



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



# GREAT THINGS HAPPEN AT THE YMCA

February 2019

## February is Heart Health Month

Keep your heart healthy at the YMCA! **Throughout the month of February join the Y, and we'll waive the join fee. That's a \$50 savings!** Been wanting to take a class or sign up for a program? Members receive a discount on many Y programs, so your savings could be even more.

## RUN WITH THE LEPRECHAUNS SHAMROCK 5K 03.23.2019

### SHAMROCK 5K RUN/WALK

**Date:** Saturday, March 23

**Registration:** Begins at 7:30 am

**Race:** Begins at 8:00 am

**Starting Location:** Simpson Park

#### Pre-Registration:

January 29 - March 3

(All pre-registrants will receive a t-shirt.)

#### Pre-Registration Cost:

Adult (Age 14+) - \$25

Youth (4-13) - \$15

**Registration:** March 4 - Race Day

#### Registration Cost:

Adult (Age 14+) - \$30

Youth (4-13) - \$20

Participants may walk or run. Prizes will be given to the top finishers in each age group. Call the Y for more information.



## SERVE UP SOME FUN

**Spring Volleyball  
GRAND RIVER AREA FAMILY YMCA**

Spring Volleyball registration is open now through March 1 for girls in 5th - 8th grade. Sign up today!

**STRONG SWIMMERS CONFIDENT KIDS**

**Swim Lessons**

The YMCA offers swim lessons in our heated pool all year long. Enrollment for our next session begins February 11. Stop by or call our Welcome Center at (660) 646-6677 to register.

The YMCA offers lots of great programs year round including gymnastics, fitness classes, aqua aerobics, martial arts, and swim lessons. We have Parent and Child swim lessons and Roly Poly gymnastic classes for children as young as 9 months, and children can begin classes on their own at age 3.

**Our Winter II session begins February 18.  
Registration opens at 5 am on February 11.**



# Y NOT TRI

## Sprint Triathlon

April 27, 2019



### YMCA SPRINT TRIATHLON

The YMCA **Sprint Triathlon** is a great **triathlon** for beginners or seasoned triathletes. The race consists of a .5 mile swim, 12.4 mile bike, and 3.1 mile run. Come join the fun and give the Y **Sprint** a try!

Are you a great runner, but hate swimming? Get some friends together and form a relay team. Each team must have a swimmer, biker, and runner.

Registration is now open. Please visit our website or call our Welcome Center for more information. This event will be chip timed.

### YOUTH STRENGTH & CONDITIONING

Beginning with the Winter II session, the Y will be offering Youth Strength & Conditioning for boys and girls from 3rd thru 8th grade. This class will keep kids moving and learning with body weight exercises and interactive games giving youth a sense of knowledge, belonging and confidence. This class will provide a great workout while focusing on safety, etiquette, and basic fitness guidelines.

**3rd thru 5th Grade - T/TH 4:00 - 5:00 pm**

**6th thru 8th Grade - M/W 4:00 - 5:00 pm or 5:00 - 6:00 pm**

### PARTNER'S BOOTCAMP CHALLENGE

Partner up with your favorite person, be it a sweetheart or a friend, and make the move toward heart health together. The challenge begins February 22 at 6:00 pm and will consist of a variety of strength, agility, and endurance exercises. Modifications will be provided to ensure it's fun and challenging for pairs of any fitness level. The cost is just \$25 per couple. Sign up today at the YMCA Welcome Center.



### PARENTS' NIGHT OUT

**Date and Time:** February 15 from 5:30 - 9:00 pm  
**Cost:** \$20 First Child / \$10 Each Additional Child

Go out on the town this Valentine's Day Weekend while your kiddos enjoy a fun night at the Y. Pizza and snacks provided.



### BIRTHDAY PARTIES

Do you want a spacious party area? Need help with cake and party favors? Struggling to find some fun activities the kids will enjoy? Let the Y help organize and host your party! We offer a variety of options including pool, play park, inflatables, and gymnastic parties. No need to worry, we'll take care of the set-up and clean-up so you can relax and celebrate your child's special day with family and friends.

**Please call our Welcome Center or visit [www.grandriverymca.org](http://www.grandriverymca.org) for more information including party pricing.**



### SOUP'S ON POTLUCK LUNCHEON

The Souper Bowl is on! **Join us Thursday, February 21 for a Souper Potluck Luncheon from 11:30 am - 12:30 pm in South Gym.** Bring your favorite soup, side dish, or dessert large enough to feed 10-12 people. We'll vote on the best soup and prizes will be awarded. This is a free event open to all YMCA members and program



**GRAND RIVER AREA FAMILY YMCA**  
[www.grandriverymca.org](http://www.grandriverymca.org)  
**660.646.6677**