatever you can do it here at the Y all summer long!

4 more sessions of [Summer Swim Lessons](#) are open for [registration](#) and filling fast! Learning how to swim and be safe in and around the water is an essential skill in the Land of 10,000 Lakes and the Y wants to make sure all youth have that opportunity. Contact [Sarah](#) for more information or to [register](#) today!

Next week is already week 4 of [Day Camp](#) and the theme is [Career Week](#)! Campers will take field trips to the [Law Enforcement Center](#), [Fire Department](#), [Willmar Public Library](#), and [Cash Wise Foods](#) for behind the scenes tours and information on various careers. Other highlights include creating a town of their own, a visit from the [Humane Society](#), camp garden activities, and a trip to Games Lake. Contact [Ryan](#) for more information!

A summer session of [Shallow Water Plyometrics](#) has been added by popular demand and is open for [registration](#) today! The program will begin July 12th. Get a 30 minute burst of exercise, quick results, no swimming experience required, and not even get your hair wet!

Zumba Gold, a modified Zumba® class that recreates the original moves you love at a lower-intensity, will be joining the [Summer Group Exercise Schedule](#) Tuesday mornings at 10 AM beginning June 27th and Rest Based Training, a workout that allows you to be in control your workout by allowing you to decide when and how long to rest, has been added on Wednesday evenings at 5:30 PM in studio B as an option to the overflowing TRX class in studio A at the same time.

The YMCA strongly believes that everyone in our community deserves the opportunity to become a member or participate in one of our many and diverse programs regardless of their ability to pay.

[The "Y Partners" Campaign](#) raises the necessary dollars annually to provide membership and programming opportunities for kids, adults, seniors and families that are financially challenged. We are committed to providing opportunities to those who need a YMCA experience but do not have the financial resources. The YMCA helps build strong kids, strong families and strong communities. With your help, we will succeed.

Dean Madsen
Associate Executive Director
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