

AUBURN VALLEY YMCA EVENT CALENDAR

NOVEMBER 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Be Sure to Set 1 your clocks back; Daylight Savings Time ends today.</p> <p>Registration starts tomorrow for Fall 3 Swim Lessons</p>	<p>CPR Challenge 2 11:30a -1:30p More Info, Call Angeliqne x7375</p> <p>Registration due today for Winner Series. Info Call 253-403-2780</p>	<p><i>Election Day</i> 3</p> <p>Don't Forget to VOTE!</p>	<p>4</p> <p>Want to eat healthy this holiday season? Plan now to attend our seminars on 11/12 & 11/19.</p>	<p>5</p> <p>YMCA's Winner Series starts soon! For Info @ this 12-week weight management program, call 253-403-2780</p>	<p>Start your 6 weekend early with Friday AM YOGA Fridays 9a</p> <p>Silver Sneakers Yoga Stretch 10:15-11:15a</p>	<p>10:30-12:00 7 Yoga Dance Workshop w/ Saori & Carlos FAMILY FUN NIGHT Thanksgiving Potluck 6:30-8:30p</p>
<p>8</p> <p>Join your YMCA in creating a Veteran's Wall of Honor starting today More info, call Jayne Ext. 7311</p>	<p>Jump in to 9 Early Zumba! 8-9a</p> <p>AOA Meeting 12:30</p> <p>Swim Lessons Registration for Facility Members Begins today</p>	<p>10</p> <p>Start your day with YOGA Mon / Tues /Thurs/ Fri 9-10:15a</p>	<p>11</p> <p><i>Happy Veteran's Day!</i></p> <p>All Welcome! Join us for the Veteran'sPotluck 12:30 to 2:00 JA Building</p>	<p>12</p> <p>FREE "Healthy Holiday Eating" Seminar with MultiCare 6:30-7:30p / CM Open to Community Everyone Welcome!</p>	<p>13</p> <p>Just a reminder for those who bought tickets: AOA event "Disney on Ice" is tonight at 7p</p>	<p>14</p> <p>Parents Night Out Enjoy an evening out while your kids play! \$15 FM.</p>
<p>15</p> <p>Bring the Family to Family Circuit ! Multi-sport & game training for Kids Ages 4-10 Sundays 2-3p</p>	<p>16</p> <p>Swim Lessons (Fall 3) begin today</p> <p>Tai Chi Class Mondays & Wednesdays 10:30-11:30a</p>	<p>17</p> <p>YMCA's Winner Series starts today! For Info @ this 12-week weight management program, call 253-403-2780</p>	<p>18</p> <p>Silver Sneakers Yoga Stretch 1-2p</p> <p>Happy Hands 12:30-2:00pm</p> <p>Family Story Time 6:30-7:30p</p>	<p>19</p> <p>"Parent-Child Cooking Class Healthy Treats for the Holidays" 5:30-6:30p / \$15 Open to Community Everyone Welcome!</p>	<p>20</p> <p>FAMILY ZUMBA! Fridays 4:30-5:30p</p>	<p>21</p> <p>Did you know all Y members get a FREE Total Health Consultation? Sign up at front desk</p>
<p>22</p> <p>TRY TURBO KICK Every Wednesday from 6-7p</p>	<p>23</p> <p>Tai Chi Class Mon / Wed 10:30a</p> <p>Youth Fitness Training Mon / Sat 5:00-7:00p Ages 10-13</p>	<p>24</p> <p>Warm Up & Walk Tues / Thurs Meet in Lobby at 8a</p>	<p>25</p> <p>Join The Party! Zumba Gold A fun, beginning Zumba class. 12:00-1:00p</p> <p>Teen Cooking YMCA Kitchen 5-7p</p>	<p>26</p> <p>Your YMCA is CLOSED TODAY</p> <p><i>Happy Thanksgiving!</i></p>	<p>NO Early 27 Cycling class today</p> <p>Join us instead for our Annual Post-Feast Holiday Cycling Marathon 8a-10a (Burn 1,000 calories or more!)</p>	<p>28</p> <p>Parents Night Out Enjoy an evening out while your kids play! \$15 FM.</p>
<p>29</p> <p>Youth Fitness Training Every Sunday (for ages 10-13) 2:30-4p</p>	<p>30</p> <p>Try ZUMBA ! Mondays 6p</p> <p>CPR Review 11:15a -2:45p More Info, Call Angeliqne x7375</p>	<p>Warm Up & Walk Tues / Thurs Meet in Lobby at 8a</p>	<p>Join the fun at Tween Rec! Ages 8-12 Mon/Wed/Fri 5:00-6:00p</p>	<p>Try Cardio Strength Thursdays 4:30-5:30p</p>	<p>Deep Water Aerobics 5 days a week mornings & evenings</p>	

Be Active. Be Involved.



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DECEMBER 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Make sure you sign up for the Winter Wellness Challenge!	2 Happy Hands 12:30-2:00pm Y 6-Week Fitness Program Starts tonight With Steph at 5:15-6:15p	3 Ask us about Home Zone —a physical education program for home-school families.	4 Join The Party! Bring the whole family to FAMILY ZUMBA! Fridays 4:30-5:30p	5 Sundaes With Santa 11a-1p Free! Sign up at Member Services
6 ALOHA Spanaway Lights Trip! We'll see the largest lights display in the Northwest! Meet at IHOP at 3:30 to eat. We'll leave for the trip at 5:00pm from IHOP.	7 Youth Basketball League practices begin today! Youth Fitness Training Mon / Sat 5:00-7:00p Ages 10-13	8 If you've been wanting to learn how to step try Step 101 with Sunni 9:00-9:30a	9 Get a great workout with Sports Conditioning Wednesdays 9:30-10:30am Storytime 6:30-7:30pm	10 Have you thought about trying Personal Training ? Save money and sign up with a friend or spouse! Ask us about Partner Personal Training	11 Active Older Adult A.O.A. Christmas POTLUCK with a puppet show & visit from Santa 12:30-2:00 In the Gym	12 Scrapbook Club 12-4pm Parents Night Out Enjoy an evening out while your kids play at the Y \$15 FM.
13 Family Circuit! Schoolyard games & multi-sport Training for Kids Ages 4-10 Sundays 2-3p	14 Beginning Yoga 5:30-6:30 Mon/Wed Zumba Party Every Monday 6-7pm and 7-8pm	15 Warm Up & Walk Meet in the lobby Tues/Thurs 8-9am We walk outside if it's nice!	16 Happy Hands 12:30-2:00pm Teen Cooking Every Wednesday 5-7p in the YMCA Kitchen	17 Give your child the best birthday ever with a YMCA Birthday Party! Ask us about party packages like pool parties, adventure zone parties and more!	18 Try Silver Sneakers Yoga Stretch Wednesdays 1-2pm & Fridays 10:15-11:15a	19 Hit the Gym for "Skills & Drills" with Mark Saturdays 8:30-9:30a
20 Did you know you can earn a FREE month of membership by referring a friend to join the Y? Ask us about Member Rewards!	21 It's a great day to try something new! Zumba Gold 8:00-9:00am	22 Enjoy Water Aerobics is 6 days a week!	23	24 Christmas Eve Your YMCA is closing at 2pm today.	25 Your YMCA is CLOSED TODAY. Merry Christmas Everyone! Have a safe & happy holiday!	26
27 All YMCA members receive a FREE Total Health Consultation. Sign up for yours at the front desk.	28 Swim Lessons (Winter 1) begin today	29	30 Pilates Every Wednesday 9:15-10:15a	New Years Eve 31 Join us for a very special NYE Teen Late Night!	January 1 Your YMCA is CLOSED TODAY. Happy New Year! Welcome to 2010 !	January 2

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