




MARCH 2019

EVENT CALENDAR

NORTHEAST FAMILY YMCA

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>GIVE TODAY! YOUR DUES OPERATE THE FACILITY. YOUR GIFT CHANGES LIVES.</p>					<p>1 9am – 12pm Pickleball Registration Deadline for Pre-Ballet and Lyrical Dance</p>	<p>2</p>
<p>3 10am – 12pm Pickleball</p>	<p>4 9am – 12pm Pickleball</p>	<p>5 9:30am – 12pm Bridge Club 6:00 – 7:00pm Kids Club Tween Activities</p>	<p>6 9am – 12pm Pickleball 11am – 1pm Forever Young Bingo</p>	<p>7 9:30am – 12pm Bridge Club</p>	<p>8 9am – 12pm Pickleball</p>	<p>9</p>
<p>10 10am – 12pm Pickleball</p>	<p>11 9am – 12pm Pickleball 8:30am – 9:30am Busy Parents Weight Loss Class Starts 5:30pm Free Nutrition Seminar</p>	<p>12 9:30am – 12pm Bridge Club 6:00 – 7:00pm Kids Club Tween Activities</p>	<p>13 9am – 12pm Pickleball</p>	<p>14 9:30am – 12pm Bridge Club</p>	<p>15 9am – 12pm Pickleball 6pm – 11pm Parents' Night Out</p>	<p>16</p>
<p>17 10am – 12pm Pickleball Happy St. Patrick's Day! </p>	<p>18 9am – 12pm Pickleball Weight Loss/ Kick Start Classes Start</p>	<p>19 9:30am – 12pm Bridge Club 6:00 – 7:00pm Kids Club Tween Activities Treadmill Tuesday Competition Starts</p>	<p>20 9am – 12pm Pickleball</p>	<p>21 9:30am – 12pm Bridge Club</p>	<p>22 9am – 12pm Pickleball</p>	<p>23 9pm – 3pm Babysitter's Training Class</p>
<p>24 10am – 12pm Pickleball</p>	<p>25 9am – 12pm Pickleball 10am – 4pm Blood Drive</p>	<p>26 9:30am – 12pm Bridge Club 6:00 – 7:00pm Kids Club Tween Activities</p>	<p>27 9am – 12pm Pickleball 9am – 2pm Wellness Wednesday</p>	<p>28 9:30am – 12pm Bridge Club</p>	<p>29 9am – 12pm Pickleball</p>	<p>30 Martial Arts Starts 31 10am – 12pm Pickleball</p>

REGISTER FOR SUMMER CAMP BEFORE MARCH 31 AND SAVE!

Use promo code "SUMMER" and save \$25

**CHOOSE
YOUR CAMP**



Rising Star

for ages 5 - 7

**Camp
Adventure**

for ages 5 - 12

**Cedar Ridge
Day Camp**

for ages 6 - 12

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 Luck 'O the Irish Bingo
Wednesday, March 6, 11:00am – 1:00pm**

Try your luck at Bingo for fun and prizes! Bring a friend and a dish to share.

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 3/22

Saturday, March 23 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 3/1

Saturdays, March 2 – April 27, 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 3/1

Saturdays, March 2 – April 27, 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 3/14

Friday, March 15th, 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.

Martial Arts – FREE to Y members!

Saturdays, March 30 – May 18th, 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

SAVE THE DATE!

Sunday, April 14th is EASTER EGGSTRAVAGANZA!

Register now!

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, March 27, 9am — 2pm

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

#TreadmillTuesday - March 19 - April 8

YMCA of Greater Louisville branches compete for the greatest distance traveled on a treadmill in one day. Watch the branch for competitive brackets.

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 April 15th

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

YOUTH SPORTS

Spring Baseball—Early Registration ends 4/30

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!

ANNUAL CAMPAIGN

Help us to reach our Northeast YMCA goal of \$332,000 by the end of March! Your donation to the Northeast Y funds many programs and services of the YMCA and helps those in need within our local community.

\$50 can save a life by teaching a child water safety skills.

\$75 allows a family to grow stronger at the Y for two months during a difficult time

\$100 provides a teen in crisis with food and shelter for the night at Safe Place Services

\$250 allows four children to have a place to go after school for one week that is safe, nurturing, and fun

\$500 gives six kids the chance to build skills and confidence through a season of Y Youth Sports

\$1000 provides two campers to experience the outdoors for a week at YMCA Camp Piomingo.

Give at ymcalouisville.org/northeast.