

Fall is coming Tia!

We are just wrapping up an amazing summer here at the Y and we couldn't be more thrilled to start planning for fall! August is a busy month for us here because that means we will be doing annual maintenance to make sure the Y is in tip-top shape for the next year! Besides that, all of our new fall promotions and programming planning is underway, read more to find out!



WE NEED YOUR INTERESTS
 FILL OUT YOUR AREAS OF INTEREST FOR A CHANCE TO GET SEPTEMBER FOR FREE!!

YOU COULD WIN
 Stop at the service desk and update the Area's of Interest to be put in a drawing to win September for FREE!
[MORE INFO](#)



SAVE A LIFE ON FRIDAY
 Our Blood Drive is tomorrow August 2nd! Every 2 seconds someone needs blood...will you be the person to help?
[SIGN UP](#)

CLOSURES COMING



STAY IN THE LOOP
 Keep in the know with these annual facility maintenance & fitness class calendars while the floors are being redone!
[SEE CALENDARS](#)

WHAT'S NEW?



NEW FUN!
 We have 3 brand new additions to the south side of our facility, Frisbee Golf holes!

Start by the garden near our building and throw east towards the back of the building, next throw towards the basketball courts, and finally throw towards the far corner by Racers gas station!

Frisbees and carriers are able to be borrowed from the front desk! Just ask!



PLAY BALL
 Your little one can have fun with friends learning and playing a sport. Flag football registration for K-2 grade is still open until August 30!

[REGISTER](#)



NEW TC FLOOR ADDITION
 We have a high intensity work out waiting for you in the East Training Center, the HIITMill X! It is a self-propelled treadmill which can mimic pushing a fitness sled and even has a farmers carry option! Check it out by the Circuit Training room today!



TRIANGLE Y CAMP HAS A NEW RIDE
 Huge thank you to St. Joseph's Community Health Foundation for providing funding for our medical staff cart out at Triangle Y Camp!



UPCOMING EVENTS

Kinder & Day Camp Registration
 Jan 1 - Aug 4, 2019
 Register your 3-11 year old in Kinder or Day camp! All the fun of camp but have them home at the end of the day!

[REGISTER](#)

K-2 Flag Football Registration
 July 29 - Aug 30, 2019
 Register your kiddo up for flag football! Deadline is August 30 and the season will go from September 23- October 12, 2019.

[MORE INFO](#)

Blood Drive
 Aug 2, 2019
 Save a life by donating blood at our blood drive tomorrow from 9AM-2PM! Sign up for your spot today! Walk-ins are welcome!

[REGISTER](#)

Fall I Swim Lesson Registration
 Aug 12-Aug 30, 2019
 Register for swim lessons for all ages! Lessons run Sept 2 - Oct 5, 2019

[REGISTER](#)

Fall I Itty Bitty Sports Registration
 Aug 12-Aug 30, 2019
 Register for Itty Bitty Sports for ages 3-5! They will learn new sports like basketball, kickball, and more! The program runs Sept 2 - Oct 5, 2019.

[REGISTER](#)

Lifeguard Certification Course
 Aug 16-18, 2019
 Want to be lifeguard certified or know someone who does? We are holding a course in a few weeks! What's even better? We are also looking for certified lifeguards to join our team! Will it be you?

[MORE INFO](#)

Preschool Registration
 May 1 - Oct 1, 2019
 Get your 4-5 year old ready to be in Kindergarten! Preschool is held M-F from 9 -11:30AM with the session Sept 2019 - May 2020.

[MORE INFO](#)

Women's Wellness Weekend
 Aug 23-24, 2019
 Ladies 21+ can relax at scenic Triangle Y Camp for a weekend of yoga, food, horseback riding, climbing, kayaking, wine tasting, bonfires, and more!

[MORE INFO](#)

Want to be featured
in our next newsletter?

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Be featured in **Member Spotlight** or get
all your fitness questions answered in our
Ask the Trainer column!



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