



JANUARY 2019

EVENT CALENDAR

NORTHEAST FAMILY YMCA

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Summer Camp Registration Opens Soon! Sign up for Y membership during our sneak peak week for early access to camps!		1 9:30am – 12pm Bridge Club 6:00 – 7:00pm Kids Club Tween Activities	2 9am – 12pm Pickleball	3 9:30am – 12pm Bridge Club Swim Lessons Start	4 9am – 12pm Pickleball Registration Deadline for Pre-Ballet and Lyrical Dance	5
6	7 9am – 12pm Pickleball Personal Training Promo Starts	8 9:30am – 12pm Bridge Club 6:00 – 7:00pm Kids Club Tween Activities	9 9am – 12pm Pickleball	10 9:30am – 12pm Bridge Club	11 9am – 12pm Pickleball 6pm – 11pm Parents' Night Out	12 9pm – 3pm Babysitter's Training Class
Group Fitness Bring a Friend Week						
13	14 9am – 12pm Pickleball	15 9:30am – 12pm Bridge Club 6:00 – 7:00pm Kids Club Tween Activities	16 9am – 12pm Pickleball 11:30am – 1pm Forever Young Lunch and Learn Summer Camp Registration Opens for Members	17 9:30am – 12pm Bridge Club	18 9am – 12pm Pickleball	19
Summer Camp Sneak Peek Week						
20	21 9am – 12pm Pickleball Kick Start/Weight Loss Program Starts	22 9:30am – 12pm Bridge Club 6:00 – 7:00pm Kids Club Tween Activities	23 9am – 12pm Pickleball 6 – 7:30pm Annual Campaign Training Summer Camp Registration Opens to the Community	24 9:30am – 12pm Bridge Club	25 9am – 12pm Pickleball Registration Deadline for Martial Arts	26
27	28 9am – 12pm Pickleball LAST DAY for Personal Training Promo	29 9:30am – 12pm Bridge Club 6:00 – 7:00pm Kids Club Tween Activities	30 9am – 12pm Pickleball	31 9:30am – 12pm Bridge Club	MAKE A DIFFERENCE! BECOME AN ANNUAL CAMPAIGN VOLUNTEER!	

NO JOIN FEE ALL MONTH LONG! TELL A FRIEND!

Invite a friend to join the Y and get FREE Y swag during Bring-a-Friend Week!

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 Lunch and Learn

Wednesday, January 16, 11:30am – 1pm

Join us for lunch with Senior Home Transitions, who will share information and answer questions regarding senior living options.

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 – Register by 1/11

Saturday, January 12 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.

Lyrical and Hip Hop Dance – Register by 1/4

Saturdays, January 5 – February 23, Times vary.

Girls and boys, ages 4—8 years, will have a blast moving to the beat in this lyrical and hip hop dance class!

Pre-Ballet – Register by 1/4

Saturdays, January 5 – February 23, Times vary.

Designed to introduce boys and girls, ages 3 to 7, to music incorporating basic ballet techniques into creative movement.

FAMILY ACTIVITIES

Parents' Night Out – Register by 1/10

Friday, January 11, 6 – 11pm

Finish up your holiday to-do list while the kids enjoy fun and games at Parents Night Out! Dinner and swimming will be provided.

Martial Arts – FREE to Y members!

Saturdays, January 26 – March 2, Times vary

Martial Arts is a great way to build self confidence, coordination, agility, and a "Yes, I Can" attitude! We offer a variety of classes that range from children to adults so everyone can join in the fun together.

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 January 3rd.

Become a Y member and save up to 50% on swim lessons!

WELLNESS

Pickleball – No registration required

Mondays, Wednesdays, and Fridays, 9:00-12:00pm

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

Kick Start Weight Loss—Register by 1/20

Mondays, 9:30am – 11:00am

This program will get you energized and on track to a healthy lifestyle. With 30 minutes of class time and 60 minutes of guided workouts, your coach will motivate you to achieve safe, realistic goals.

Find Your Healthy Weight – Register by 9/20

Week of 1/21 – 3/18, Choose your day!

Mondays, 6:30 – 7:30pm,

Tuesdays, 9:15am – 10:15am, or

Wednesdays, 12:15 – 1:15pm

This weight loss support program offers weekly one-hour sessions featuring new themes and topics to keep you motivated to build a healthy lifestyle.

PERSONAL TRAINING PROMOTION January 7 – 28

Buy 5 personal training sessions,
get 1 session FREE!

Plus...FREE Y Swag & enter to win one FREE
month of membership!

Stop by the Welcome Center for details.

YOUTH SPORTS

Winter Basketball – Registration Ends 1/14

Spring Soccer – Early Registration Starts 1/3

YMCA Youth Sports are designed to introduce the sport in a fun way to the youngest players and then continue to build skills, confidence and teamwork as players grow.

Become a Y member and save \$20 per registered child on Sports!

VOLUNTEER

Become an Annual Campaign Volunteer. For a Better Us.

The benefits of volunteerism have an enormous impact on your personal well-being, as well as the community's well-being. Help raise awareness and funds while strengthening our community by becoming an Annual Campaign volunteer today!

Contact Andrea Ackermann at aackermann@ymcalouisville.org for more information, or register to attend one of our upcoming training dates:

January 23, 6:00 – 7:30pm,

February 1, 11:30am – 1pm,

February 5, 6:00 – 7:30pm,

February 7, 6:00 – 7:30pm