







What's Happening at the Y!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
		Upcoming Swim Lessons January 9 - 25 & February 6 - 22		Upcoming Parent & Child Swim Lessons Ages 6 months-3 years January 4 - 25		
7	8	9	10	11	12	13
		MARTIAL ARTS January 9 - March 15 Beginner & Advanced 	HAPPY HOOPS January 10 - 31 Wed, 5:15 - 6:00pm 		 Blood Drive 12:00 - 6:00pm Call 749-8020 to schedule a time!	
14	15	16	17	18	19	20
	SCHOOL'S OUT DAY AT THE Y! More info and registration online at mesabiyca.org .	TAI CHI 11:30am - 12:30pm Tuesdays & Thursdays January 16 - February 25 MEMBER SOCIAL New Year, New YOU! 11:30am - 1:00pm				NATIONAL MENTORING MONTH OPEN HOUSE 1:00 - 4:00pm
21	22	23	24	25	26	27
	NEW MENTOR TRAINING & ORIENTATION 7:00 - 8:30pm		TODDLER TIME Gym time for kids ages birth - 5 years. M & W: 9:30 - 10:30am			
28	29	30	31			
	CPR/AED FIRST AID CERTIFICATION 6:00 - 9:00pm \$65/Person  American Red Cross				FACILITY HOURS M-F: 5am - 10pm SAT: 7am - 6pm SUN: 10am - 6pm JAN 1: CLOSED	KID CARE HOURS MON-THURS: 8:30am - 12pm 4pm - 7:30pm FRI: 8:30am - 12pm

JANUARY EVENTS

○ MARTIAL ARTS

Martial Arts is a program that focuses on teaching the students balance, confidence and self-defense as well as integrity, honor and serenity. It is a discipline of the mind, body and spirit.

This program is for grades K-6.

- **WHEN**

January 9 – March 15, Tuesdays and Thursdays

BEGINNERS 4:00 – 5:00pm

ADVANCED 5:00 – 6:00pm

- **WHERE**

Franklin Elementary School, Door #9, Room 200

- **FEE**

Member \$60 | Non-Member \$120

○ TAI CHI

Tai= big or great. Chi= ultimate energy.

Tai Chi is an ancient form of Chinese exercise consisting of slow, beautiful, relaxed movements that develop a sense of balance and harmony between mind and body. Say goodbye to sweating, puffing, panting and say hello to feel cool, calm, refreshed and energized.

- **WINTER II SESSION: January 15 – February 25**

Tuesday & Thursday, 11:30am – 12:30pm

Members \$60 | Non-Member \$90

○ HAPPY HOOPS BASKETBALL

Happy Hoops is a parents/child based program that teaches children ages 4-5 years old the fundamentals of basketball such as passing, dribbling and shooting. This program will help young children develop listening skills, practice following directions and how to get along with other children.

- **WHEN**

January 10 – 3 | Wednesdays, 5:15 – 6:00pm

Family Member \$20 | Member \$25 | Non-Member \$35



Blood Drive **Mesabi Family YMCA**

8367 Unity Drive - Virginia

Sponsored by YMCA Out of School Time Program

Friday, January 12, 2018
12:00 PM to 6:00 PM

Appt/Info
Please call 1-800-RED CROSS
(1-800-733-2767)
or visit redcrossblood.org enter
Sponsor Code: Mesabi YMCA.



Download the Blood Donor App today. Get your digital donor card, schedule your next appointment, track your lifetime donations, view your blood pressure, and follow your donation on its way to a hospital.