




**We want to thank you for being a Y member!**

During this week, please bring your friends to the Y for free and enjoy the different activities we have planned for you.

## **Membership Appreciation Week** **February 13-18**

<b><u>Monday</u></b>	<b>6:00am-7:00pm</b> <b>7:00-7:30am</b> <b>6:00-8:00am</b> <b>8:30-9:30am</b> <b>9:00-10:00am</b> <b>10:00am-2:00pm</b> <b>10:30-11:00am</b> <b>11:00am-Noon</b> <b>4:30-5:30pm</b> <b>4:30-5:30pm</b> <b>5:00-6:30pm</b> <b>5:00-5:30pm</b>	Meet our Directors Day & Blood Pressure Ask our Trainer- Rosie Early Y Risers-Orange slices for all Sam's Club-Coupons and samples Multi-sport program - Soccer & Basketball- Ages 3-5 Health coaching & BMI testing Mermaid program-Feet to fins-pool-Ages 3-5 Ask our Trainers & Blood Pressure - Lori Zumba Party-Watch our Kids Zumba group perform a song for you Sam's Club-Coupons and samples Omega Sports Kids Guitar gathering- songs and dance -Kids Zone ages 5-11
<b><u>Tuesday</u></b>	<b>8:30am-2:00pm</b> <b>9:00am-1:00pm</b> <b>11:30-1:30pm</b> <b>11:45-1:00pm</b>  <b>4:30-5:30pm</b> <b>4:00-7:30pm</b> <b>4:30-6:30pm</b> <b>6:30-9:00pm</b>	Playcenter-Valentine Craft Weight Watchers Information Glucose Testing Blood Pressure Aqua Zumba Playcenter-Valentine Craft Bouncy castle for Kids Zone Kids (weather permitting) Family Scuba Demo
<b><u>Wednesday</u></b>	<b>7:00-7:30am</b> <b>8:30-9:30am</b> <b>9:00am-12:00pm</b> <b>9:00-10:00am</b> <b>10:00am-2:00pm</b> <b>11:00-Noon</b> <b>11:00am-Noon</b> <b>10:30-11:30am</b> <b>4:30-5:30pm</b>	Ask our Trainers & Blood Pressure - Rosie Sam's Club-Coupons and samples Weight Watchers Information Multi-sport program - Soccer & Basketball- Ages 3-5 Health coaching & BMI testing Swim Technique Clinic for recreational swimmers-Perry Ask our Trainers & Blood Pressure - Lori Mermaid Program-Fin Fitness-Adults Sam's Club-coupons & samples
<b><u>Thursday</u></b>	<b>9:00-10:00am</b> <b>Noon-1:00pm</b> <b>4:45-5:30pm</b> <b>6:30-9:00pm</b>	Ask our Trainers & Blood Pressure - Ed Nutrition Presentation-Food, Mood & Memory Mermaid Program-Fin Fitness for Kids Ages 5-12 Family Scuba Demo
<b><u>Friday</u></b>	<b>9:00-10:00am</b>	Multi-sport program - Soccer & Basketball- Ages 3-5
<b><u>Saturday</u></b>	<b>8:30am-1:15pm</b> <b>1:30-2:30pm</b>	Sample Saturday-Tons of 30 minute Group exercise classes Aqua Zumba Demonstration

# **Raffles you could win this week!**

**1 Hour Massage  
Bowling Passes  
Jelly Bean Passes  
Free Smoothie  
Spa basket  
New Balance Goody basket  
Free 1 month Adult Membership**

**Drop your name in the raffle box  
at our Membership Desk!**