







Kandiyohi County Area Family YMCA - October 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
<p>Register for ALL Fall Programs At the Y or Online <a href="http://www.kandiyymca.org">www.kandiyymca.org</a></p>		<p>When people experience the Y, they know – and feel – that they belong to a charitable cause that transforms lives and strengthens community through youth development, healthy living and social responsibility. <b>JOIN US, AND HELP TRANSFORM LIVES!</b></p>				
<p><b>1</b> Pay the Day in October 15th – 31st! No Joiner fee and you Pay the Day for your Months Membership!</p>		<p><b>2</b></p>	<p><b>3</b></p>	<p><b>4</b></p>	<p><b>5</b> Core Strength Begins 1:00 PM</p>	<p><b>6</b> Farmer's Market 6:30 AM - Noon Saturday Morning Aqua Stars Begins 10:00 AM</p>
<p><b>7</b>  Join us</p>	<p><b>8</b> Water Aerobics Classes Monday - Friday at 8:30 AM</p>	<p><b>9</b> Adult Pickleball Tuesdays &amp; Thursdays at 7AM &amp; Noon</p>	<p><b>10</b></p>	<p><b>11</b> Friend Day All adult members may bring 1 guest (valid ID required)</p>	<p><b>12</b> Home School PE 8:15 AM</p>	<p><b>13</b> Farmer's Market 6:30 AM - Noon Final Day!</p>
<p><b>14</b> </p>	<p><b>15</b></p>	<p><b>16</b> Silver Sneakers Fitness Class Tuesdays &amp; Thursdays at 1 PM</p>	<p><b>17</b> <b>18</b> <b>19</b> School's Out High Performance Sports Agility Training Session 2 Begins 6PM</p>		<p><b>20</b></p>	
<p><b>21</b> NO CELL PHONE USAGE IN YMCA RESTROOMS AND LOCKER ROOMS</p>	<p><b>22</b> Adult Floor Hockey Mondays, Wednesdays, &amp; Fridays at Noon</p>	<p><b>23</b> PM Swim Lessons Session 2 Begin</p>	<p><b>24</b></p>	<p><b>25</b> Friend Day All adult members may bring 1 guest (valid ID required)</p>	<p><b>26</b> Potluck "Wild Game Feed with Hot Apple Cider and Cookies" Noon</p>	<p><b>27</b> Adult Indoor Soccer Begins 8AM</p>
<p><b>28</b> Free Wi - Fi at the Y </p>	<p><b>29</b> Private Swim Lessons available for all ages Contact Sarah at <a href="mailto:sarahj@kandiyymca.org">sarahj@kandiyymca.org</a></p>	<p><b>30</b> Active Older Adult Program Tuesdays at 10 AM</p>	<p><b>31</b> </p>	<p>Looking Ahead to November: Home School Phy Ed - Nov 9 Potluck "Turkey Time" - Nov 16 Turkey Leg 5K - Nov 23 with "Special Holiday Hours" Swimming Lessons Session 3 - Nov 27</p>		

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](mailto:deanm@kandiyymca.org) requesting to be added to the list. Thank you!