



# MAY 2019

## EVENT CALENDAR

### NORTHEAST FAMILY YMCA

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div style="background-color: #0070C0; color: white; padding: 10px; text-align: center;"> <p><b>Tell A Friend!</b>  <b>NO JOIN FEE!</b>            May 15th - June 5th</p> </div>			<b>1</b> 8am – 12pm <b>Pickleball</b>	<b>2</b> 9:30am – 12pm <b>Bridge Club</b>  1:15 - 1:45pm <b>Rebounder Demo</b>	<b>3</b> 8am – 12pm <b>Pickleball</b>  <b>Last Day to Register for Dance Classes</b>  Please see our modified group fitness schedule for Oaks.	<b>4</b> <b>Happy Derby Day!</b> 9:30 - 10:00am <b>Rebounder Demo</b>
<b>5</b> 10am – 12pm <b>Pickleball</b>  9:15 - 9:45pm <b>Rebounder Demo</b>	<b>6</b> 8am – 12pm <b>Pickleball</b>	<b>7</b> 9:30am – 12pm <b>Bridge Club</b>  6:00 – 7:00pm <b>Kids Club</b> <b>Tween Activities</b>	<b>8</b> 8am – 12pm <b>Pickleball</b>	<b>9</b> 9:30am – 12pm <b>Bridge Club</b>  1:15 - 1:45pm <b>Rebounder Demo</b>	<b>10</b> 8am – 12pm <b>Pickleball</b>	<b>11</b>
<b>12</b> 10am – 12pm <b>Pickleball</b>	<b>13</b> 8am – 12pm <b>Pickleball</b>	<b>14</b> 9:30am – 12pm <b>Bridge Club</b>  1:15 - 1:45pm <b>Rebounder Demo</b>  6:00 – 7:00pm <b>Kids Club</b> <b>Tween Activities</b>	<b>15</b> 8am – 12pm <b>Pickleball</b>	<b>16</b> 9:30am – 12pm <b>Bridge Club</b>	<b>17</b> 8am – 12pm <b>Pickleball</b>  6pm – 11pm <b>Parents' Night Out</b>	<b>18</b> 9am—3pm <b>Babysitter's Training Class</b>  <div style="background-color: #800080; color: white; padding: 5px; text-align: center;"> <b>Calypso Cove Opening Day!</b> </div>
<b>19</b> 10am – 12pm <b>Pickleball</b>  9:15 - 9:45pm <b>Rebounder Demo</b>	<b>20</b> 8am – 12pm <b>Pickleball</b>	<b>21</b> 9:30am – 12pm <b>Bridge Club</b>  1:15 - 1:45pm <b>Rebounder Demo</b>  6:00 – 7:00pm <b>Kids Club</b> <b>Tween Activities</b>	<b>22</b> 8am – 12pm <b>Pickleball</b>	<b>23</b> 9:30am – 12pm <b>Bridge Club</b>  <b>Preschool Graduation</b>	<b>24</b> 8am – 12pm <b>Pickleball</b>  12pm – 4pm <b>Forever Young Day at the Cove</b>	<b>25</b> 9:15 - 10:00am <b>Rebounder Demo</b>
<b>26</b> 10am – 12pm <b>Pickleball</b>	<b>27</b> 8am – 12pm <b>Pickleball</b>  8am – 12pm <b>Hike, Bike, and Paddle</b> (Waterfront Park)	<b>28</b> 9:30am – 12pm <b>Bridge Club</b>  6:00 – 7:00pm <b>Kids Club</b> <b>Tween Activities</b>  5:30pm <b>Rising Star Camp Orientation</b>	<b>29</b> 8am – 12pm <b>Pickleball</b>  9am – 2pm <b>Wellness Wednesday</b>	<b>30</b> 9:30am – 12pm <b>Bridge Club</b>	<b>31</b> 8am – 12pm <b>Pickleball</b>	

**Throughout May, join in our Spring Challenge with a game of Y Bingo!**

Stop by the Welcome Center to get your card.

# DESCRIPTION OF ACTIVITIES

## FOREVER YOUNG

Our Forever Young group gives active older adults the opportunity to get involved and make friends at the NE Y through programs designed just for them. Check out our Forever Fit group exercise classes!

**Bridge Club – Tuesdays and Thursdays from 9:30am – 12pm**

**Forever Young Day at the Cove  
Friday, May 24, 12:00am – 3:00pm**

Join us for an adult-only afternoon of fun and fellowship at the Calypso Cove Waterpark. Please bring lunch.

## KIDS AND TEENS

**Youth Fitness Fundamentals – Ongoing Registration**

Our Youth Fitness Fundamentals is a well-being program for kids and teens, ages 10 - 13 years old. Completion of this course allows tweens to use our Wellness Center.

**Kids Club Tween Activities  
Tuesdays, 6:00 – 7:00pm**

Tweens are invited to join us for fun activities in the Small Gym. Please check into the Kids Club to participate.

**Babysitter's Training  
Saturday, May 19 from 9:00 AM – 3:00 PM**

This American Red Cross course is fun, fast-paced and will teach you to be the best babysitter on the block.

**Pre-Ballet – Register by 5/3  
Saturdays, May 11—June 29, Times vary.**

Designed to introduce boys and girls, ages 4 to 6, to music incorporating basic ballet techniques into creative movement.

**Lyrical and Hip Hop Dance – Register by 5/3  
Saturdays, starting May 11—June 29, Times vary.**

Girls and boys, ages 6 - 8 years, will have a blast moving to the beat in this lyrical and hip hop dance class!

## FAMILY ACTIVITIES

**Parents' Night Out – Register by 5/16  
Friday, May 17th 6 – 11pm (6 – 9pm for under 5 years old)**  
Enjoy a date night while the kids enjoy fun and games at Parents Night Out! Dinner and swimming will be provided. Now open to kids starting at 6 weeks old.

## VOLUNTEER OPPORTUNITY

**Healthy Kids Day at Brooklawn  
Sunday, June 2nd, 2 – 4pm**  
Adult volunteers are needed for our upcoming Togetherhood volunteer project as we bring Healthy Kids Day to the children of Centerstone's Brooklawn campus.

## WELLNESS

**Pickleball – No registration required  
Mondays, Wednesdays, and Fridays, 8:00-12:00pm  
Sunday, 10:00 am – 12:00pm**

Pickleball a great workout, while offering a social and competitive game. Perfect for all ages & all skill levels.

**Wellness Spring Challenge – Y Bingo  
May 1-31st**

Join in a game of Y "Cover-All" BINGO by filling your entire card (25 spaces) to be eligible to win. Fill in one box per day by completing a listed activity. Upon completion, turn in your card for a chance to win a free 1-month membership.

**Wellness Wednesday—Wednesday, May 29, 9am — 2pm**

Join us in the lobby as we promote healthy living by providing educational services and resource through local organizations.

**NEW Group Fitness Class! Rebounder Demo Classes  
Wednesdays at 1:05pm**

A rebounder workout involves your entire body giving you access to the ultimate low impact, low stress, revitalizing workout using mini trampolines. It's the most fun you'll ever have getting in shape!

## SWIM LESSONS

Swim lessons are available year-round and are designed to ensure safety, success and fun for all participants. Lessons are available for all ages, starting as early as 6 months old. Whether you are a beginner or just want to improve your skills in the water, we have a class that is right for you!

**Next sessions starts the week of June 3rd!  
Become a Y member and save up to 50% on swim lessons!**

Don't forget to add the  
**CALYPSO COVE  
WATERPARK OPTION**  
to your membership!

Opens May 18th!

# DON'T FORGET TO REGISTER FOR SUMMER!

CHOOSE



**Rising Star**  
for ages 5 - 7

**Camp  
Adventure**  
for ages 5 - 12

**Cedar Ridge  
Day Camp**  
for ages 6 - 12