



We're opening our doors to Pop-up classes during the Winter Interim Dec. 4-Dec 30th. Get ready to try new classes (Advent Yoga, Deep water fitness, T-K-O) that will be popping up throughout the month of December! We'll have a month full of fun this holiday season. Look for the Pop-Up Schedule in the member services area.

# SMALL STEPS BIG REWARDS

## Choose 2 Lose

C2L is a 12 week program:  
January 7-March 29  
Registration is open!  
Member: \$50  
Non-members: \$149  
(includes 3 month membership)

## PROGRAM MISSION

Utilize the knowledge of health experts to cultivate healthy life skills and behavior changes in C2L participants.



## YOUTH BASKETBALL LEAGUE

Registration is open for youth K-6th grades to learn the game of basketball! Learn the basic skills with instruction the first 3 weeks and gameplay the following weeks. Saturdays starting in January.  
Members: \$55 Non-members: \$95

## JUNIOR LIFEGUARD TRAINING

9-14 years Junior Lifeguarding has a strong focus on developing swimming skills and lifesaving skills. Bring lunch on Wed. & Thurs. and \$2 for pizza on Friday. Also bring swimsuit, towel, sweatshirt. Contact Emily Miller for more info.

Dec. 27-29 10AM-2:30PM Member: \$25 Non-member \$240

Our Winter program and membership guide has all the information you need to keep your family busy winter season. Registration for members is now open for Winter 1.

## 2017-2018 Session Dates:

Winter Int: Dec. 4-Jan. 1  
Winter 1: Jan. 2-Feb. 18

Registration for Winter 1:  
NOW Open to ALL!

## WINTER HOURS:

Monday- Thursday

5:00a- 10:00p

Friday 5:00a- 9:30p

Saturday 6:30a- 8:30

Sunday 1:00p- 5:00p

MEMBER SERVICES DESK CLOSSES  
30 MINUTES BEFORE BUILDING  
PRIOR TO BUILDING CLOSING

## HOLIDAY CLOSINGS:

Christmas Eve	Sun. Dec. 24
Christmas Day	Mon. Dec. 25
New Year's Eve	Sun. Dec. 31
New Year's Day	Mon. Jan. 1

# A CHANCE TO WIN EVERY DAY AT THE Y!

Looking for one more reason to come to the YMCA each day?



Every time you scan in to use our facilities, you are placed into the drawing for the prize in December. With every swipe, you will increase your chance of winning.

GOOD LUCK, AND SEE YOU AT THE Y!