



**FOR YOUTH DEVELOPMENT™  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

# HELLO, NICE TO MEET YOU



## **Community Appreciation Week** November 12<sup>th</sup> – 17<sup>th</sup>

Enjoy a variety of activities at the Y for **FREE**:

Swimming	Pickleball	Fitness Classes	Strider Bikes
Cardio Equip.	Volleyball	Basketball	Racquetball
Strength Equip.	Spinning	Indoor Track	...And so much more

**Enter to win a family membership!**

### **Special Events:**

- **Monday 12<sup>th</sup> – Body Fat Composition Testing 11am-1pm**
- **Tuesday 13<sup>th</sup> – Free Nursery 8:30-10:30am & 5:30-7:30pm**
- **Wednesday 14<sup>th</sup> – Pickleball instruction in the morning 7-9 am**  
**Blood pressure & glucose screenings 9-10:30am (Urban Indian Health Center)**
- **Thursday 15<sup>th</sup> – Join us for lunch – 11:30-1:30 – staff casserole cook off**
- **Friday 16<sup>th</sup> – Early morning breakfast (starts at 5:00am)**
- **Saturday 17<sup>th</sup> – Family swim with Norbert 12-4pm**