



OCTOBER 2019

EVENT CALENDAR

NORTHEAST FAMILY YMCA

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 9:30am – 12pm Bridge Club 6:00 – 7:00pm Kids Club	2 8am – 12pm Pickleball 5:45am–6:45pm Intro to Yoga	3 9:30am – 12pm Bridge Club	4 8am – 12pm Pickleball	5
6 10am – 12pm Pickleball	7 8am – 12pm Pickleball 10am – 2pm Blood Drive	8 9:30am – 12pm Bridge Club 6:00 – 7:00pm Kids Club Tween Activities	9 8am – 12pm Pickleball	10 9:30am – 12pm Bridge Club	11 8am – 12pm Pickleball	12
13 10am – 12pm Pickleball	14 8am – 12pm Pickleball Registration Deadline for Fall Basketball	15 9:30am – 12pm Bridge Club 6:00 – 7:00pm Kids Club Tween Activities	16 8am – 12pm Pickleball	17 9:30am – 12pm Bridge Club	18 8am – 12pm Pickleball 5:30pm – 7:30pm 6:30pm – 8:30pm Pumpkin Swim 6pm – 11pm Parents' Night Out 6pm – 9:30pm Trivia Night	19
20 10am – 12pm Pickleball	21 8am – 12pm Pickleball Registration Deadline for Senior Day Out at Churchill Downs	22 9:30am – 12pm Bridge Club 6:00 – 7:00pm Kids Club Tween Activities	23 8am – 12pm Pickleball	24 9:30am – 12pm Bridge Club	25 8am – 12pm Pickleball	26 Martial Arts Starts
27 10am – 12pm Pickleball 11:30a-12:30pm Intro to Tai Chi	28 8am – 12pm Pickleball Swim Lessons Start	29 9:30am – 12pm Bridge Club 6:00 – 7:00pm Kids Club Tween Activities	30 8am – 12pm Pickleball 9am – 2pm Wellness Wednesday	31 9:30am – 12pm Bridge Club		

49th Annual Turkey Trot 5k/10k/Kids Trot • Thanksgiving morning

Register early and SAVE!
ymcalouisville.org/northeast

Ask us about becoming a race volunteer!

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

Senior Day Out at Churchill Downs – Register by 10/21 Thursday, October 31 at 11:30am. First Race at 1:00pm

Seniors are invited to join us on Millionaire's Row for this popular event. Race program and buffet lunch with non alcoholic beverage from 11:30 AM to 2:30 PM is included. You will be responsible for your own transportation to and from Churchill Downs. Spaces are limited so please register early!

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.

Stop by the Welcome Center to register early for our upcoming **Babysitter's Training Course** on November 9 from 9:00am—3:00pm.

FAMILY ACTIVITIES

Parents' Night Out – Register by 10/17

Friday, October 18, 6 – 11pm (6 – 9pm for under 5 years old)

Enjoy a date night while the kids enjoy fun and games under the supervision of our friendly Kids Club staff. Dinner will be provided. For kids 6 weeks old and up!

Martial Arts – FREE to Y members!

Saturdays, October 16 – December 7, 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

49th Annual Turkey Trot 5K/10K/Kids' Trot

Thursday, November 28, Thanksgiving morning

Register early at ymcalouisville.org/northeast and SAVE!

Join thousands of other walkers and runners in your community in this time-honored, family friendly thanksgiving morning tradition and start off the holiday season in a healthy way! Registration includes shirt, healthy snacks and FREE child care.

Pumpkin Swim– Register by 10/17

Friday, October 18,

Session 1: 5:30 – 7:30pm

Session 2: 6:30 – 8:30pm

Bring your kids to a family fun Halloween event not to be missed! Swim in the pool's pumpkin patch, play games, decorate your pumpkin and enjoy a popcorn snack.

WELLNESS

Wellness Wednesday—Wednesday, October 30, 9am — 2pm

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

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.

Intro to Yoga – Wednesday, October 2, 5:45 – 6:45pm

Intro to Tai Chi – Sunday, October 27, 11:30am – 12:30pm

Class that focus on stretching, balance, and flexibility, are an important part of every fitness regimen. Try one today!

Blood Drive – Monday, October 7, 10am — 2pm

Make an appointment at redcrossblood.org or stop by to give blood and save a life! Snacks and beverages provided.

VOLUNTEER OPPORTUNITIES

Volunteers are the backbone of the Y! Our current need is for Turkey Trot race day volunteer. Please contact Andrea Ackermann at aackermann@ymcalouisville.org for details.

YOUTH SPORTS

Fall Basketball – Early Registration Ends October 14th

Winter Basketball – Early Registration Ends December 9th

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.

Y members save \$20 per registered child on Youth Sports!

AQUATICS

Swim Lessons: Next session starts the week of October 28

Y member 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.

LIVESTRONG at the YMCA

Trivia Night – Friday, October 18, 6pm – 9:30pm

Enjoy a fun night of trivia for a good cause! Proceeds benefit LIVESTRONG at the YMCA. Dinner served 6:00-7:00pm