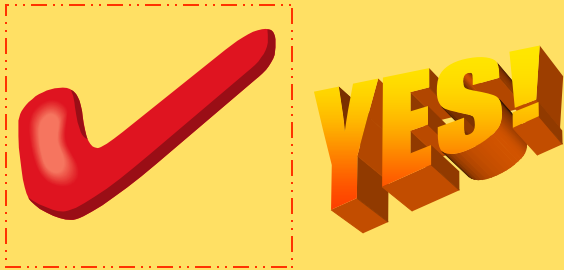


**WOULD YOU LIKE TO
RECEIVE AN
ELECTRONIC COPY OF
THE Y'S WEEKLY
NEWSLETTER?**



**SEND YOUR EMAIL
ADDRESS TO:
deanm@kandiymca.org**



THIS WEEK
at your
Y M C A



THIS WEEK

For the week of January 15 - 21

Good Morning Members,

For the remainder of the month we are waiving the One Time Registration fee for [School Age Child Care](#) and New Member Joiner Fees! It's a great time to join us at the Y!

[Winter Swim Lesson Sessions](#) begin this week! Future sessions are open for registration, contact [Sarah](#) for more information or to [register](#) today! Other events this week include **Friend Day on Thursday** and **Potluck "Soup and Sandwich" on Friday**. Don't forget [School's Out](#) on Monday the 22nd!

[Trek to the Tropics](#) begins on Monday the 22nd! Brought to the community by [ReYou](#) as part of [Rice Hospital](#). Register now and be eligible to win the \$4000 travel voucher. It's easy, [register](#), log your weekly activity, hit the weekly goal and help the community reach their goal, and then attend the expo on April 5th.

The [Winter/Spring Program Guide](#), [Pool Schedule](#), [Group Exercise Schedule](#), [Refridge Reminder](#) and [Active Older Adults](#) calendars are all available [online](#) and at the front desk. Check out all the great winter programs and dates and [register](#) early!

[Winter/Spring Sessions of Swim Lessons](#) and [Life Guard Training](#) open for [registration](#) now. You will notice a **change** to the [Swim Lesson](#) curriculum. The Aquatics Department has been working hard to update the program to the new Y-USA curriculum designed to enhance the Swim Lesson experience and to make it easier to understand the evaluation and progression process. We know there will be questions with the transition and [Sarah](#) is happy to assist you with your registration questions.

High School [Intramural Basketball](#) is open and registration has been extended one week! Intramural ball is for high school students in grades 9 - 12 who are not part of their high school team. Play begins January 22 and runs through March 12 culminating with a March Madness style playoff tournament.

Dean Madsen
Associate Executive Director

[Heart N Sole](#) and [Babysitter Training](#) are both open for [registration](#) starting today. Heart N Sole is a great way for kids age 9 - 12 and parents to get into the sport of running. An 8 week program leading up to the culminating event, the [Foot Lake 4](#), includes weekly tips, snacks, themed training runs, race registration and club shirt. Babysitter training is a great program for kids age 11 - 15 to learn the skills to be a responsible babysitter.

Holiday Survivor winners of the 3 Personal Training Packages valued at \$108 will be awarded next week. Good luck everyone!

2 Favorite classes from the [Group Exercise Schedule](#) will both be offering **NEW LAUNCHES** on Saturday, January 20th! If you love these classes or have wanted to try them and see what all the rage is this is a great day to come and why not **bring a friend** and have them take advantage of the No Joiner Fee!

[Kettlebell Basics](#) and [Women on Weights](#) are both open for [registration](#) and are great programs for people looking for new workouts or options to enhance their current fitness routines. Space is limited for both so check them out and register today! [Winter Racquetball League](#) begins today and still has space available! Join the action and meet new friends with similar interests. Sign up today!

[Early Bird registration](#) for the [Memorial Day/Law Day 5K](#) is open! Sign up early to save money and guarantee your race shirt! More information can be found [online](#) or by contacting [Leslie](#)!

Mark your calendar now for the next **YMCA/Red Cross Blood Drive**, Tuesday, January 30th from 9AM - 3PM. The need is great and this is a life saving gift! [Register online](#) or contact [Becky](#) to make an appointment or to volunteer and walk ins are always welcome too. Want to know how you can become more involved as a member, volunteer or donor? Find us on the [web](#) or call **222-9622** today. Join us and help transform lives!

deanm@kandiyymca.org

www.kandiyymca.org