



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

FEBRUARY 2012

AUBURN VALLEY YMCA

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>GIVE GROW INSPIRE</p> <p>PARTNERS WITH YOUTH A YMCA Initiative</p>	<p>In 2011, community donors gave \$145,000 to the Auburn Valley Y Partners With Youth initiative. Because of this generosity, we were able to provide nearly 3,000 programs & services to kids & families who otherwise would not have been able to afford them.</p>		<p>PLAN NOW for 1 <i>MidWinter Break</i> Y Riders To Stevens Pass Overnight Trip Feb 17 thru 20 More Info: ejoseph@seattleyymca.org</p>	<p>2 MISSION NUTRITION Join the Pacific Science Center for this family class 6—8p FREE Must Pre-Register</p>	<p>3 Join Urban Adventures & see The Michael Jackson Laser Show 5—11p Must Pre-Register More Info: ejoseph@seattleyymca.org</p>	<p>4 JUST "TRI" IT! Considering a TRIATHLON? Come to our Tri-Club Kick-Off Potluck Friday Feb 24 6:30—8p All Levels Welcome More Info, cloden@seattleyymca.org</p>
<p>5 Valentine's Day Massage Special Two 60-Minute Massages for Just \$99 Treat yourself or someone you love</p>	<p>6 <i>Up Early?</i> Join Us at Group Cycling Mon, Wed & Fri 5:30a—6:30a</p>	<p>7 SUPER CYCLING! 90-Minute Group Cycling Classes Thurs Feb 9 & Tues Feb 21</p>	<p>8 KIDS CREATE: "SEALED WITH A KISS" Decorate valentine boxes, design beaded hearts & make heart-shaped pancakes. 7—8:30p Please Pre-Register (\$8)</p>	<p>9 Join Us PARTNERS WITH YOUTH Kickoff 6p Tonight! More Info: email wqill@seattleyymca.org</p> <p>PARTNERS WITH YOUTH A YMCA Initiative</p>	<p>10 <i>Hit The Slopes!</i> Tomorrow Y Riders to Stevens Pass 9a—12Midnight Must Pre-Register</p>	<p>11 Gardening Series: "All About Roses" Today 1—3p Please Pre-Register Parents Night Out 5—10p Pre-Registration Required (\$)</p>
<p>12 Valentine's Day Personal Training Special Two 60-Minute Sessions for Just \$80</p>	<p>13 Registration Opens Today for Spring I Swim Lessons Classes Run Feb 27 through Mar 22</p>		<p>15 FREE Weekly Support Group Living Tobacco-Free 6—7p Every Wed More Info: hhenson@seattleyymca.org</p>	<p>16 17 Y Riders Snowboard Trips in February include a day trip Sat, Feb 11 & Overnight Trip Feb 17 thru 20. More info ejoseph@seattleyymca.org</p>		<p>18 Gardening Series: "All About Mason Bees" Today 1—3p FREE but Please Pre-Register</p>
<p>19 Hey Members! Remember if your friend joins the Y, you get a month's dues FREE!</p>	<p>20 Have You Had Your Total Health Consultation? FREE One-hour With Fitness Trainer Stop By Front Desk to Schedule</p>	<p>21 Teen Center Late Night This Friday Feb 24 "Carnival Night" 8—11p FREE!</p>	<p>22 Get Crafty with HAPPY HANDS Feb 8 & 22 12:30—2p All Skill Levels Welcome</p>	<p>23 24 Join Tri Club by coming to our KickOff Potluck This Friday Feb 24 6:30-8p All Levels Welcome! More Info cloden@seattleyymca.org</p>		<p>25 Parents Night Out 5—10p Pre-Registration Required (\$)</p>
<p>26 New To Zumba? Start Here! Every Sunday 2—3p</p>	<p>27 Spring Swim Lessons Classes Start TODAY!</p>	<p>28 Unleash your Inner Artist! Family Art Class Tuesdays 5:30—6:30p Must Pre-Register</p>	<p>29 Happy Leap Year! Save The Date: Friday, March 16 Family Fun Night</p>	<p>WE CAN DO MORE! 34 families with 55 children were turned away from summer camp alone because we simply ran out of funding. You can help close this gap. Donate today to help one of the children who missed camp last year be there this summer. 95% of all funds raised go directly to help children & families in our community thrive. Just \$16.50 a month sends a child to camp! More Info: email wqill@seattleyymca.org</p>		

AUBURN VALLEY YMCA
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Everyone is welcome. Financial assistance is available. The YMCA of Greater Seattle strengthens communities through youth development, healthy living & social responsibility.