









Kandiyohi County Area Family YMCA - September 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
September is Childhood Obesity Awareness Month. Keep Kids active at the Y with programs like Home School Phy Ed, Youth Football, Swim Lessons, and High Performance Sports Agility Training lead by Players from the Willmar Warhawks!		Main Basketball Gymnasium Shutdown August 23rd - September 3rd. Small Basketball Gymnasium Shutdown September 4 - 9. 24/7 Wellness Center, RB Courts & Studio A Shutdown September 5 - 7. Pool Shutdown September 10 - 14 & Locker Rooms September 10 - 11 Upper Wellness Center, Track and Studio B Shutdown September 17 - 19. Rec/Social Center & Meeting Rooms Shutdown September 20 - 21. Childwatch & Kids Gym and Shutdown September 21 - 22.				1 Willmar Farmer's Market Runs Saturdays 6:30 AM - Noon thru Oct 13th
2  Join us	3 Labor Day YMCA Closed 	4 School Age Child Care Begins	5 Couch to Turkey Leg 5K Begins	6 Friend Day All adult members may bring 1 guest (valid ID required)	7 Water Aerobics Classes Monday - Friday at 8:30 AM	8 NO CELL PHONE USAGE IN YMCA RESTROOMS AND LOCKER ROOMS 
9 	10 Silver Sneakers Fitness Class Mondays, Tuesday s& Thursdays at 1 PM	11 Active Older Adult Program Tuesdays at 10 AM	12 Adult Floor Hockey Mondays, Wednesdays, & Fridays at Noon	13 Friend Day All adult members may bring 1 guest (valid ID required)	14 Home School PE 8:15 AM	15 Youth Football Begins 9:00 AM
16	17 After School Swim Lessons Begin Fall Pickleball and Racquetball Leagues Begin	18 PM Swim Lessons Session 1 Begin	19 High Performance Sports Agility Training Begins 6PM	20 Friend Day All adult members may bring 1 guest (valid ID required)	21 Lifeguard Training Begins 5:00 PM	22
23 WELCOME WEEK ACTIVIES ALL WEEK SEPTEMBER 23 - 29, ASK FOR DETAILS!	24	25 Adult Pickleball Tuesdays & Thursdays at 7AM & Noon FREE WELCOME DAYS SEPTEMBER 25 - 27	26 Red Cross Blood Drive 9:00 AM	27 Potluck "Share Your Culture" 4:30 - 6:30 PM	28	29
30 Free Wi - Fi at the Y 	Private Swim Lessons available for all ages Contact Sarah at sarahj@kandiyymca.org	Looking Ahead to October: Core Strength - October 5 Aqua Stars Session 1 - October 6 Home School Phy Ed - October 12 PM Swim Lessons Session 2 - October 23 School's Out - October 17 - 19 Adult Indoor Soccer - October 27 High Performance Sports Agility Training Session 2 - October 17				

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!