

What's Happening at the Y!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
SUMMER HOURS M-F: 5am – 10pm SAT: 7am – 3pm SUN: 10am – 3pm	SUMMER KID CARE HOURS MON-THURS: 8 – 11:30am & 4pm – 7pm FRI: 8 – 11:30am		Upcoming Swim Lessons July 11 – 20 Registration opens July 3			1
2	3 The Y will close at 5PM on July 3.	4 WE ARE CLOSED ON 	5	6 Upcoming Parent & Child Swim Lessons Ages 6 months – 3 years July 6 – 27 & August 3 – 24	7 Bring a Friend for FREE the first Friday of every month!	8
9	10 Aqua Zumba has moved to Monday Nights! 5:15-6:00PM	11 Summer Log Rolling \$10/ Drop In Rate Tuesdays (Through July 18) 1:30-2:15PM Silver Lake Beach	12	13 PUMP, GRIND & GRILL FUNDRAISER 	14	15
16	17 Open Pickleball 11:00AM – 1:00PM See Gym Schedule for more times & dates.	18 Member Social Ice Cream Social 11:30AM - 12:30PM Yoga in the Park is back for Summer II Session More info on back.	19	20 ADDITIONAL SILVER FIT CLASS ADDED! Tuesdays & Thursdays 9:30 – 10:15 AM AND 10:30 – 11:15AM	21	22
23/30 (30) Pool will be closed for monthly maintenance. Thank you for your patience and understanding.	24/31	25	26	27	28	29
British Soccer Camp						

JULY EVENTS

○ Summer Day Camp

Register your kids for the **BEST SUMMER EVER!**

- June 5 – August 25
- 3-Day, 4-Day and 5-Day Options

○ British Soccer Camp

Your child deserves to go to the most popular camp in the country where they will learn new skills, develop confidence and have fun! International coaching staff are selected and trained. They have a genuine interest in helping each player's development and providing memorable and positive experiences.

- July 24 – 28
- Ages 3 - 18
- Register online at challengersports.com or in person at the Y

○ Summer Log Rolling at Silver Lake

Meet us at Silver Lake Beach Tuesday afternoons and learn a new sport! The sport of log rolling promotes balance, leg and core strength, cardiovascular endurance and overall functional coordination

- June 6 – July 18
- Tuesdays, 1:30 – 2:15
- \$10 Drop In Rate

○ Yoga In the Park

Yoga will take place at the Bandstand at Olcott Park. Free will donations will be collected to support the Olcott Park Foundation Restoration Fund and the 2017 Community Support Campaign. **OPEN TO THE PUBLIC** – all levels are welcome.

- July 18 – August 22, 6:15 – 7:30PM

PUMP, GRIND & GRILL FUNDRAISER



Join us at the Y for our Pump, Grind & Grill Fundraiser! The night will include an outdoor strength and cardio interval workout followed by burgers at BG's Bar & Grill. All proceeds from this fundraiser will support the YMCA's 2017 Annual Campaign.

WHEN: Thursday, July 13

TIME: 5:30 – 6:45PM: Strength & Cardio Workout

7:00PM: Burgers at BG's Bar & Grill*

COST: \$25/Person

REGISTER: Online at MESABIYMCA.ORG, by phone at 749-8020 or in person at the Y!

* Vegetarian option available. Please inquire at Y for more details.

