

# EVENT CALENDAR

## September 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 September is America on the Move Month. Get Moving!	2 Fauntleroy AOA class walk at Lincoln Park 9am	3 Buy back to School supplies!	4 <b>TGIF: Enjoy your holiday weekend!</b>	5 
6  West Seattle & Fauntleroy fall fitness schedule starts	7 Labor Day YMCA's are closed today 	8 Prenatal Water Aerobics starts at West Seattle with Jill 7:30-8:30pm	9 Seattle Schools Start Today! 	10 NEW! Prenatal Yoga** at Fauntleroy with Karen & Katie 5:30-6:30pm	11 All members receive a FREE Total Health Consultation. Sign up for yours at the Member Services desk <b>West Seattle Family Night</b> 6:30-8:30pm	12 Y Adventure Guides Parent/Child Program Fall Kick Off @ Camp Long 4:30pm Games, Crafts, climbing wall 6pm Cook Out 7pm Camp Fire & s'mores
13 Experience a Yoga class** @ West Seattle 5-6pm	14 AOA Potluck @ West Seattle 11:45am Indoor Bootcamp** @ Fauntleroy Y with Colleen 6:25-6:55pm	15 Karate classes @ West Seattle begin Ages 7 and up \$ FEE ^^  Swim Team ^^ Orientation 6:00pm @ Fauntleroy Y	16 Try Cardio Salsa** @ Fauntleroy with Tish 10-10:45am	17 Aloha Thursdays @ West Seattle 5:30am-10am 	18 Jump Right In! Arthritis Water Exercise @ West Seattle 5 days a week 1:00pm—1:45pm	19 America on the Move Week begins! 8am Family Boot Camp 9am Family Fun Walk Meet @ Alki Bathhouse Win a pedometer! <b>Money Strong Families^^ @ West Seattle</b> 1-4pm
20 America on the Move Family Open Swim @ West Seattle 1-6pm Fall Membership Promotion: Sept 20 - Oct 31—Join the Y and we'll waive the joining fee	21 America on the Move Nurturing Pathways & Creative Movement^^ begin Family Fitness Orientation @ Fauntleroy Y	22 America on the Move Kids Gym Obstacle Course @ West Seattle 9:30-11:00am Register for Family Camp @ Camp	23 America on the Move Car Free Wednesday! Member Appreciation Healthy Snack at 10am Parent-Tot Kids Gym^^ @ West Seattle	24 America on the Move 9:30 Boot Camp with Buntly OR Fitness Walk with Barb – meet in lobby @ West Seattle	25 America on the Move Fauntleroy Family Night ^^ 6:30-8:30pm	26 America on the Move Family Camp at Camp Colman—register by Sept 22 \$ FEE ^^
27 Family Camp at Camp Colman ^^	28 Strong Kids (Youth ages 8-11) Teaches children, teens & families to take charge of healthy eating & being active **^^	29 We want your feedback! Fill out a comment card today 	30 Try a Meditation class ** @ Fauntleroy Y with Denise 10:35-11:05am	SAVE THE DATE! Fauntleroy Fall Festival @ Fauntleroy YMCA Sunday, October 18 2-6pm		Enjoy volunteering? Need service hours for school? Volunteer for the Festival! Contact Mary Sanderson at West Seattle if you are interested!

FM-Facility Members / PM-Program Members / \*\* class is on-going / ^^ registration required

WEST SEATTLE & FAUNTLEROY YMCA

