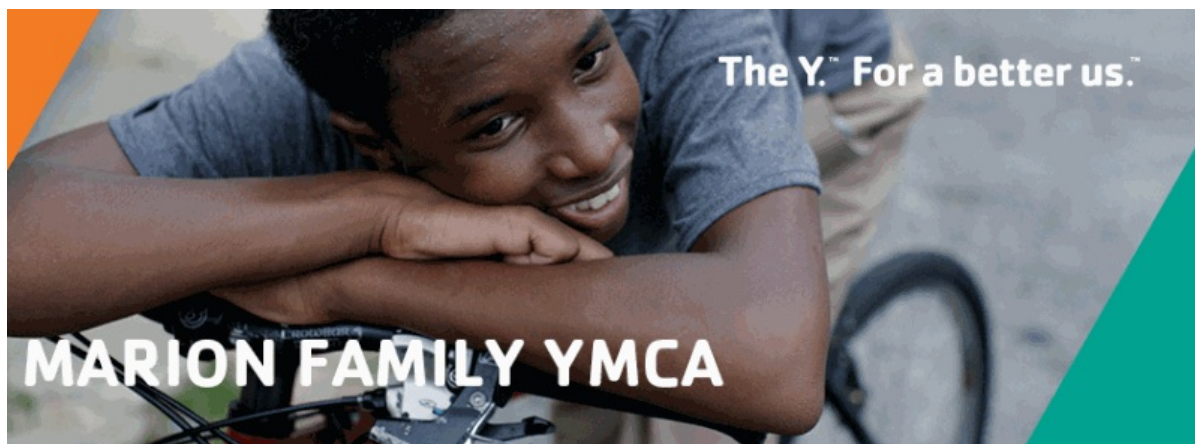


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Newsletter for YMCA Members
and Friends

November 2016

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**MARION FAMILY YMCA
Supporting and
Encouraging Civic
Engagement!**

**November 8, 2016
ONLY**

BRING A FRIEND FRIDAYS FREE IN NOVEMBER

Every Friday in November, Adult Y members can bring a * guest (ages 18 & up) and enjoy the Y together at no charge.



When you join the Y, you're committing to more than simply becoming healthier. You are supporting the values and programs that strengthen your community.

ALL GUESTS THAT JOIN THAT DAY,
SAVE UP TO \$60 OFF THEIR JOIN FEE

* **Guest must bring a valid driver license or identification.**

MARION FAMILY YMCA INDOOR TRIATHLON NOVEMBER 1 - 30

HERE IS HOW IT WORKS:

Register and pay at the Marion Family YMCA Service Center to receive your mileage chart. Once registered, wait until November 1 to start recording your personal mileage. You will have until November 30 to complete your challenge. When your challenge is complete, you turn in your chart and receive your t-shirt. The goal is to cross train and have fun.

CATEGORIES:

Trifecta Challenge - 8 classes (land or water), 5 mile walk and 80 minutes on any cardio or strength machine
Olympic Challenge - 1 mile swim, 25 mile bike, and 6 mile run/walk

DROP YOUR CHILD OFF ON ELECTION DAY AND VOTE!

7:00am - 8:00pm
Ages: 3 - 8
(MUST BE POTTY TRAINED)

Y Members and Non-Members \$3.00 for 2 Hours

UPCOMING 8 LANE POOL CLOSING-SWIM MEET & HOLIDAY CLOSING

Saturday, November 12:
7:00am-until meet is over

Saturday, December 3:
11am-until meet is over

Wednesday December 7:
6pm-until meet is over

Wednesday December 14:
6pm-until meet is over

Wednesday December 21:
6pm-until meet is over

**YMCA CLOSED
NOVEMBER 24 FOR
THANKSGIVING**

SCHOOL DAYS OUT

The Y is the place to be when school is out. November 23 & 25 November 28 Lunch & afternoon snack are provided. Ages 5 - 12 years 7:30am - 5:30pm

Members: \$5
Program Participant: \$15
[Click here to download more information](#)

WHAT ARE OUR MEMBERS SAYING ABOUT OUR Y?

½ Ironman Challenge - 1.5 mile swim, 56 mile bike and 13 mile run/walk

Ironman Challenge - 2.4 mile swim, 112 mile bike, and 26.2 mile run/walk

Dry Ironman Challenge - 400 sets of stairs, 112 mile bike and 26.2 mile run/walk

Cost:

Members - \$15.00

Non Members - **\$60.00** - includes a one month adult membership for the month of November only.

[Click here for more details](#), or stop by the Y today!

The triathlon is sponsored by SilverSneakers Fitness

BLACK FRIDAY AT THE Y HOLIDAY SAVINGS FOR YOUR HEALTH

MEMBERS AND NON MEMBERS

ONE DAY ONLY!!

November 25, 2016
Half Off Sale On The Following Programs:



- Swim Lessons (one session only) - If your child has taken classes in the Fall, you can register for a class but, must also register for a skills orientation testing. If your child did not take a Fall class, you must first register for a skills testing orientation testing and then will be able to register for a class.
- Adult Water Fitness (one session only)
- Youth Sports League: (one session only)
 - Martial Arts
 - Preschool sports
 - Kids Kickboxing
 - Preschool sports
- Personal Training (1/2 off 5 one hour sessions) Members Only
- Child Watch (10 day pass and 30 day pass only)
- 20% off a Birthday Party

DROP IN SUPERVISED GYM GAMES EVERY MONDAY

Starting Monday, November 7
from 4:15 - 7:45pm in the North Gym
AGES 7 - 10 YEARS OLD

Youth will enjoy a wide variety of activities during this **FREE** drop in program. Y Kids Drop In offers supervised activities for youth while parents may access the work out areas or fitness classes.

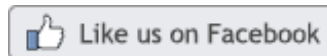


**THE GYMS
SOMETHING FOR EVERYONE**

"You have a lot to offer. I enjoy coming when I am here. Everyone is very helpful."

"Friendly staff and fantastic kids programs. I especially like the summer camps."

Do you have a story about why you come to the Y? What inspired you to come to the Y? What do you and your family like about our Y? Share your experience, your fond memories, your passion, or what keeps you coming back! email to cguyton@marionfamilyymca.org or drop off at the Y.



The Marion Family YMCA has a Page on Facebook. Find our page with the link above and "like" us for regular updates on what's happening at your YMCA.

We're pleased to have 145 boys & girls learning teamwork, experiencing achievement, having fun, and developing skills in our fall Youth Basketball League. Our great double gym facility allows these young people to practice and play games while still having time in the gyms for full court pick-up games, pickleball, preschool activities, supervised youth gym, open gym and more.

Open Gym is popular and we work hard to keep plenty of time for it. Our current gym schedule has over 52 hours each week of Open Gym in the North Gym and over 51 hours in the South Gym. This is in addition to the youth supervised gym, adult full court pick-up games, and pickleball - all of which are also available to members to just drop in and enjoy.

To see the full [Gym Schedule, click here.](#)

CAPITAL CAMPAIGN IMPROVEMENTS CONTINUE

New Wellness equipment has been ordered: Signature Series Dual Adjustable Pulley, Hammer Strength HD Elite Half Rack, Integrity Series Stairclimber, Integrity Series PowerMill Climber and the Integrity Series Elliptical Cross-Trainer.



Word from Theresa

Thank you to all of our donors and volunteers for bringing us to 96% of the \$2 million "WE'RE HERE FOR GOOD" Capital Campaign goal. Their tremendous generosity ensures our Y is strengthening our community today and tomorrow. October marks the end of the official campaign, but our Campaign Cabinet of Karen Ream, Larry Babich, John Scharer, Gary Sims, Chris Truax, CJ Assent, Debby Shade, Jackie Concepcion & Theresa Lubke are committed to raising the final \$75,000. Please [click here to read our full October Donor Newsletter.](#)

Thank you also to you, our members. When you join the Y, you join an association of people working to strengthen our community. Each person and each family who become stronger in spirit, mind and body through the Y are building a stronger community.

Theresa Lubke
Executive Director