



SEPTEMBER 2019

EVENT CALENDAR

NORTHEAST FAMILY YMCA

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 10am – 12pm Pickleball	2 8am – 12pm Pickleball Labor Day Celebration at the Cove	3 9:30am – 12pm Bridge Club 6:00 – 7:00pm Kids Club Tween Activities	4 8am – 12pm Pickleball	5 9:30am – 12pm Bridge Club	6 8am – 12pm Pickleball 4pm – 8pm 6th Annual Dog Swim	7 10am – 3pm 6th Annual Dog Swim
FREE COMMUNITY WEEK - INVITE YOUR FRIENDS FOR FREE ACCESS TO THE Y THROUGH SEPTEMBER 8TH!						
8 10am – 12pm Pickleball Registration Deadline for Weight Loss Classes	9 8am – 12pm Pickleball Kick Start Program Starts Swim Lessons Start	10 9:30am – 12pm Bridge Club 6:00 – 7:00pm Kids Club Tween Activities	11 8am – 12pm Pickleball	12 9:30am – 12pm Bridge Club	13 8am – 12pm Pickleball Iron Strong Challenge Starts	14 10am – 2pm Republic Bank Foundation YMCA Open House One-Day Special NO JOIN FEE
15 10am – 12pm Pickleball	16 8am – 12pm Pickleball Personal Training Promotion Starts	17 9:30am – 12pm Bridge Club 6:00 – 7:00pm Kids Club Tween Activities	18 8am – 12pm Pickleball	19 9:30am – 12pm Bridge Club	20 8am – 12pm Pickleball 6pm – 11pm Parents' Night Out	21 9am – 3pm Babysitter's Training
22 10am – 12pm Pickleball	23 8am – 12pm Pickleball	24 9:30am – 12pm Bridge Club 6:00 – 7:00pm Kids Club Tween Activities	25 8am – 12pm Pickleball 9am – 2pm Wellness Wednesday Registration Deadline for Ballet/Hip Hop	26 9:30am – 12pm Bridge Club	27 8am – 12pm Pickleball	28
29 10am – 12pm Pickleball Make an appointment for our Blood Drive on October 7th!	30 8am – 12pm Pickleball Last Day of Personal Training Promotion	WELCOMING WEEK! From September 13 - 22, look for fun activities within the branch during Welcoming Week as we celebrate immigrants in a spirit of unity to build strong connections across their communities and affirm the benefits of welcoming everyone.				

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

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.

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 9/20

Saturday, September 21 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 9/25

Saturdays, September 28 - November 16, Times vary.

Girls and boys, ages 5—9 years, will have a blast moving to the beat in this lyrical and hip hop dance class!

Pre-Ballet – Register by 9/25

Saturdays, September 28 - November 16, 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 9/19

Friday, September 20th, 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!

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.

Dog Swim – Pre-register by 9/5 and SAVE!

Friday, 9/6 and Saturday, 9/7, Choose your time slots!

Enjoy a fun-filled day for you and your dog at the Calypso Cove Waterpark. Proceeds benefit LIVESTRONG at the YMCA.

WELLNESS

Wellness Wednesday—Wednesday, September 25, 9am — 2pm

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

Find Your Healthy Weight – Register by 9/9

Mondays, 6:30pm - 7:30pm (Kelly)

Wednesdays from 12:00 - 1:00pm (Barb)

From September 9 - November 6

This 8-week weight loss support program offers weekly one-hour sessions featuring new themes and topics to keep you motivated to build a healthy lifestyle.

Kick Start Healthy Body Transformation

Mondays, 9:30am — 11am, September 9th - October 28th

This 8 week 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.

Personal Training Promotion

September 16 - 30

It's a great time to secure your personal training sessions with Buy 5 sessions, get 1 free! Those who take advantage of this offer will also be entered into a drawing for two free sessions!

IRON STRONG CHALLENGE! September 13 - October 13

As athletes from around the world are preparing for the IRONMAN® Triathlon, we are forming our own challenge to complete the same distances — over a 30-day period. T-shirt included with challenge.

Sign up today!

AQUATICS

Swim Lessons: Next session starts the week of September 9th

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.

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!