




FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

What's Happening at Our Y?



July 2018



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 *Fuel Up, Stay Fit @ 3:30pm FREE (see details on bottom) *Fuel Up, Stay Fit _____	3	4 HAPPY INDEPENDENCE DAY!	5	6 School Plus Afterschool Care Enrollment is Open!	7
8	9 4/5 Year Old Flag Football Registration Opens! Swim Lessons Enrollment Ends! *Fuel Up, Stay Fit _____	10 Y Running Group Try ZumbaKids® T/Th @ 11:15am	11 Try BodyPump® T/TH @ 5:30pm w/ Kristin	12 Y Running Group	13 Catch us on KSN's Living Well @ 4pm	14 CPR Certification Class 9am-3pm Y Running Group
15	16 Cancer Support Group Walking @ 4pm *Fuel Up, Stay Fit _____	17 Cancer Support Group Coffee @ 9am	18 Try H.I.I.T. on M/W @ 5:30 w/ Jacque	19 Cancer Support Group Walking @ 10am	20 Dive In Drive In @ CJ's Bulldog Beach - Finding Dory at 9pm AOA Luncheon at 12:30pm	21
Lifeguard Certification Course June 20-22						
22	23 Cancer Support Group Walking @ 4pm *Fuel Up, Stay Fit _____	24	25	26 Cancer Support Group Walking @ 10am Homeschool Swim 2-4pm	27	28
29	30 *Fuel Up, Stay Fit _____	31 CSG Coffee @ 9am				

*Fuel Up, Stay Fit offers a healthy meal in the Community Room at 3:30pm (meals served M-F for children ages 0-18), followed by an organized fitness game in the gymnasium (offered M-TH for children ages 6-13). This program is FREE to the community. Participants may choose one or both components.