



JUNE 2019

EVENT CALENDAR

NORTHEAST FAMILY YMCA

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div style="background-color: #800080; color: white; padding: 10px; text-align: center;"> <h2 style="margin: 0;">NO JOIN FEE!</h2> <p style="margin: 0;">Refer a friend & enter to win a Calypso Cove party! May 15th - June 5th</p> </div>						1
2 10am - 12pm Pickleball	3 8am - 12pm Pickleball First Day of Rising Star Day Camp Swim Lessons Start	4 9:30am - 12pm Bridge Club 6:00 - 7:00pm Kids Club Tween Activities	5 8am - 12pm Pickleball 11am - 1pm Forever Young Lunch and Learn 5:30pm Cedar Ridge Camp Orientation	6 9:30am - 12pm Bridge Club	7 8am - 12pm Pickleball	8 Martial Arts Starts
9 10am - 12pm Pickleball	10 8am - 12pm Pickleball First Day of Camp Adventure and Cedar Ridge Day Camp	11 9:30am - 12pm Bridge Club 6:00 - 7:00pm Kids Club Tween Activities	12 8am - 12pm Pickleball	13 9:30am - 12pm Bridge Club	14 8am - 12pm Pickleball	15
16 10am - 12pm Pickleball	17 8am - 12pm Pickleball	18 9:30am - 12pm Bridge Club 6:00 - 7:00pm Kids Club Tween Activities	19 8am - 12pm Pickleball	20 9:30am - 12pm Bridge Club	21 8am - 12pm Pickleball 6pm - 11pm Parents' Night Out at the Cove	22
23 10am - 12pm Pickleball	24 8am - 12pm Pickleball	25 9:30am - 12pm Bridge Club 6:00 - 7:00pm Kids Club Tween Activities	26 8am - 12pm Pickleball 9am - 2pm Wellness Wednesday	27 9:30am - 12pm Bridge Club	28 8am - 12pm Pickleball	29
30 10am - 12pm Pickleball	<div style="background-color: #0070C0; color: white; padding: 10px; text-align: center;"> <p style="margin: 0;">Register early and SAVE!</p> <h2 style="margin: 0;">FALL SOCCER and FLAG FOOTBALL</h2> </div>					

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 Lunch and Learn
Wednesday, June 5, 11:00am – 1:00pm**

Elder Law and Park Louisville Senior Living will provide lunch and a presentation on Life Planning: Planning your assets and navigating retirement.

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.

FAMILY ACTIVITIES

**Calypso Cove Parents' Night Out – Register by 5/16
Friday, June 21, 6 – 11pm (6 – 9pm for under 5 years old)**

Enjoy a date night while the kids enjoy fun and games plus swimming at Calypso Cove! Dinner will be provided. Childcare available for kids starting at 6 weeks old.

Martial Arts – FREE to Y members!

Saturdays, June 8th – July 20th, 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

YOUTH SPORTS

Fall Soccer – Early Registration ends 8/5

Fall Flag Football—Early Registration ends 8/19

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!

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 Wednesday—Wednesday, June 26, 9am — 2pm

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

AQUATICS

Swim Lessons: Next sessions starts the week of June 3rd!

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

Calypso Cove Waterpark – Now Open!

Weekdays: 10:00AM – 8:00PM

Weekends: 10:00AM–7:00PM

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.

JOIN OUR CAUSE

Join our Board of Advisors!

Join the Northeast Family YMCA Board of Advisors and become part of a unified, valued, and respected voice that positively impacts our community. Use your valuable skills to build your network and receive the personal satisfaction of building a better Louisville. For a better us.

For more information, please submit your application at ymcalouisville.org/northeast and click on Get Involved.

SIGN UP FOR Y CAMP TODAY!

CHOOSE



Rising Star
for ages 5 – 7

**Camp
Adventure**
for ages 5 – 12

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